

OVERVIEW - FRIENDS For LIFE Program



Session	FRIENDS for LIFE (Child)	FRIENDS for LIFE (Youth)
1	Working in groups; feeling confident and brave; understanding and accepting differences; goals setting; identifying happy experiences.	getting to know one another and interacting;
2	Understanding our own and other people's feelings; thinking in powerful or helpful ways; understanding how thoughts and feelings affect behaviour.	Self-esteem and feelings; self-confidence; recognizing personal achievements and strengths; safety cues to help us cope.
3	Listening to our body's clues to understand feelings; different methods of relaxation – progressive muscle relaxation, deep-breathing, using relaxation scripts, the importance of rest and quiet time.	Verbal and non-verbal communication; Understanding our own and other people's feelings; thinking in powerful or helpful ways; understanding how thoughts and feelings affect behaviour; learning to make good friendships.
4	Exploring what makes us happy; understanding self talk; helpful (green) thoughts make us feel strong, brave and happy; unhelpful (red) thoughts make us feel worried or upset.	Becoming more aware of self (body, feelings, thoughts), and surroundings (other people, the natural environment); empathy training; Listening to our body's clues to understand feelings; different methods of relaxation – progressive muscle relaxation, deep-breathing, using relaxation scripts, the importance of rest and quiet time; using humour to deal with different situations.
5	Paying attention to positive thoughts and things; challenging unhelpful thoughts; changing unhelpful thoughts into helpful thoughts; exploring ways to cope; coping step plans (breaking down difficult things into smaller steps).	Exploring what makes us happy; understanding self-talk; helpful (green, inner) thoughts make us feel strong, brave and happy; unhelpful (red) thoughts make us feel worried or upset; paying attention to positive thoughts and things; challenging unhelpful thoughts; changing unhelpful thoughts into helpful thoughts.
6	The importance of role models and support teams; 6-stage problem-solving plan (identifying the problem and possible solutions, listing possible consequences, picking the best solution, putting the plan into action, evaluating the results).	Mindfulness and attention training; focusing on other people (interpersonal), yourself (intrapersonal), and surrounding environment (environmental) aspects; exploring ways to cope; coping step plans (breaking down difficult things into smaller steps).
7	Reward ourselves for trying (effort is important); thinking like a winner, using humour to deal with different situations.	The importance of role models and support teams; dealing with conflict in a CALM way; understanding conflict styles; managing bullying.
8	Practice the skills learnt in FRIENDS; plan ahead for difficult situations; staying calm; being confident and brave; positive affirmations about self.	6-stage problem-solving plan (identifying the problem and possible solutions, listing possible consequences, picking the best solution, putting the plan into action, evaluating the results); reward ourselves for trying (effort is important); thinking like a winner.
9	Putting it all together; using the FRIENDS plan to help ourselves and others.	Practice the skills learnt in FRIENDS; plan ahead for difficult situations; staying calm; being confident and brave; positive affirmations about self.
10	Preparing for future challenges; party to celebrate new skills learnt.	Putting it all together; using the FRIENDS plan to help ourselves and others; preparing for future challenges; party to celebrate new skills learnt.

SKILLS/TECHNIQUES TAUGHT IN EACH SESSION

Concepts, Skills and Techniques	CHILD Program	YOUTH Program
<ul style="list-style-type: none"> Working in groups Feeling confident and brave Getting to know one another and interacting Understanding and accepting differences Goal setting Identifying happy experiences 	Session 1	Session 1
<ul style="list-style-type: none"> Self-esteem and feelings Self-confidence Recognising personal achievements and strengths Safety cues to help us cope 		Session 2
<ul style="list-style-type: none"> Understanding our own and other people's feelings Thinking in powerful or helpful ways Understanding how thoughts and feelings affect behaviour 	Session 2	Session 3
<ul style="list-style-type: none"> Verbal and non-verbal communication Learning to make good friendships 		Session 3
<ul style="list-style-type: none"> Listening to our body's clues to understand feelings Different methods of relaxation – progressive muscle relaxation, deep-breathing, using relaxation scripts, the importance of rest and quiet time 	Session 3	Session 4
<ul style="list-style-type: none"> Exploring what makes us happy Understanding self-talk – helpful (green) thoughts make us feel strong, brave and happy; unhelpful (red) thoughts make us feel miserable, worried or upset 	Session 4	Session 5
<ul style="list-style-type: none"> Paying attention to positive thoughts and things Challenging unhelpful thoughts Changing unhelpful thoughts into helpful thoughts 	Session 5	Session 5
<ul style="list-style-type: none"> Exploring ways to cope Coping step plans (breaking down difficult things into smaller steps) 	Session 5	Session 6
<ul style="list-style-type: none"> Mindfulness and attention training Looking at situation more positively, while focusing on other people (interpersonal), yourself (intrapersonal), and surrounding environment (environmental) 		Session 6
<ul style="list-style-type: none"> The importance of role models and support teams 	Session 6	Session 7
<ul style="list-style-type: none"> 6-stage problem-solving plan (identifying the problem and possible solutions, listing possible consequences, picking the best solution, putting the plan into action, evaluating the results) 	Session 6	Session 8
<ul style="list-style-type: none"> Dealing with conflict in a CALM way Understanding conflict styles Managing bullying 		Session 7
<ul style="list-style-type: none"> Reward ourselves for trying (effort is important) Thinking like a winner 	Session 7	Session 8
<ul style="list-style-type: none"> Using humour to deal with different situations 	Session 7	Session 4
<ul style="list-style-type: none"> Practicing the skills learnt in FRIENDS Planning ahead for difficult situations Staying calm Being confident and brave Positive affirmations about self 	Session 8	Session 9
<ul style="list-style-type: none"> Putting it all together Using the FRIENDS plan to help ourselves and others 	Session 9	Session 10
<ul style="list-style-type: none"> Preparing for future challenges Party to celebrate new skills learnt 	Session 10	Session 10