

## PARENTS' GUIDE TO



# Apple's Friends

Teaching coping and social skills





# What is Apple's Friends?

*Apple's Friends* is a programme which promotes the emotional wellbeing of young children. It helps them develop skills to cope with difficult feelings such as sadness and anger, and everyday situations such as playground arguments, making new friends, or dealing with changes big and small. These skills help children to live flourishing lives.

Your child will take part in weekly *Apple's Friends* sessions for the rest of the school year. These sessions have been designed for children of all backgrounds and all abilities and, unlike other lessons, they are not competitive. Children are encouraged to work together, share ideas and help each other.

## A good solution:



Helps me to feel better

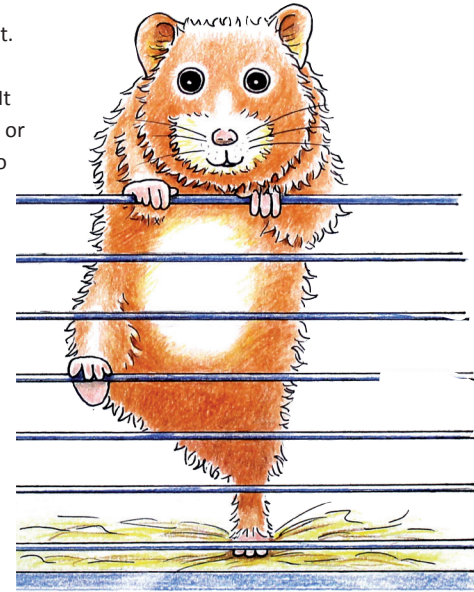


Doesn't hurt me or anyone else

*Apple's Friends* builds on the success of another programme called *Zippy's Friends*, which is for five and six year olds and has helped more than one million children in over 30 countries.

But children don't need to do *Zippy's Friends* first.

*Apple's Friends* doesn't tell children what to do. It doesn't tell them that one way of coping is good or another bad. Instead, children are encouraged to think of their own ways of coping, obeying the two simple rules below.



Apple the hamster

# How does it help?



*Find out more about the impact of Apple's Friends and Zippy's Friends in the Programmes – Evaluation section of our website*



[www.partnershipforchildren.org.uk](http://www.partnershipforchildren.org.uk)

*Apple's Friends* gives children the skills they will need to deal with difficulties and disappointments.

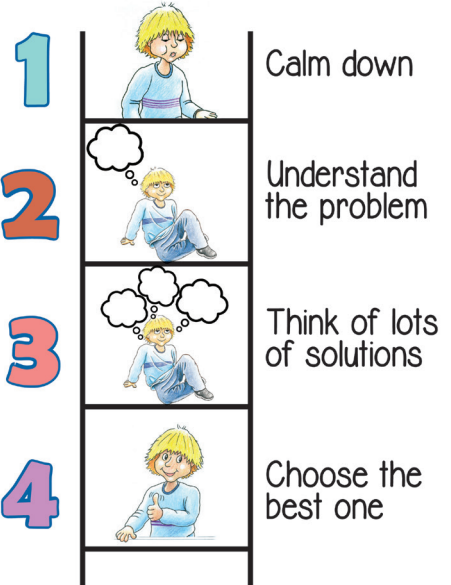
If children learn these skills when they're young, they'll be better able to cope with problems and crises as teenagers and in adult life. This doesn't mean that they will always be happy, but resilience will keep them going through tough times.

As the programme progresses, you may notice your child using more positive coping strategies (such as calming down or asking for help) and fewer negative strategies (such as sulking or hitting someone). If this happens, praise and encourage your child!

Independent experts have spent a lot of time evaluating the impact of both *Zippy's Friends* and *Apple's Friends*, and their findings are consistently positive. There is also growing evidence that children who take part in such programmes do better academically.

So in many ways *Apple's Friends* helps children to develop skills for life.

## 4 Steps to a Good Solution



# What do children learn?

***Apple's Friends* is divided into six themes or modules. Each module has a different topic. We summarise them here, so that you can see what your child will be learning.**

## MODULE 1

### FEELINGS

Children learn ways to cope with difficult feelings like anger, jealousy and nervousness, and think about how they can help other people.

## MODULE 2

### COMMUNICATION

This module helps children to develop their listening skills, and gives them five simple rules for saying what they want to say.

## MODULE 3

### FRIENDSHIP

Children think about what makes a good friend and how they can resolve friendship problems. They also learn how to cope with loneliness and rejection.

