



# Fun Friends Program

The Fun Friends Program gives four to seven-year-olds the skills needed to build resilience, gain confidence and thrive to easily find their way into school life.

The Fun Friends Program uses evidence-based, play-focused activities to teach children about resilience and how this can be used in everyday life. Children who attend the Fun Friends Program may show the following traits to those around them:

- Improved confidence
- Increased ability to cope with stress
- Increased ability to cope with fear
- Enhanced social skills
- Improved ability to communicate better with adults
- Boosted self esteem
- Increased happiness and enthusiasm

#### What does the Friends Fun Program involve?

10 FREE one-hour sessions or five FREE two-hour sessions. You will have input into how we deliver the program.

#### Sessions are built on this acronym:

- F**eelings (talk about your feelings and care about other people's feelings)
- R**elax: Do 'milkshake' breathing, have some quiet time)
- I** can try! (we can all try our best)
- E**ncourage (step plans to happy home)
- N**urture (quality time together doing fun activities)
- D**on't forget – be brave! (practice skills everyday with friends /family)
- S**tay happy

**GET STARTED:** To register for the Fun Friends Program please call our Health Promotion team on 5406 1200.