



FRIENDS FOR LIFE CANADIAN 6TH EDITION: CHANGES FROM 4TH EDITION



BC FRIENDS PROGRAM WEBSITE:
www.mcf.gov.bc.ca/mental_health/friends



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FRIENDS FOR LIFE FOR CHILDREN 6TH EDITION: CHANGES FROM 4TH EDITION

In the new 6th edition FRIENDS FOR LIFE program the order of some of the activities has been changed, more time is spent on some of the skills, and a few additional concepts and strategies have been introduced. This 6th edition provides a more holistic approach to enhancing young people's resilience and well-being. The following components have been strengthened or added in the new program:

Empathy Skills: Empathy skills are addressed under attachment processes, an extra component that has been added to the FRIENDS program's theoretical model. Attachment processes relate to the importance of making and maintaining stable and healthy relationships.. An essential part of having healthy relationships is understanding feelings in ourselves and others. In the new program there is a greater emphasis on understanding 'empathy' and the development of empathy skills.

Healthy, reciprocal friendships are important for children's development and provide emotional, social, and moral benefits. Friendships help children learn and practice social skills, such as showing empathy, assertive communication, cooperation, and problem-solving. Friendships create a sense of belonging and security and lessen stress (Geisthardt, Brotherson, & Cook, 2002; Overton & Rausch, 2002). Research suggests that mental health and wellbeing throughout life is more strongly related to how well children get along with others than to their school grades or classroom behaviour (Hartup, 1992).

Attention Training: People who are prone to anxiety, depression or anger are more likely to have negative attention biases, and to selectively (and automatically) pay more attention to perceived threats in situations, creating a negative feedback loop and ongoing patterns of unhelpful thinking styles. By training children to repetitively and consciously focus their attention on the positive aspects of situations, this can help them develop the "habit" of thinking in helpful, positive, optimistic ways rather than unhelpful, negative ways.

Healthy Daily Habits: Children are encouraged to practice the activities in the 'Things to Remember Every Day' section at the end of each session in order to increase their mental and physical well-being. These daily habits consist of:

- **Being Active Together As a Family:** Just more than 1 in 10 (approx. 12%) Canadian children engage in sufficient physical activity (Government of Canada). According to the Canadian Society for Exercise Physiology children aged 5-11 years old should accumulate at least one hour of physical activity (moderate to vigorous intensity) each day. Sedentary lifestyles and physical inactivity have contributed to a numerous health problems affecting children and young people (McCurdy, Winterbottom, Mehta, Roberts, 2010). This shift to screen activities is often at the expense of time spent in nature or time spent together as a family. Exercising outdoors in nature is associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, depression, and increased energy (Coon JT, et al, 2011).

- **Healthy Eating and Drinking**

Obesity rates among children and youth in Canada have nearly tripled in the last 30 years (Government of Canada, 2013). An increased emphasis on healthy eating and exercise in the new 6th Edition aims to create awareness of a healthy lifestyle.

- **Getting Enough Sleep And Rest:**

Sleep problems are prevalent among children and are estimated to affect 1 in 4 (Canadian Sleep Society, 2005) Children need approximately 10 hours of sleep a night, as sleep helps to regenerate both their minds and their bodies. The many demands on children's time (e.g., school, extracurricular activities, social activities) combined with increased screen time can contribute to sleep problems.

Rest is essential for children's physical and emotional health. It is important for growth and a healthy immune system as well as learning and memory. At least 10 minutes of rest and quiet time is recommended each day in the program. Children are encouraged to regularly practice and make time for relaxing activities.

SESSION 1

4 th Edition FRIENDS For Life for Children Introduction to the Group	6 th Edition FRIENDS For Life for Children FEELINGS: UNDERSTANDING FEELINGS IN OURSELVES AND OTHERS
Establish Agenda	Establish Agenda
Rationale of the Group	Rationale Of The Group
Activity 1: Questions for Making Friendships	Activity 1: Questions For Making Friends
Activity 2: Working Together	Activity 2: Working Together
Activity 3: People are Different	Activity 3: We are All Different And Helping Others
Activity 4: Jessica and Tom	Activity 4: Pepper And Tom
Introduce Home Activities and Negotiate Rewards	Warm-Down Activity: Relax And Feel Good
Home Activities for Session 1	Introduce Home Activities And Negotiate Rewards
	Home Activities For Session 1

MAJOR LEARNING OUTCOMES

The only change to the major learning outcomes in 6th edition is that students are also introduced to the coping strategy of expressing their feelings.

QUESTIONS FOR MAKING FRIENDSHIPS

If the group size is large, students may be asked to share information about their partner (e.g., favourite activities or music) rather than just introducing him or her to the group.

ACTIVITY 2: WORKING TOGETHER

Group Leaders are reminded that the focus of the discussion in the FRIENDS sessions is challenges common to children that age (e.g., giving presentations, being teased or bullied) and that very private emotions and experiences can be discussed on an individual basis with a trusted adult. This is very important for preventing inappropriate disclosures in the group sessions.

Activity 3: WE ARE ALL DIFFERENT AND HELPING OTHERS

In the 4th edition students were asked how they would feel in the situations provided (e.g., reading aloud in class, being invited to a party where they don't know anyone) with a view to understanding that people may react to situations differently. In the 6th edition, the scenarios focus on situations *other* people are in and students are asked to identify the feelings of these people, and how they could help.

EXTRA ACTIVITY: SIMILARITIES GAME

This activity is optional and has been added to the 6th edition to help children find commonalities with other people in their group. It can be done in pairs or small groups and repeated at different times during the program. It gives the students an opportunity to discover things they might have in common with peers they might not otherwise have interacted with.