## MODULE 4

### SOLVING PROBLEMS

In this module children think about who can help them in difficult situations, and learn the importance of calming down. The class agrees a contract against bullying.

## MODULE 5

### CHANGES

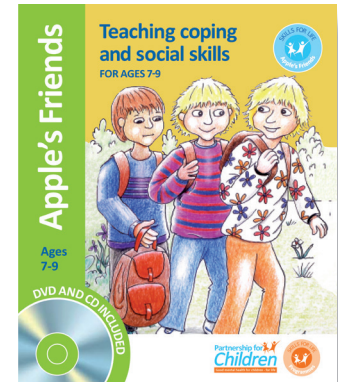
Change can be tough but it's unavoidable, so in this module children learn how to cope with change and adapt to new circumstances.

## MODULE 6

### MOVING FORWARD

Children have a chance to talk about worries and disappointments. They practise helping themselves and others, and celebrate their skills in the final session.

**Each module has a story about Apple and his friends, a group of young children. The class creates an ending for each story. There are games and activities for the class, and Home Activities for you to do with your child.**





# What can you do to help?



*'Apple's Friends has helped my son very much. Now he is more open in communication, finds friends more easily and so is more willing to go to school.'* – Parent

Children learn lots of skills from *Apple's Friends* and we want to be sure that they use those skills outside the classroom – at home, with friends and in daily life. For this to happen, they need your help.

There is one Home Activity for each of the six modules in *Apple's Friends*. Your child will be given a simple activity for the two of you to do together. It won't take long – 10 to 20 minutes – and should be fun for both of you.

As well as doing the six Home Activities, try to set aside some quiet time so that your child can tell you about the *Apple's Friends* sessions and what they are learning. If a problem crops up at home, ask your child to suggest ways of coping with it, making sure that their solutions obey the *Apple's Friends* rules:

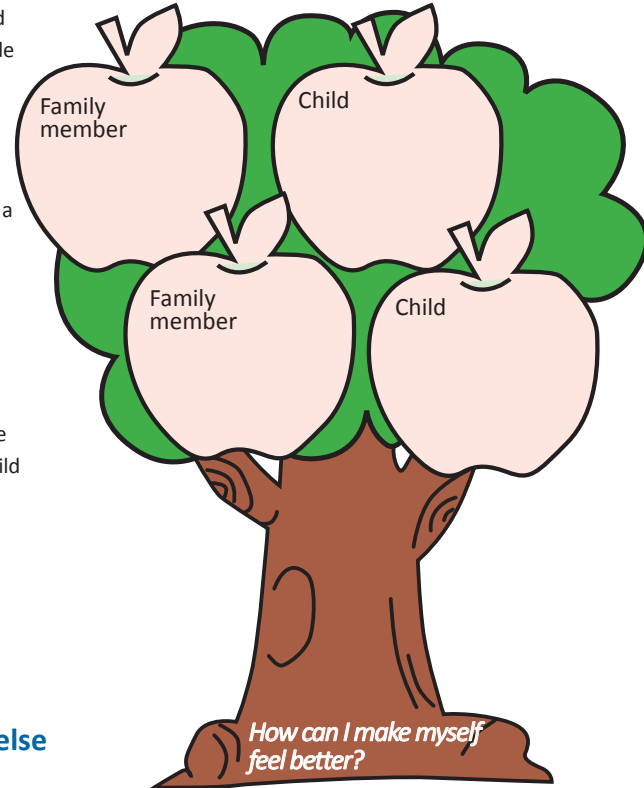
## A good solution:



**Helps me to feel better**



**Doesn't hurt me or anyone else**



# More Resources

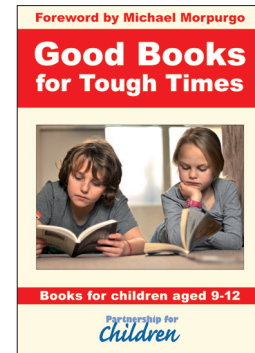
There are a lot of useful free resources on our website.

## Activities

In addition to the Home Activities which you will receive through *Apple's Friends*, we have many more online. Take a look at them and choose any which you think might be helpful for your child – they're all free.

## Reading

Make time to read with your child. Our *Good Books for Tough Times* guides suggest some excellent storybooks, and you can order many of them via the website. Reading together can be really helpful if your child is having to cope with a difficult issue such as bereavement, bullying, divorce or separation.




[www.partnershipforchildren.org.uk](http://www.partnershipforchildren.org.uk)



You can read much more about our programmes on our website where you will also find information and resources to help your child cope with difficult issues such as bereavement, bullying, separation, change and loss.

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