



Fun FRIENDS

Free!

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 **8 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

Date of the next courses:

Group 1 (FACE TO FACE Group)

Parent/carer Introduction session: Thursday 3rd February 2022 at 4pm-4.30pm

Course will begin for children on: Thursday 10th February 2022 at 4pm-5pm (for 8 weeks – no session during half term holiday)

The group will take place at: **Harden Health Centre (1st Floor – School Nurses), Harden Road, Walsall, WS3 1ET** *(Please note that there are limited places available on our face to face groups due to Covid regulations)*

Group 2 (VIRTUAL Group)

Parent/carer Introduction session: Tuesday 1st February 2022 at 4pm-4.30pm

Course will begin for children on: Tuesday 8th February 2022 at 4pm-5pm (for 8 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (instructions and a link will be sent to parents/carers once you book a place for your child)

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

Email: wellbeing@walsallhealthcare.nhs.uk

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

