



**Fun FRIENDS SKILLS/TECHNIQUES TAUGHT IN EACH SESSION**

| <b>Concepts, Skills and Techniques</b>  | <b>Session #</b> |
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| <ul style="list-style-type: none"> <li>• Purpose of the program – learning ways to be brave and happy, to make friends, to learn new and fun things</li> <li>• Building a sense of identity</li> <li>• Getting to know each other</li> <li>• What it means to be brave; establishing reward system</li> <li>• We all share similarities and differences</li> <li>• Promoting appreciation of difference, empathy</li> <li>• Normalizing anxiety - feeling scared is okay</li> <li>• Social skills training through games and puppets</li> </ul> | <b>Session 1</b> |
| <ul style="list-style-type: none"> <li>• Understanding feelings</li> <li>• Developing language of emotions – increasing children's capacity to express feelings</li> <li>• Awareness of feelings in self and others</li> <li>• Normalization of feelings - all feelings are okay</li> <li>• Role-play of feelings</li> <li>• We can make our happy feelings grow!</li> <li>• What we do with our feelings counts most (“thumbs up” and “thumbs down” ideas)</li> </ul>  | <b>Session 2</b> |
| <ul style="list-style-type: none"> <li>• Paying attention to other people's feelings family, teachers, friends)</li> <li>• Recognizing other people's feelings</li> <li>• Helping other people feel better (empathy training)</li> </ul>  | <b>Session 3</b> |
| <ul style="list-style-type: none"> <li>• Paying attention to what your body is telling you. “Listen”!!</li> <li>• What does it mean to feel relaxed?</li> <li>• Techniques for self-soothing and relaxation:<br/>Breathing slowly (milkshake breathing)<br/>Progressive muscle relaxation</li> <li>• Ways to feel good and relaxed</li> </ul>   | <b>Session 4</b> |

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| <ul style="list-style-type: none"> <li>• Difference between our thoughts and feelings</li> <li>• Difference between <u>2 types of thoughts</u>:<br/> “RED” thoughts – <b>STOP!</b>- make us feel scared, worried, or angry inside<br/> “GREEN” thoughts – <b>GO!</b> - help us feel brave and good”</li> <li>• “Red” thoughts are OK to have, but <b>WE CAN</b> be the boss of our thoughts feelings and behaviours</li> </ul> | <b>Session 5</b>  |
| <ul style="list-style-type: none"> <li>• Changing “red” thoughts into “green” thoughts</li> <li>• Throwing away “red” thoughts can be so easy</li> <li>• We can be the boss of our “red” thoughts!</li> </ul>  | <b>Session 6</b>  |
| <ul style="list-style-type: none"> <li>• Setting goals ((Brave Happy Home)</li> <li>• Trying new things</li> <li>• Approaching difficult situations and fears gradually (graded exposure)</li> <li>• Learning to do things one step at a time</li> <li>• Breaking hard things down into lots of little steps</li> <li>• Learning to be brave!</li> </ul>   | <b>Session 7</b>  |
| <ul style="list-style-type: none"> <li>• How to be friendly and make new friends</li> <li>• Being a good friend: smile, share, help, listen</li> </ul>   | <b>Session 8</b>  |
| <ul style="list-style-type: none"> <li>• How to reward ourselves when we’ve tried our best!</li> <li>• How to plan a party, step by step</li> </ul>  | <b>Session 9</b>  |
| <ul style="list-style-type: none"> <li>• Role models and their modelling/empowering/ identity forming influence in children’s lives</li> <li>• Our family, friends and teachers can help us become brave and we can help them too</li> </ul>   | <b>Session 10</b> |
| <ul style="list-style-type: none"> <li>• Support groups across settings; our family, friends and teachers can help us become brave and we can help them too.</li> <li>• We can all help each other</li> <li>• Support teams help us be resilient and bounce back from difficult times</li> </ul>   | <b>Session 11</b> |
| <ul style="list-style-type: none"> <li>• Learning to be happy with our efforts</li> <li>• Celebrating finishing the Fun Friends program</li> <li>• Sharing happiness by spending special time doing fun things with friends and family, and eating yummy healthy food prepared by the children with their parents</li> </ul>   | <b>Session 12</b> |

***We encourage you to use the Fun FRIENDS language and concepts with your students throughout the year so it becomes part of the classroom culture.***