ACTIVITY 4: PEPPER AND TOM

In the 4th edition Jessica is worried about people staring at her and Tom is worried about playing his violin in front of others. In the 6th edition, Tom is worried about giving a speech to his peers and his dog, Pepper, is afraid to go for a swim. Breaking difficult things down into small steps and practicing ahead of time help Tom and Pepper feel more confident and face their fears. The activity also helps illustrate that when we are upset, and help others who are upset, we feel better too.

WARM-DOWN: RELAX AND FEEL GOOD

This activity has been added to the 6th edition to provide students with a sense of closure and help them resettle before moving on to other activities. It also helps students learn and practice the skill of relaxation. Every FRIENDS session is finished with this relaxation practice. This activity may also be used to help students relax and focus other times during the day, such as after recess or gym time.

HOME ACTIVITY 1A: HAPPY EXPERIENCES

In the 6th edition, an extra activity is provided as a way for students to share their happy events with other family members. Family members take turns either sharing their happy event or acting it out for each other.

HOME ACTIVITY 1B- EVERYBODY'S GOALS

In the 6th edition students are provided with space to write their personal goal in the workbook rather than on a separate sheet of paper as in the 4th edition. They are also asked to identify the goals of their parents and friend.

THINGS TO REMEMBER EVERY DAY!

Activities to enhance students' mental and physical well-being are included at the end of every session in the 6th edition. These activities include; sharing happy things, engaging in fun things as a family, being active as a family, healthy eating and drinking, and getting rest and sufficient sleep.

An extra “Families Can Have Fun” activity is provided where family members write activities they would like to do together on coupon templates and place them in a decorated can. Family members can then take turns pulling coupons to choose an activity to do together.

SESSION 2

4 th Edition FRIENDS For Life for Children Introduction to Feelings	6 th Edition MY FRIENDS Youth INTRODUCTION TO FEELINGS
Establish Agenda	Establish Agenda
Review Session 1 and Home Activities	Warm-Up Activity: Your Happy Thing For The Week
Let's Talk About Feelings	Review Session 1 And Home Activities
Activity 1: Face 2 Face	Let's Talk About Feelings
Activity 2: Understanding Feelings	Extra Activity: Feelings Cards
Activity 3: Our Thoughts and Feelings	Activity 1: Feelings
Activity 4: Our Control Centre	Extra Activity: Edible Feelings Faces
Extra Time Activities: Isabella and Carlos/Joanna and Daniel	Activity 2: Find Some Happy Things!
Home Activities for Session 2	Activity 3: Understanding Feelings And Group Activity
	Activity 4: Short Story 1- "A Special Present For Lucy"
	Warm-Down Activity: Relax and Feel Good
	Home Activities for Session 2

MAJOR LEARNING OUTCOMES

In the 4th edition students are introduced to the concept that how they think and feel (their 'Control Centre') determines how they behave. However, in the 6th edition this concept is not introduced until later. In this session, students learn more about the range of feelings experienced by themselves and others, and that showing feelings is important.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity has been added in the 6th edition to promote an encouraging and optimistic group environment, with an ongoing focus on positive experiences.

LET'S TALK ABOUT FEELINGS

In the 6th edition students are asked how both people and animals show feelings. An extra activity in this section provides ideas for creating feelings cards to help students learn how feelings are expressed non-verbally.

ACTIVITY 1: FEELINGS

In the 4th edition this activity helps students understand the importance of recognizing and conveying feelings by using appropriate facial expressions. In the 6th edition students identify the feelings of a child and dog in eight different pictures by looking at their facial expressions and body language. An extra activity where students can use food items to make an edible face expressions is also provided.

ACTIVITY 2: FIND SOME HAPPY THINGS

This new activity in the 6th edition gives students practice in the skill of attention training by using their senses to pay attention to the happy, fun and calm things around them.

ACTIVITY 3: UNDERSTANDING FEELINGS

In the 6th edition it is suggested that animals be used to show how feelings are expressed non-verbally. A dog waving its tail communicates happiness but a cat waving its tail means the opposite.

ACTIVITY 4: SHORT STORY 1- “A SPECIAL PRESENT FOR LUCY”

This activity has been added to the 6th edition and explores the feelings shown by Lucy and animals at the shelter and the clues for these feelings. The ‘Extra Time Activities’ from the 4th edition have not been included in the new program.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES 2A

This home activity is new to the 6th edition. This is a game to be played as a family using feelings that correspond to numbers on a die. Family members take turns discussing feelings represented by each number on the die, times they have felt those feelings, and things they can do to feel better when they have those feelings.

‘Let’s Make Lists’ and ‘Link Thoughts and Feelings’ were not included in the 6th edition.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (as outlined in the first session).

