



## Programs

# Friendly Program Overview

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## **Author of this description**

Amila Mujezinovic,(University of Tuzla  
Alma Dizdarevic, University of Tuzla

## **Program name**

Friendly

## **Country of Origin**

Sweden

## **Other Countries**

Norway, Finland

## **Implementation level of the program**

Regional

## **Type of Program**

Non-evidence-based

## **Description**

Friendly concept include a Friendly doll that express the feelings happy, angry, scared, sad, angry and calm. The dolls help children to become conscious of and to be in contact with their feelings. Getting confirmation and help to put their feelings into words gives children security and prepares them for the ups and downs that life offers. Additional materials include children's book with illustration and music related to each feelings.

## **Age Range**

0-3 years, 3-7 years

## **SEL Skills Targeted**

Relationship skills, Self-awareness

## **Additional Information**

<https://friendly.se/>

## **Citation**

This document was generated from the database used to create the Programs Compendium:

Koltcheva, N., Wastijn, B., Achten, M., Van Rossem, L. & Costa, I. S (2022). Programs for Social and Emotional Skills Development for Early and Preschool Children Applied in European Countries. Compendium. EU-SELF Project. ISBN 978-619-233-211-2 (can be downloaded from <https://euself.nbu.bg>)