

**FUN**  
**FRIENDS**



at Glenwood Family Centre

# Fun Friends

- Cognitive Behavioural Therapy programme
- Developed in Australia by Dr Paula Barrett
- Designed for 4-7yr old pre-school children
- **Involvement of parents important** - we ask you to talk about emotions with your child and reinforce the strategies of milkshake breathing and turning red thoughts to green.

# Rationale

- To build emotional resilience by promoting social and emotional coping skills
- Positive effect on performance in school and the workplace
- Links to the Health and Wellbeing E&Os
- Getting It Right For Every Child: safe, healthy, achieving, nurtured, respected, responsible, included

# Overview

“Bitesize” chunks of appropriate activities

**F**eelings

**R**elax

**I** can try

**E**ncourage

**N**urture

**D**on't forget to be brave

**S**tay 😊



# Feelings

Recognising the different emotions –  
using 'cartoons' and photos  
All emotions are ok – it's how we  
respond that's important  
Talk about what makes us feel this  
way...

Role play

What we can do to feel better



© Robert Churchill

# Relax

- **Body cues** - butterflies, sweating, blushing...
- **Milkshake breathing** - in through the nose, gently out through the mouth
- **Relaxation**



# Feelings vs Thoughts

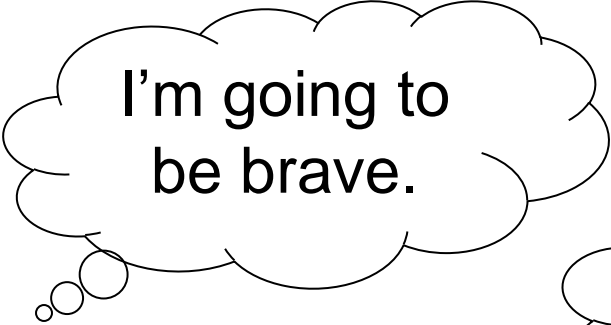
- Feelings are in our body
- Thoughts are in our head




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# I can try

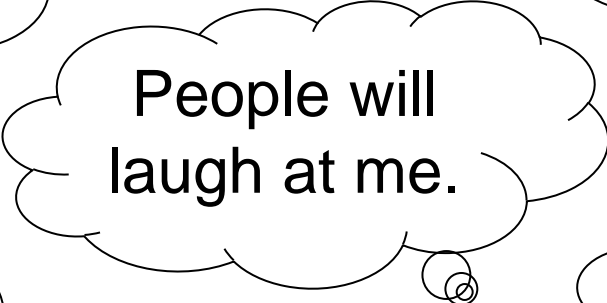
- **Red** and **Green** thoughts - green thoughts make us feel good, red thoughts make us feel bad



I'm going to be brave.




I'm no good at this.



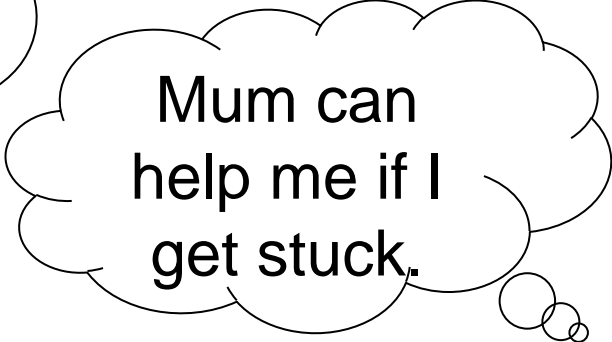
People will laugh at me.



I'll try my best.



I don't want to do something new – it's too scary!

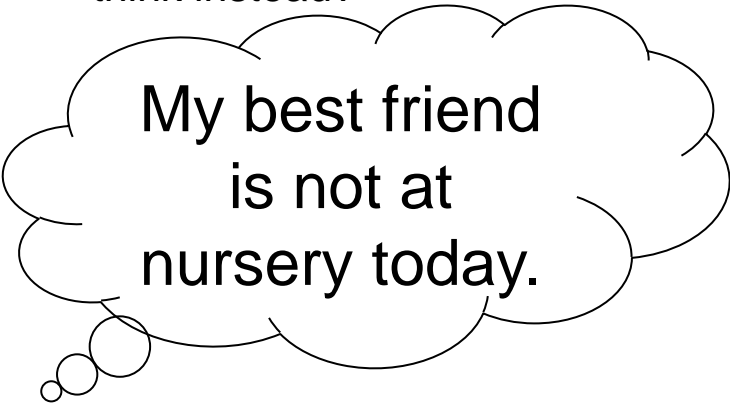


Mum can help me if I get stuck.

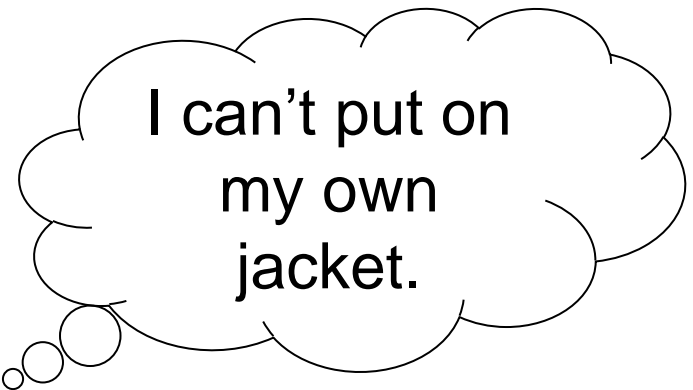


# I can try

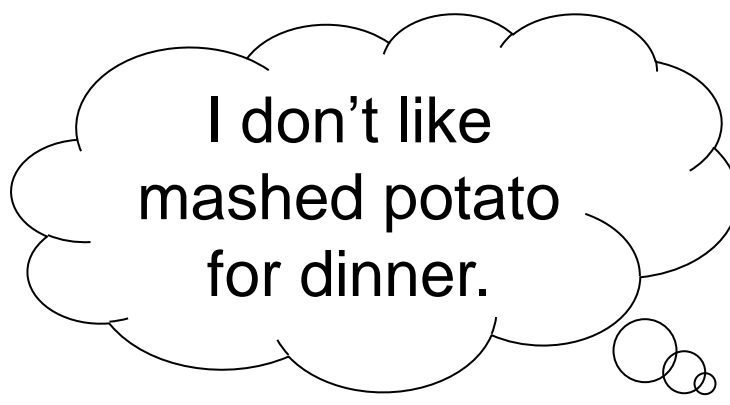
- Changing **red** thoughts to **green!** - what could we think instead?

A thought bubble with a scalloped border and three small circles at the bottom left. It contains the text: "My best friend is not at nursery today."

My best friend  
is not at  
nursery today.

A thought bubble with a scalloped border and three small circles at the bottom left. It contains the text: "I can't put on my own jacket."

I can't put on  
my own  
jacket.

A thought bubble with a scalloped border and three small circles at the bottom right. It contains the text: "I don't like mashed potato for dinner."

I don't like  
mashed potato  
for dinner.

# Encourage

- **One step at a time!** –  
break down big tasks (eg riding a bike, swimming, eating veggies) into smaller manageable steps
- **Being a good friend** -  
helping each other
- **Rewards!** - don't need to be big, try to plan them in advance



# Nurture

- Family, Schools, Neighbours and Friends
  - who are our 'heroes' we look up to? How can we be more like them?



# Don't forget to be brave

- **Our Circle of Love and Friends** - thinking about all the people in our lives who can help us be brave



# Stay 😊

- Keep practising at home and nursery!

