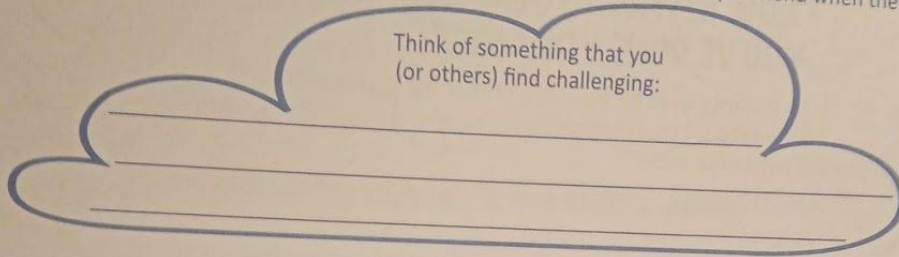


Activity 5: Coaching Champions

The things that we have learnt in the FRIENDS program can be used for many different worries and difficulties. We can use them to help ourselves, or we can use them to help a friend when they need us.

Think of something that you
(or others) find challenging:



Now think about how you could use the steps of the FRIENDS skills to help you (or others) to cope.
Write your FRIENDS plan in the balloons using the letters of the plan as a guide.

