



# FRIENDS RESILIENCE

Overall concept of the FRIENDS programme below which is age appropriate related



Session	Content
Session 1	Introduction, Understanding & Accepting Differences
Session 2	Introduction to Feelings
Session 3	Introduction to Body Clues and Relaxation
Session 4	Self Talk: Helpful (Green) and Unhelpful (Red) Thoughts
Session 5	Challenging Unhelpful (Red) into Helpful (Green) Thoughts
Session 6	Introduction to Coping Step Plan
Session 7	Learning for our Role Model and Building Support Teams
Session 8	Using Problem Solving
Session 9	Using the FRIENDS for Life skills to help Ourselves and Others
Session 10	Review and Party

