



# Programme Curricula

Zippy's Friends programme - ages 5-7



## Module 1 – Feelings

**To improve children's abilities to recognise different emotions and to identify strategies to cope with difficult feelings.**

Session 1 - Feeling sad – feeling happy	To improve children's abilities to recognise feeling sad and to identify ways to cope.
Session 2 - Feeling angry or annoyed	To improve children's abilities to recognise feelings of anger and annoyance and to identify ways to cope with these feelings.
Session 3 - Feeling jealous	To improve children's abilities to identify jealousy and to learn ways to cope with this feeling.
Session 4 - Feeling nervous	To improve children's abilities to recognise feeling nervous and to identify ways to cope with difficult feelings.

## Module 2 – Communication

**To improve children's abilities to communicate their feelings and listen to other people.**

Session 1 - Improving communication	To improve children's abilities to recognise effective and ineffective ways of expressing how they feel.
Session 2 - Listening	To improve children's abilities to listen to other people.
Session 3 - Who can help us?	To improve children's abilities to ask for help.
Session 4 - Saying what we want to say	To improve children's abilities to communicate their feelings and listen to other people.

## Module 3 – Making and breaking relationships

**To improve children's abilities to make friends and to cope with rejection and loneliness.**

Session 1 - How to be a good friend	To improve children's abilities to be a good friend.
Session 2 - Dealing with loneliness and rejection	To improve children's abilities to cope with loneliness and rejection.
Session 3 - How to resolve conflicts with friends	To improve children's abilities to resolve conflicts with their friends.
Session 4 - How to make friends	To improve children's abilities to make friends.

## Module 4 – Solving problems

**To improve children's abilities to solve problems.**

Session 1 - How to recognise helpful solutions	To increase children's abilities to recognise characteristics of a helpful solution.
Session 2 - Dealing with bullying	To improve children's abilities to deal with situations involving bullying.
Session 3 - Solving problems	To improve children's abilities to solve problems, particularly when they are angry.
Session 4 - Helping others solve problems	To improve children's abilities to help others solve problems.

## Module 5 – Dealing with change and loss

**To improve children's abilities to cope with change and loss.**

Session 1 - Change and loss are part of life	To increase children's understanding that change and loss are part of normal everyday experiences.
Session 2 - Coping with death	To increase children's understanding that death is a normal part of life, and to improve their abilities to cope with situations involving grief and loss.
Session 3 - Honouring those who have died	To improve children's abilities to talk about death and loss.
Session 4 - Learning from change and loss	To improve children's understanding that change and loss can have positive effects.

## Module 6 – Moving forward

**To improve children's abilities to use a variety of coping strategies in different situations.**

Session 1 - Different ways to cope	To improve children's abilities to use different coping strategies.
Session 2 - How to help others	To improve children's abilities to help others cope with different situations.
Session 3 - Adapting to new situations	To improve children's abilities to apply their coping skills to new situations.
Session 4 - Celebrating together	To review what we have learned during <i>Zippy's Friends</i> and to celebrate together.