SESSION 3

4 th Edition FRIENDS For Life for Children Learning to Feel Confident and Brave- Steps 1 & 2	6 th Edition FRIENDS for Life for Children INTRODUCTION TO BODY CLUES AND RELAXATION
Establish Agenda	Establish Agenda
Review Session 2 and Home Activities	Warm-Up Activity: Your Happy Thing For The Week
Introduce Step 1 to Feeling Confident and Brave	Review Session 2 And Home Activities
Activity 1: Let's Learn to Be a Friend to our Bodies	Let's Start To Talk About Feeling Confident And Brave
Introduce Step 2 to Feeling Confident and Brave	Warm-Up Activity 2: Helpful and Unhelpful Ways Of Coping
Activity 2: Relaxation Games	Warm-Up Activity 3: Helping Others
Activity 3: Learning How to Feel Good	Activity 1: Let's Learn to Be a Friend to our Bodies
Activity 4: Helping Others Feel Good	Activity 2: Group Body Clues Poster
Home Activities for Session 3	Let's Learn the Second Stop To Feeling Confident And Brave
	Activity 3: Deep Belly Breathing
	Activity 4: Muscle Stretch
	Extra Activity: Robots, Towers, And Jellyfish
	Activity 5: Let's Learn More About Relaxation Skills
	Activity 6: Learning How to Feel Good & Feeling Happy
	Activity 7: Helping Others Feel Good
	Home Activities for Session 3
	Relaxation Scripts

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

WARM-UP ACTIVITY 2: HELPFUL AND UNHELPFUL WAYS OF COPING

In the 6th edition this additional activity aims to help students recognize the difference between helpful and unhelpful ways of coping by circling unhelpful strategies from the list in red and helpful strategies in green. As in the 4th edition, there is a discussion of how they can help themselves and others feel better.

WARM-UP ACTIVITY 3: HELPING OTHERS

This activity has been added to the 6th edition to encourage students to write (or draw) their ideas for ways they can help others feel better when worried or sad.

ACTIVITY 1: LET’S LEARN TO BE A FRIEND TO OUR BODIES

The illustration of Kelly Koala from the 4th edition has been replaced with an illustration of a boy in the 6th edition. Instead of drawing a picture of their body with their “body clues”, students circle relevant body clues from the list provided and add any others they experience.

ACTIVITY 2: GROUP BODY CLUES POSTER

In this new activity students work in groups to make a poster with the “body clues” and “facial expressions” for a feeling they select.

ACTIVITY 3: DEEP BELLY BREATHING

This new activity introduces students to diaphragmatic breathing, During this activity they take in more oxygen, relax their bodies and calm the stress response.

ACTIVITY 4: MUSCLE STRETCH

In this new 6th edition activity students practice tensing and relaxing different muscles in their body to help them become more aware of how their bodies feel when they are relaxed versus when they are stressed and feeling tense.

EXTRA ACTIVITY: ROBOTS, TOWERS AND JELLYFISH

This extra activity offers an enjoyable way for students to experience tension and relaxation in their bodies.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES 3B

This home activity is new to the 6th edition. Students create a personal relaxation menu that they can do every day with their families.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (as outlined in the first session).

SESSION 4

4 th Edition FRIENDS for Life for Children Learning to Feel Confident and Brave- Step 3A	6 th Edition FRIENDS for Life for Children PAYING CAREFUL ATTENTION- HELPFUL ("GREEN") AND UNHELPFUL ("RED") SELF-TALK
Establish Agenda	Establish Agenda
Review Session 3 and Home Activity	Warm-Up Activity: Your Happy Thing For The
Introduce Step 3 to Feeling Confident and Brave	Review Session 3 and Home Activity
Activity 1: Happiness Creations	Activity 1: Paying Careful Attention
Activity 2: Thought Balloon Game	Activity 2: Our Attention Flashlight
Activity 3: Always Think Twice	Introduce Step 3 to Feeling Confident and Brave
Activity 4: Thinking in Helpful Ways	Activity 3: Our Thoughts And Feelings Helpful (Or Powerful) Thoughts My Life Circle
Home Activity for Session 4	Activity 4: Our Control Centre Unhelpful ("Red") And Helpful ("Green") Thoughts
	Activity 5: Thought Balloon Game
	Activity 6: Always Think Twice
	Warm-Down Activity: Relax And Feel Good
	Home Activities For Session 4

MAJOR LEARNING OUTCOMES

In the new program an additional major learning outcome is for students to understand the idea of *intentionally* paying attention to positive or happy things.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 1: PAYING CAREFUL ATTENTION

In the 6th edition attention training is included. Students learn how to use their senses to take in information around them and to focus on the positive, helpful things.

ACTIVITY 2: OUR ATTENTION FLASHLIGHT

This new activity builds on the previous one in the 6th edition. Students learn that paying attention to the positive aspects of difficult situations will help them feel more confident. The analogy is made between their attention and a flashlight. They can choose to shine their attention flashlight on the more positive, encouraging things in any situation, and this can help them feel better.

ACTIVITY 3: OUR THOUGHTS AND OUR FEELINGS

This activity helps students learn about the difference between their thoughts and their feelings. As this can be a difficult concept for students to understand, an additional distinction is provided in the 6th edition: a thought is usually in the form of a statement or question whereas a feeling is only one word.

MY LIFE CIRCLE has also been moved to this session in the new program. Students are again reminded that shining their attention flashlight on positive things, thinking helpful thoughts and doing things that make them feel good will help them feel better.

ACTIVITY 4: OUR CONTROL CENTRE

This concept has also been moved from session 2 in the 4th edition to this session in the new program. The racing car analogy for controlling our thoughts and feelings has been removed.

ACTIVITY 5: THOUGHT BALLOON GAME

In the new program students are given additional practice in coming up with unhelpful “red” and helpful “green” thoughts for challenging situations experienced by children this age.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 4 HANDOUT

A modified version of the “Link Thoughts and Feelings” home activity from the 4th edition is provided.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (as outlined in the first session).

