



**Free!**

## Fun FRIENDS

Groups for Children and Young People  
To help Improve Self Esteem and Confidence



The Fun FRIENDS Program was developed by Dr Paula Barrett to help guide the social and emotional development of children aged 4 to 7 by using fun, play-based group activities. Fun FRIENDS nurtures the child's development by teaching them to engage resilience early on, encouraging them to thrive and smoothly transition into school life.

Each course runs for **10 weeks** and each session lasts for 1 hour. The groups will be run by staff from the school nursing service who are trained to deliver these programs.

The secret to the Fun FRIENDS Program is the group activities that help children to learn new skills. There are a number of different evidence-based play-focused activities, which help teach the following skills to participants in a way that can be easily grasped, understood and used in everyday life:

- Smiling and making eye contact when communicating
- Speaking with a brave and confident voice
- Talking about and understanding feelings in themselves and others (empathy development)
- Helping other people including family, peers and teachers
- Self-awareness of body clues, e.g. tense means stressed, butterflies means nervous
- Relaxation techniques to relax the body and mind during stressful situations
- Approaching groups of peers and making friends
- Trying new things, and different approaches to problem solving
- Identifying negative thoughts and turning them into positive thoughts

If you are a parent or carer and you would like further information or to book your child a place on the above course then please contact us by email or phone:

**Email:** [wht.wellbeing@nhs.net](mailto:wht.wellbeing@nhs.net)

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