

Friends for Life- Week Beginning 8th February

9B Let's Make a Bookmark

To help you always remember the FRIENDS skills, in this activity you will make a bookmark that will remind you of all the steps. Listen to your group leader!

If you like you could laminate your bookmark so that it lasts for ages. Then keep it on your bedside table so you can always remember the steps of the FRIENDS skills, and so that you have a reminder of some positive attributes you possess!

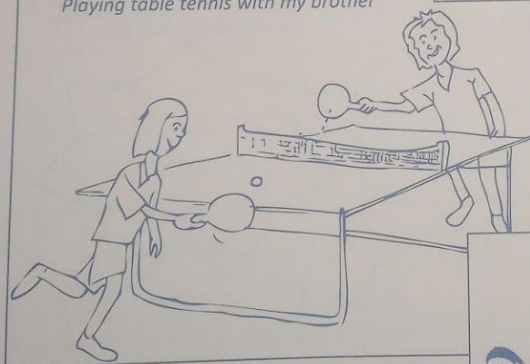


Fun Activities to Share Every Day!

- 😊 Happy things – for a few minutes at dinner time talk about a happy thing that happened to each person in the family during that day. It does not matter if it is a small event – everyone needs to find one item to talk about. Try to find out as much as possible about it.
- 😊 Fun – talk about the many things that you and your family can do to have fun together. For example, we can go for a run in the park with our dog or we can all go swimming at the beach together.



Playing table tennis with my brother

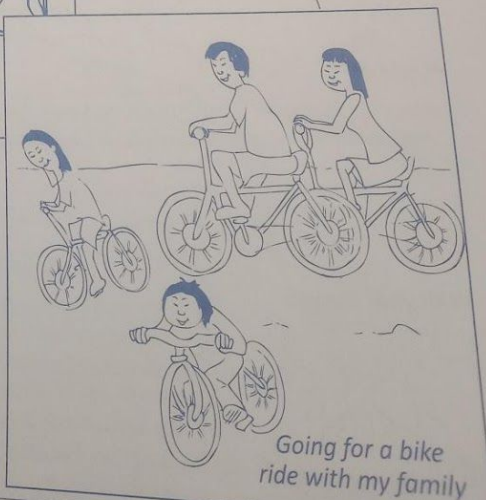


Decorate the pictures.
Be creative!



STAR IDEA

Do your relaxation at bed time to help you have happy dreams!



Going for a bike ride with my family