SESSION 5

4 th Edition FRIENDS for Life for Children Learning to Feel Confident and Brave-Steps 3B & 4A	6 th Edition FRIENDS for Life for Children CHANGING UNHELPFUL THOUGHTS INTO HELPFUL THOUGHTS
Establish Agenda	Establish Agenda
Review Session 4 and Home Activity	Warm-Up Activity: Your Happy Thing for the Week
Activity 1: Attention Training Exercise	Review Session 4 and Home Activity
Activity 2: Changing Unhelpful into Helpful Thoughts	Activity 1: “Green” and “Red” Thoughts Game
Introduce Step 4 to Feeling Confident and Brave	Extra Activity: Changing Unhelpful Thoughts Into Helpful Thoughts
Introduce the Coping Step Plan for Difficult Situations	Extra Activity : Thought Challenger Game
Home Activity for Session 5	Activity 2: Thinking in Helpful Ways
	Activity 3: Replacing Unhelpful Thoughts
	Activity 4: Imagination!
	Warm-Down Activity: Relax and Feel Good
	Home Activities for Session 5

MAJOR LEARNING OUTCOMES

In the 4th edition the first major learning outcome is for students to become aware of how their attention to details affects the way they feel in situations. The new program reflects the current understanding that attention to details precedes thinking and therefore it is introduced *before* the concept of self-talk. The third major learning outcome, to teach the Coping Step Plan, is not taught until a later session in the 6th edition.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 1: “GREEN” AND “RED” THOUGHTS GAME

This activity has been added to the 6th edition and demonstrates how different thoughts about the same situation can lead to different feelings and often different outcomes. Students use a cut-out of a stoplight to indicate whether thoughts being read out are “red” or “green”.

EXTRA ACTIVITY: CHANGING UNHELPFUL THOUGHTS INTO HELPFUL THOUGHTS

In the 6th edition this activity extends the learning about “thought challengers” by providing students with specific questions to use to challenge unhelpful thoughts and change them into more helpful thoughts.

EXTRA ACTIVITY: THOUGHT CHALLENGER GAME

This activity is the second part of the “thought challenger” practice. Examples are provided for students to read out loud in class, and they may also be given the opportunity to come up with their own.

ACTIVITY 2: THINKING IN HELPFUL WAYS

This activity was included in the previous session in the 4th edition. However, in the 6th edition there is one story instead of two, and the story used is new.

ACTIVITY 3: REPLACING UNHELPFUL THOUGHTS

This new activity in the 6th edition provides students with additional practice in replacing “red” unhelpful thoughts with more helpful “green” thoughts. Red and green hats, balloons or balls may be used to make this activity more fun.

ACTIVITY 4: IMAGINATION!

This new 6th edition activity involves students using imagery and visualization to achieve a more relaxed state of mind. Students imagine the place they find the most relaxing and peaceful, and involve all of their senses to make it seem as real as possible.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 5 HANDOUT

The third home activity is new and has been added to the 6th edition. Students are asked to make “Powerful Thinking Cards” with helpful “green” thoughts they can use in worrying or challenging situations.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (as outlined in the first session).

SESSION 6

4 th Edition FRIENDS for Life for Children Learning to Feel Confident and Brave- Step 4B	6 th Edition FRIENDS for Life for Children INTRODUCTION TO COPING STEP PLANS
Establish Agenda	Establish Agenda
Review Session 5 and Home Activity	Warm-Up Activity: Your Happy Thing For The Week
Activity One: Role Models in My Life	Review Session 5 And Home Activity
Activity 2: Support Teams	Introduce Step 4 To Feeling Confident And Brave
Introduce the 6 Block Problem-Solving Plan	Activity 1: Exploring Ways To Cope
Activity 3: Let's Use the 6 Block Problem-Solving Plan	Introduce The Coping Step Plan For Difficult Situations
Review Step 4 to Feeling Confident and Brave	Activity 2: Facing Something Difficult My Coping Step Plan- Steps When Facing Something Difficult Hannah and Michael's Coping Step Plan Group Coping Step Plan
Home Activities for Session 6	Warm-Down Activity: Relax And Feel Good

MAJOR LEARNING OUTCOMES

Session 6 of the 4th edition teaches the 6 Block Problem-Solving Plan and the importance of social support. These skills are not taught until Session 7 in the 6th edition. The major learning outcome for this session is to understand the Coping Step Plan, the first of the problem-solving plans.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 1: EXPLORING WAYS TO COPE

INTRODUCE THE COPING STEP PLAN FOR DIFFICULT SITUATIONS

An optional group activity has been included in the 6th edition to visually demonstrate how to face and overcome a fear (for example, of spiders) step by step.

ACTIVITY 2: FACING SOMETHING DIFFICULT & MY COPING STEP PLAN-STEPS WHEN FACING SOMETHING DIFFICULT

In the 6th edition students are asked to imagine climbing a very tall tree, step by step, in order to reach the top. Two examples of Coping Step Plans are provided in the 4th edition, one for

facing the fear of rollerblading and another for presenting a speech in front of the whole school. In the 6th edition, the examples of of Coping Step Plans deal with facing a fear of doing a school test and giving a class presentation. Helpful “green” thoughts and rewards have been added to the steps. As well there are two optional activities in the new program: students can match the steps and helpful “green” thoughts for the class presentation example, and/or read the Coping Step Plan example for going on an overnight camp.

ACTIVITY 2: GROUP COPING STEP PLAN

In the new program students are given the opportunity to create a Coping Step Plan for a difficult situation in a small group before creating their own personal one. Additional tips for successfully created Coping Step Plans are also provided.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 6

Students are encouraged to develop their own Coping Step Plan for facing a difficult situation in both programs. However, in the 6th edition, students are encouraged to complete as much as possible during the session in order to be able to access guidance if needed. As well, family members are invited to make Coping Step Plans for things they may be trying to do.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (outlined in the first session).

