

Friends for Life – Week Beginning 15th February

Session 10: Review and Party

77

Now think of some people (your support team) who could **help you** plan ahead to cope better with these difficult things.

Name	How they could help
Family _____	

Friends _____	

Teachers _____	

Now imagine that each of these people (your support team) is facing something that they find difficult. What could you do to help them cope better?

Name	How you could help
Family _____	

Friends _____	

Teachers _____	

Congratulations! You have learnt so many new ways of coping and feeling good about yourself and others. During the past few weeks we have been learning and practising the FRIENDS skills to help us feel strong, brave, and confident inside.

Don't forget to practise and stay cool.

Warm-down Activity: *Relax and Feel Good*

Your group leader will explain what to do carefully. He/she will play a relaxation game with you from the FRIENDS resource website (www.friendsresources.groupsie.com). Take as many slow, deep breaths as your age (for example, if you're 8 – take 8 slow deep breaths). Make all your muscles really hard and tense, counting up to your age. Then, close your eyes and think about your peaceful, calm place. Try your best to imagine what you can see, hear, smell, taste and feel on your skin in your peaceful place.

