



Apple's Friends Home Activities

What is Apple's Friends?

Your child is taking part in *Apple's Friends*, a programme which teaches children how to find solutions to problems, to make friends and to help others. It reinforces the *Zippy's Friends* programme, which your child may have taken part in last year, and covers six themes: Feelings, Communication, Friendship, Solving Problems, Changes, and Moving Forward. The programme has 24 sessions, and will last for most of the school year.

What will my child learn?

Your child will learn how to come up with different solutions to problems, and how to choose the best solution. There are two 'Golden Rules' which help your child to choose a helpful solution:

A helpful solution:

- helps me to feel better
- doesn't hurt me or anyone else



What are the Home Activities?

There are six Home Activities over the course of the programme, one on each of the six themes. Your child will bring home a sheet with an activity for you to do together. Please set aside some quiet time to spend with your child, so that he or she can tell you about the *Apple's Friends* sessions and you can discuss the activity together. Spending time with your child and discussing the activity is just as important as completing the activity itself. The activities needn't take long – 10 to 20 minutes – and they should be fun for both of you.

Why do the activities?

Your child will learn lots of skills from *Apple's Friends*, but these will only be really useful if he or she can use the skills outside the classroom – at home, with friends, and in daily life. By doing the activities with your child, you reinforce what she or he is learning in the sessions by practising the skills at home. You might even find them useful yourself!

Enjoy doing Apple's Friends Home Activities with your child!