SESSION 7

4 th Edition FRIENDS for Life for Children Learning to Feel Confident and Brave- Step 5	6 th Edition FRIENDS for Life for Children LEARNING FROM OUR ROLE MODELS AND BUILDING SUPPORT TEAMS
Establish Agenda	Establish Agenda
Review Session 6 and Home Activities	Warm-Up Activity: Your Happy Thing For The Week
Introduce Step 5 to Feeling Confident and Brave	Review Session 6 and Home Activity
Activity 1: Be Happy with Yourself for Trying	Activity 1: Role Models In My Life & Guest Speakers As Role Models
Activity 2: Your Coping Step Plan Rewards	Activity 2: Other People's Support Teams
Group Discussion	Activity 3: My Support Team My Support Team- I Am Part Of A Support Team Too!
Activity 3: Thinking Like a Winner	Activity 4: Supporting Each Other My Special Thread Of Love And Support
Activity 4: Seeing the Funny Side of Life	Activity 5: My Coping Step Plan Support Team
Home Activities for Session 7	Extra Activity: Friendship Tree
	Warm-Down Activity: Relax And Feel Good
	Home Activities for Session 7

MAJOR LEARNING OUTCOMES

The major learning outcomes for this session are the same in the 4th and 6th edition.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 1: ROLE MODELS IN MY LIFE & GUEST SPEAKERS AS ROLE MODELS

In addition to an explanation of role-models, a brief description of four Canadian role models has been added to the 6th edition. Classroom teachers are asked to model this activity by sharing someone who is their personal role model and why. Two optional group activities are also provided: students can make a collage of their role model or the group leader could arrange to have a guest speaker come in to speak to the group.

ACTIVITY 2: OTHER PEOPLE'S SUPPORT TEAMS

This activity is a variation of 'MY FRIENDS' SUPPORT TEAMS' in the 4th edition. Instead of picking friends or family members they know well, students talk to other people in their group to identify one support person and learn what makes him/her a good support person.

ACTIVITY 3: MY SUPPORT TEAM

A new analogy is introduced between support networks and the roots of trees that interlink and give each other strength when storms and strong winds blow. Students are asked to write the names of people they would like to have in their support team on the trunks of the trees in the forest illustration.

ACTIVITY 3: I AM PART OF A SUPPORT TEAM TOO!

This new activity in the 6th edition asks students to identify three people they know well who have needed help with something, and how they helped them.

ACTIVITY 4: SUPPORTING EACH OTHER & MY SPECIAL THREAD OF LOVE AND SUPPORT

This activity is new to the 6th edition and has two parts. In the first part, students work in pairs to come to a standing position while pretending to be trees. In the second part of the activity the concept of an invisible "special thread" of love is introduced. This "special thread" of love keeps people connected when they think about each other, no matter where they live in the world.

EXTRA ACTIVITY: FRIENDSHIP TREE

An illustration of a tree has been added to the 6th edition. Students write the qualities of friendship that are important to them. The qualities for being a good friend to others (and to themselves) are written on the leaves of the tree.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 7

A new home activity is included in the 6th edition. Students ask each person in their family the name of his/her role model and two people on the family member's support team.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (outlined in the first session).

SESSION 8

4 th Edition FRIENDS for Life for Children Learning to Feel Confident and Brave- Steps 6 & 7	6 th Edition FRIENDS for Life for Children USING A PROBLEM-SOLVING PLAN
Establish Agenda	Establish Agenda
Review Session 7 and Home Activities	Warm-Up Activity: Your Happy Thing For The Week
Introduce Step 6 and Step 7 to Feeling Confident and Brave	Review Session 7 And Home Activities
Using the FRIENDS Plan	Introduce The 6-Block Problem-Solving Plan
Activity 1: Coaching Companions	Activity 1: Let's Practice
Activity 2: Practicing Your Coping Step Plan	Activity 2: Now It's Your Turn
Home Activities for Session 8	Activity 3: Group Problem-Solving
	Review Step 4 To Feeling Confident And Brave
	Warm-Down Activity: Relax And Feel Good
	Home Activities for Session 8

MAJOR LEARNING OUTCOMES

The major learning outcome for this session in the 6th edition, is to continue with the “Explore Solutions’ step (Step 4) of the FRIENDS Plan. Problem-solving skills are taught in session 6 along with role models and support teams. In the new program this entire session 8 is devoted to problem-solving skills.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 2: NOW IT'S YOUR TURN

In the new program students are provided with an opportunity to apply the 6-Block Problem-Solving Plan to a situation of their own using an upcoming situation that is difficult or worrying.

ACTIVITY 3: GROUP PROBLEM SOLVING

This activity is new to the 6th edition and was called “Tied in Knots” in the 4th edition FRIENDS for Life program. It is a cooperative activity that encourages students to practice problem-solving skills while having fun.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 8

The name of the first home activity has been changed from “The Chocolate Dilemma” in the 4th edition to “The Strawberry Dilemma” in the new program. This change is in keeping with the emphasis on making small steps as a family to improve on eating more healthfully.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (outlined in the first session).

