

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