

## Let's Learn the *Sixth* Step for Feeling Confident and Brave

Our sixth step begins with **D** – **DO IT EVERY DAY!** This reminds you to practise the FRIENDS skills you've learnt every day. Then you'll feel brave, and you can help others be brave too!



## Let's Learn the *Seventh* and *Last* Step for Feeling Confident and Brave

The last step is **S**. Let's call this final step **SMILE, STAY CALM**, and **talk to your SUPPORT NETWORKS**. This step is to remind you to stay calm if you are doing or facing something difficult because you know the steps of the Friends skills to help you feel more confident and brave. The **S** also reminds you to **Spend** time with **Special** people who make you feel happy and good about yourself.



### Altogether

The word **FRIENDS** can help us remember the steps to feel more confident and brave, so that we feel happier inside. Remember:

- F** = **Feelings** Learn to understand our own and other people's feelings. Work on feeling happy, brave and confident.
- R** = **Remember to relax**. Have quiet time. Breathe deeply and slowly. Find a calm, quiet place and have a rest for 5 minutes.
- I** = **I can do it! I can try my best!** I can have a happy day if I choose to. I can remember to think helpful thoughts.
- E** = **Explore solutions and Coping Step Plans**. Consider what could happen for each different solution. Choose a solution that will give the best result. Get a support team. Think of how your role model would cope in the situation. Make a Coping Step Plan.
- N** = **Now reward yourself! You've done your best!** Remember to reward yourself for trying hard, not for being perfect.
- D** = **Do it every day!** Always try to plan ahead for things that are coming up that you find difficult. Use the FRIENDS skills in advance to be as confident and brave as you can. Discuss plans with family, friends or teachers.
- S** = **Smile! Stay calm, and talk to your Support Networks!** Remember to stay cool and calm. Spend your time with special people who make you feel happy and good about yourself.

### The FRIENDS Skills

We are going to practise using all the FRIENDS skills. Let's take a look at how all the FRIENDS skills can be used when you are facing or doing something difficult.

Imagine that you feel worried about a sporting event such as your first football game, and that your first-ever football game is this weekend! Outlined on the next pages is how the FRIENDS skills can help you to cope with this.

## **F = FEELINGS**

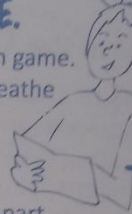
I can recognise that I'm feeling worried because my palms are sweaty, I have butterflies in my stomach, my heart is beating fast and I need to go to the toilet. This is my body's way of telling me it is time to do something to calm down.



**F = FEELINGS**

## **R = REMEMBER TO RELAX. HAVE QUIET TIME.**

I can practise some of my relaxation games, like the sports relaxation game. This is the one where I concentrate really hard on my breathing. I breathe deeply 20 times, imagining that I'm breathing in happy and relaxed thoughts and breathing out unhelpful thoughts and worries. I keep breathing slowly as I slowly make all of my muscles as tense as I can, then I gently shake them so that they're loose again. And for the last part I imagine my favourite place in the world and think about all the things I can see, hear, smell and touch. Doing this makes me feel much better and when I feel relaxed and calm, I am more confident and brave!



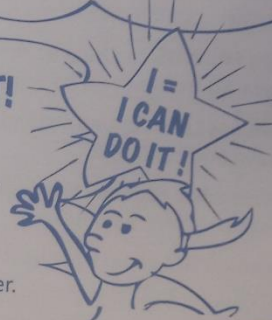
**R = RELAX**

## **I = I CAN DO IT! I CAN TRY MY BEST!**

I can think of more helpful thoughts, such as:

- "I can feel proud that I tried my best."
- "My friends and family will be there to cheer me on."
- "I'll just practise as much as I can, then try to have fun on the day with all my team."

Thinking in helpful ways helps me to feel and cope better.



**I = I CAN DO IT!**

## **E = EXPLORE SOLUTIONS AND COPING STEP PLANS**

I can use the Coping Step Plan to help me cope with this. I just have to remember to keep the steps small and slowly make them harder.

**Step 1:** I'll practise with my team. I'll find out what I need to put extra effort into so that I get it right before the day. I think I need to brush up on my football kicks. I'll spend time working on these things.

**Step 2:** I'll practise with my brother or sister, or my parents. They might have some tips for how I could improve.

**Step 3:** For this step, I'll practise football with a group of other kids. By doing this I can get used to playing in front of other people. That way I won't be as worried on the day.

**Step 4:** Play the football game.

I need to remember to stay on each step until I feel relaxed and have told myself helpful thoughts. If I have any problems it simply means that I may have to break these steps into smaller steps.



**E = EXPLORE SOLUTIONS**



# N = NOW REWARD YOURSELF! YOU'VE DONE YOUR BEST!

I can reward myself for each step I climb. For example, when I climb Step 1, I could reward myself by playing a board game with my brother or sister.

When I climb Step 2, I could go to the park with a friend and play a game I like.

When I climb Step 3, I could choose a movie to watch with my family or a friend.

Finally, when I climb Step 4, I could invite my favourite friends over to play.



# D = DO IT EVERY DAY!

I can use the FRIENDS skills to feel confident and brave about all sorts of things. I can do robots and jellyfish to relax and feel happier. I know how to breathe deeply so my heart stays slower and I feel more calm.

I can also practise helpful thoughts like "I'll be OK. I can do it."



# S = SMILE! STAY CALM, AND TALK TO YOUR SUPPORT NETWORKS!

I can stay cool and calm because I know the steps of the FRIENDS skills, which will help me to be confident and brave. I will spend time with my family and my very best friends, who make me feel good about myself.

If I don't do as well as I'd like to, they will still think I'm cool and so will I.



Decorate  
the pictures.  
Be creative!