SESSION 9

4 th Edition FRIENDS for Life for Children Using the FRIENDS Plan: Helping Ourselves and Others	6 th Edition FRIENDS for Life for Children USING THE FRIENDS SKILLS TO HELP OURSELVES AND OTHERS
Establish Agenda	Establish Agenda
Review Session 8 and Home Activities	Warm-Up Activity: Your Happy Thing For The Week
Activity 1: The FRIENDS Plan: How to Use It	Review Session 8 and Home Activities
Activity 2: Using the FRIENDS Plan to Help Ourselves and Others	Introduce Step 5 for Feeling Confident and Brave
Home Activity for Session 9	Activity 1: Be Happy With Yourself For Trying
	Activity 2: Your Coping Step Plan Rewards
	Activity 3: Recognizing An Appreciation Others Ways To Recognize and Appreciate Others
	Activity 4- Thinking Like A Champion
	Activity 5- Coaching Companions
	Let's Learn The Sixth Step For Feeling Confident And Brave
	Now Let's Learn the Seventh And Last Step For Feeling Confident and Brave
	Activity 6: The FRIENDS Skills: How to Use Them
	Extra Activity: Practicing Your Coping Step Plan
	Warm-Down Activity: Relax and Feel Good
	Home Activities for Session 9

MAJOR LEARNING OUTCOMES

An explanation of the importance of practicing the FRIENDS skills and steps is included in this section of the new program. This practice reinforces the idea that when students gradually approach fearful or difficult situations it builds their self-confidence, especially when they are able to cope successfully.

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

ACTIVITY 1: BE HAPPY WITH YOURSELF FOR TRYING:

In the new program an optional group activity has been added where students make a poster or collage of their favourite rewards.

ACTIVITY 3: RECOGNIZING AND APPRECIATING OTHERS

This activity has been added to the new program to help students understand that *appreciation* is a type of reward. Students are asked to come up with words and actions they can use to show appreciation, and get a chance to practice. In an optional group activity students write something they appreciate about every other person in their group.

ACTIVITY 4: THINKING LIKE A CHAMPION

This activity was called “Thinking Like a Winner” in the 4th edition. An example is provided in the new program to help students see how this type of thinking can be applied. The example identifies things Angelo could give himself credit for, even though he did not make the school soccer team, as well as things he might do differently next time to improve.

The “Seeing the Funny Side of Life” activity in the 4th edition has not been included in the new program.

AND NOW LET’S LEARN THE SEVENTH AND LAST STEP FOR FEELING CONFIDENT AND BRAVE

An optional group activity has been added to the new program. Sets of FRIENDS cards are given to groups of students and they try to recall the meaning for each of the letters in the word FRIENDS.

ACTIVITY 5: COACHING COMPANIONS

In the new program an optional group activity is available to help students apply the FRIENDS Plan to difficult situations. Students generate ideas for each letters/step to cope with a challenging situation.

ACTIVITY 6: THE FRIENDS SKILLS: HOW TO USE THEM

An optional group activity has also been added to this section in the new program. This activity was previously in Booster 1 of the 4th edition. Students can present information about the FRIENDS skills as an advertisement or news item on an imaginary television show.

EXTRA ACTIVITY: PRACTICING YOUR COPING STEP PLAN

This activity was part of session 8 in the 4th edition but is an optional activity in the new program.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES: SESSION 9

The second home activity in the new program is a bookmark that students make to remind them of the steps of the FRIENDS Plan. In the 4th edition this was the second home activity in session 8.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (outlined in the first session).

SESSION 10

4 th Edition FRIENDS for Life for Children Review and Party	6 th Edition FRIENDS for Life for Children REVIEW AND PARTY!
Establish Agenda	Establish Agenda
Review Session 9 and Home Activity	Warm-Up Activity: Your Happy Thing For The Week
Activity 1: Preparing for Future Challenges	Review Session 9 and Home Activities
Group Discussion: Remembering the FRIENDS Plan	Activity 1: Preparing for Future Challenges
Activity 2: The Quiz Game	Remembering the FRIENDS Plan
Activity 3: Sharing Positives	Sharing Positives
Present Certificates and Rewards	Warm-Down Activity: Relax and Feel Good
Return Home Activities	Present Certificates And Rewards
Home Activity for Session 10	Return Home Activities and Activity Books
Let's Party!	Home Activities for Session 10
	Let's Party!

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

Activity 1: PREPARING FOR FUTURE CHALLENGES

An optional group activity is provided in the new program to help students identify the FRIENDS strategies.

REMEMBERING THE FRIENDS PLAN

The Quiz Game for reviewing the content of the FRIENDS program is an optional group activity in the new program.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health outlined in the first session of the new program.

LET'S PARTY!

In the new program students may bring in food to share as well as a game they invented which reflects any of the concepts learned during the FRIENDS program.

THE FRIENDS PLAN

The descriptions for some of the letters in the FRIENDS Plan have been changed in the new version (see below).

4th Edition FRIENDS Plan- Children	6th EDITION FRIENDS PLAN- CHILDREN
F = Feelings.	F = FEELINGS.
R = Remember to relax. Have quiet time.	R = RELAX.
I = I can do it! I can try my best.	I = I CAN DO IT!
E = Explore solutions and Coping Step Plans.	E = EXPLORE SOLUTIONS AND COPING STEP PLANS
N = Now reward yourself! You've done your best!	N = NOW REWARD YOURSELF!
D = Don't forget to practice.	D = DO IT EVERY DAY
S = Smile! Stay calm for life!	S = SMILE, STAY CALM, AND TALK TO YOUR SUPPORT NETWORKS

