



Fun Friends

Program Overview

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Program name

Fun Friends

Country of Origin

Australia

Other Countries

Australia, Brazil, Canada, Finland, Hong Kong, Japan, Liberia, Netherlands, Portugal, Singapore, South Africa, Sweden, Taiwan, United Kingdom

Type of Program

Evidence-based intervention

Description

Fun FRIENDS is a school- based universal intervention for children between the ages of four and seven. Through games, children learn to overcome anxiety. Group activities help learning social and emotional skills. Fun FRIENDS use a play-based an approach to produce cognitive- behavioral skills during a developmentally acceptable manner. The skills are all aimed toward serving to kids to extend their cope skills and are instructed through stories, games, videos and activities. The skills are all aimed at helping children to increase their coping skills and are taught through stories, games, videos and activities. Parents also receive some information training in order to ensure that children's learning is further encouraged in the home.

Age Range

3-7 years

Age Range Information

From four to seven

Group Size

No information about group size

SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

Fun FRIENDS uses a play-based approach to produce cognitive-behavioural skills in an exceedingly developmentally acceptable manner. The most skills instructed within the programme are:

Learning/behaviour – involves serving to kids to develop six-step problem-solving plans, mistreatment brick step plans, and establish role models and support networks.

Cognitive – involves serving to kids to use positive self-talk, challenge negative self-talk, measure themselves realistically and reward themselves.

Psychological – involves teaching kids to bear in mind of their body clues, to use relaxation techniques, and to self-regulate.

The skills area unit all aimed toward serving to kids to extend their brick skills and area unit instructed through stories, games, videos and activities. Adults conjointly receive some info coaching so as to make sure that children's learning is more inspired within the home.

Active Learning

Coping skills increase a child's resilience and protects kids from developing anxiety. The programme aims to show brick skills like understanding and managing emotions to help kids in responding to uncomfortable emotions in acceptable and useful ways that. in brief term, kids have higher awareness of their feelings and useful emotion management techniques that change them to raised address trying or uncomfortable things. within the long run, kids are going to be less doubtless to develop anxiety disorders.

Additional Information

<https://friendsresilience.org/funfriends>

References

Barrett P., & Pahl, K. (2011). Preventing anxiety and promoting social and emotional strength in preschool children: A universal evaluation of the Fun FRIENDS Program. *Advances in School Mental Health Promotion*, 3(3),14-25. <https://doi.org/10.1080/1754730X.2010.9715683>

Citation

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