



CONTENTS

Foreword by Tony Ryan	v
FUN FRIENDS Acronym	vi
Introduction	1
Session 1: My family and I	2
Home Practice	10
Session 2: Understanding feelings in ourselves	11
Home Practice	17
Session 3: Understanding feelings in other people	18
Home Practice	26
Session 4: Understanding body clues	27
Home Practice	35
Session 5: Learning about "red" (unhelpful) and "green" (helpful) thoughts	36
Home Practice	41
Session 6: Learning more about "red" (unhelpful) and "green" (helpful) thoughts	42
Home Practice	48
Session 7: Doing things one step at a time	49
Home Practice	56
Session 8: Learning to be a good friend	57
Home Practice	62
Session 9: Learning about rewarding ourselves	63
Home Practice	71
Session 10: Learning about role models in our lives	72
Home Practice	77
Session 11: Learning about support teams in our lives	78
Home Practice	84
Session 12: Learning to be happy with our efforts	85
Home Practice	89
Appendix 1: (Sessions 5 & 6) "Green" Thoughts vs "Red" Thoughts	90
Appendix 2: (Sessions 5 & 6) Thought Bubbles	92
Appendix 3: (Sessions 5 & 6) Hand Puppet and Finger Puppets	94
Appendix 4: (Session 8) Friend Chart	101
Appendix 5: (Sessions 10 & 12) Someone Special I Know Who is Brave and Kind!!!	102
Appendix 6: (Session 10) Who is...?	103
Appendix 7: (Session 12) Pass the Parcel	105
Graduation Certificate for the Fun Friends Program	106