BOOSTER SESSION 1

4 th Edition FRIENDS for Life for Children Booster Session 1: Review and Practice	6 th Edition MY FRIENDS Youth BOOSTER SESSION 1: REVIEW AND PRACTICE
Establish Agenda	Establish Agenda
Review Home Activity 10	Warm-Up Activity: Your Happy Thing For The Week
Activity 1: My Life Lately	Review Session 10 and Home Activity
Activity 2: FRIENDS Update	Activity 1: Time To Think About Giving Back!
Activity 3: News Bulletin	Activity 2: My Life Lately
Home Activity for Booster Session 1	Activity 3: FRIENDS Update
	Coping Step Plan Update
	Warm-Down Activity: Relax and Feel Good
	Home Activities for Booster Session 1

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

REVIEW SESSION 10 AND HOME ACTIVITIES

In the new program a review of students' progress in incorporating the daily activities suggested in the "Fun Activities To Share Every Day" has been added. There is a discussion about areas that students have improved in and what helped them make these changes. As well there is an optional group activity game using balloons where students generate "red" thoughts, "thought challengers" and "green" thoughts for scenarios provided.

ACTIVITY 1: TIME TO THINK ABOUT GIVING BACK

In this additional activity in the new program students are encouraged to make a positive contribution to their family, friends, school and community. There is a discussion about simple ways that students can help others and/or volunteer. There is also an optional group activity where students generate ideas on how they could contribute in a particular area.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

HOME ACTIVITIES FOR BOOSTER SESSION 1

In the first home activity in the new program students discuss as a family how they can improve on giving back to their extended family and community. Students share the ideas they generated in their FRIENDS group with their family.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health (outlined in the first session).

BOOSTER SESSION 2

4 th Edition FRIENDS for Life for Children Booster Session 2: Let's Review	6 th Edition FRIENDS for Life for Children BOOSTER SESSION 2: REVIEW AND PRACTICE
Establish Agenda	Establish Agenda
Review Home Activity Booster 1	Warm-Up Activity: Your Happy Thing For The Week
Review Video Clips of News Bulletins (optional)	Review Booster Session 1 And Home Activity
Activity 1: Preparing for Future Challenges	Skills Review
Activity 2: Using the FRIENDS Plan to Help Others and Ourselves	Activity 1: Preparing For Future Challenges
Home Activities for Booster Session 2	Activity 2: Time To Think About Giving Back!
Closure	Activity 3: Using The FRIENDS Plan To Help Others and Ourselves
	Activity 4: Video Game
	Warm-Down Activity: Relax And Feel Good
	Home Activities for Booster Session 2
	Closure

WARM-UP ACTIVITY: YOUR HAPPY THING FOR THE WEEK

This activity is included at the beginning of every session in the 6th edition to create an optimistic group environment, with an ongoing focus on positive experiences.

REVIEW BOOSTER SESSION 1 AND HOME ACTIVITIES

In the new program there is the option of repeating the “Supporting Each Other Activity” from session 7 where students pretended to be trees supporting each other.

SKILLS REVIEW

In the new program there is an opportunity to use activities that students enjoyed from previous sessions in order to review the FRIENDS skills. As well there is an optional ‘Pass the Parcel’ game where students’ memory of skills is challenged.

The optional activity in the 4th edition to review video clips of FRIENDS new bulletins students created is not included in the new program.

PREPARING FOR FUTURE CHALLENGES

Part C in the 4th edition is not included in the new program. This part of the activity asked students to come up with ideas for helping people in their support team cope better when they were facing something difficult.

ACTIVITY 2: TIME TO THINK ABOUT GIVING BACK

This is an extension of the activity in Booster Session 1 and students describe their efforts in giving back to their extended family and community. In a second part of this activity students identify how children are giving back in the pictures provided in their activity books. An optional group activity is to invite a guest from the community to promote the benefits of volunteering and give specific examples of how students could help.

ACTIVITY 4: VIDEO GAME

In this new activity in the 6th edition students are asked to work in small groups to generate ideas for designing a video game for children to play to learn the FRIENDS skills.

WARM-DOWN ACTIVITY: RELAX AND FEEL GOOD

This activity has been added at the end of each of the sessions in the 6th edition.

FUN ACTIVITIES TO SHARE EVERY DAY!

Students and their family members are encouraged to continue to engage in the activities for promoting mental and physical health. In this session students are also encouraged to discuss as a family how in small steps they can improve on giving back to their extended family and community.

WEBSITES

The following websites provide additional information and/or activities that may be used to reinforce the concepts and skills taught in the FRIENDS for Life sessions. Some of the websites provide information, resources, support and tools specifically for children.

www.kidshealth.org

KidsHealth provides information for educators, parents, children and teens about health as well as a wide range of physical, emotional and behavioural issues that affect children and teens. It is a user friendly site providing articles, animations, games and other content.

www.aboutkidshealth.ca

www.aboutkidshealth.ca/En/JustForKids/Pages/default.aspx

The **Hospital for Sick Children** has created a child health information website to ensure that Canadian parents have easy access to reliable child health information. Information is provided on a range of issues affecting children's physical and mental health, based on current research. The *Just For Kids* section teaches children and youth about disease management, their bodies, and everyday health practices.

http://www.aboutourkids.org/families/keeping_kids_healthy

The *Keeping Kids Healthy* section of the **Child Study Center's** website provides information for parents aimed at strengthening children's resilience and enhancing their physical and psychological well-being. Within this section there are subsections on raising health kids, home and family life, social life, helping kids cope, etc.

<http://www.cdc.gov/bam/>

The **BAM! Body and Mind** section of the Center for Disease Control website provides child and youth friendly interactive information on a variety of topics including food and nutrition, physical activity, peer pressure, bullying, etc.

www.goldfishsmiles.com

The **American National Association of School Psychologists** has partnered with the Fishful Thinking program to provide tools and activities for parents and educators to encourage the development of happier, healthier, more resilient children (5 to 12 years). The program is based on the positive psychology research of Dr. Karen Reivich, at the Penn Resiliency Project.

<http://www.bluekids.org/teensandkids/index.asp>

BlueKids is an education resource that brings health education to children and teens in an engaging way using interactive games and activities. Topics include the body, nutrition, exercise, relationships, and safety.

www.morningsidecenter.org

Morningside Center for Teaching Social Responsibility is an American website that provides information and resources to improve students' social and emotional intelligence and their academic performance (e.g., conflict resolution, bullying, diversity).

<http://www.hincksdellcrest.org/ABC/Welcome.aspx>

The **ABCs of Mental Health** was developed by the Hincks-Dellcrest Centre and provides a web-based resource for teachers and one for parents with ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take.

www.anxietybc.com

Anxiety BC provides a wealth of self-help information for parents, adults, youth and young adults to help them recognize and understand anxiety as well as learn about and practice effective strategies for managing anxiety. Brochures, downloadable documents, mobile apps, and DVD's are available through the website. Information on anxiety and a complete home toolkit is provided for parents under the Parent heading.

<http://www.handsonscotland.co.uk>

Hands On Scotland provides practical information, tools and activities to promote children and young people's mental health so they can flourish as well as responding helpfully to troubling behaviour. A range of areas necessary for flourishing are included such as character strengths, confidence, mindfulness, positive attitudes, exercise and healthy eating.

<http://www.jcsh-cces.ca/>

The Joint Consortium for School Health brings together key representatives from the health and education ministries/departments of Canada's federal, provincial and territorial governments and supports them to work more closely together to support comprehensive school health. The website offers information and resources on topics such as positive mental health, bullying, physical activity, and healthy eating.

www.keltymentalhealth.ca

Kelty Mental Health BC-based resource hub for anything to do with mental health concerns and related issues for youth. Comprehensive materials on general healthy living strategies, called 'Healthy Living Toolkits' addresses nutrition, physical activity, sleep, stress, and mindfulness.

PARENT INFORMATION SESSION

4 th Edition FRIENDS for Life Children Parent Session 1 (of 2): Introduction to Steps 1 to 4	6 th Edition MY FRIENDS Youth PARENT SESSION: BUILDING RESILIENCE IN YOUR CHILD: THE FRIENDS PROGRAM
Establish Agenda	Part I: GETTING ORIENTED AND PREPARED:
Warm-Up Activity 1: Group Introduction	<ul style="list-style-type: none"> • Why Offer A FRIENDS Parent Session? • When Should I Hold The Parent Session? • Additional Ideas And General Tips
Group Rationale: Why Are We Here?	Part II: INTRODUCTION- PROVIDING A CONTEXT FOR THE FRIENDS PROGRAM:
What is Anxiety?	<ul style="list-style-type: none"> • Welcome And Introductions (optional icebreaker) • Goals Of The Session
What is Depression?	<ul style="list-style-type: none"> • Provide A Context: Anxiety Prevention, Resiliency, And Social And Emotional Learning
Why Do Kids Get Distressed? Enhancing Emotional Resiliency in Children and Adolescents	<ul style="list-style-type: none"> • Introduce The FRIENDS Program
Principles Underlying the FRIENDS Program	Part III: THE FRIENDS STEPS:
Introduce Step 1 to Feeling Confident and Brave	<ul style="list-style-type: none"> • Step “F” = FEELINGS
Introduce Step 2 to Feeling Confident and Brave	<ul style="list-style-type: none"> • Step “R” = REMEMBER TO RELAX (optional interactive activity)
Introduce Step 3 to Feeling Confident and Brave	<ul style="list-style-type: none"> • Step “I” = I CAN DO IT, I CAN TRY MY BEST (optional interactive activity)
Activity 1: Control Centre	<ul style="list-style-type: none"> • Step “E” = EXPLORE SOLUTIONS & COPING STEP PLANS (optional interactive activity)
Activity 2: Changing Unhelpful Thoughts into Helpful (Powerful) Thoughts	<ul style="list-style-type: none"> • Step “N” = NOW REWARD YOURSELF
Activity 3: Challenging Unhelpful Thoughts	<ul style="list-style-type: none"> • Step “D” = DO IT EVERY DAY
Introduce Step 4 to Feeling Confident and Brave	<ul style="list-style-type: none"> • Step “S” = SMILE

The Coping Step Plan	Part IV: TIPS FOR PARENTS ON HOW TO ENCOURAGE HOME PRACTICE
Applying the Coping Step Plan	Part V: SESSION WRAP-UP
The 6-Block Problem-Solving Plan	
Home Activity	
Closure	

The Canadian version of the Parent Session in the 6th edition FRIENDS for Life Program Manual has been adapted because the FRIENDS program is primarily implemented in schools and delivered by teachers/educators. The following changes have been made:

- One Parent Session is provided instead of two. This change recognizes the very limited time and resources of both teachers and parents and will hopefully enable both to commit to a FRIENDS information workshop.
- The session is shorter (1.5 to 2 hours rather than 2.5 to 3 hours) to make it more accessible for parents. However, Group Leaders may choose to take more time to cover the content if they choose and if this suits their parent group better.
- The content is more teacher/user friendly and straight-forward with the goal of providing information on the FRIENDS Program, language and FRIENDS skills. It complements what has been learned at the one day FRIENDS training rather than moving beyond FRIENDS into general parenting strategies.