

Friends for Life – extra activities

session	activity	why, how, when ...
session 1	<ul style="list-style-type: none"> Name game Group guidelines sort shift if 	1. Stand in a circle. Each person steps forward, says their name and does an action. The others say “Hi (name)” and copy the action.
		4. In small groups give out the potential guidelines (cut up). They divide them into 3 groups: very important, a bit important and not important. Come back to the big group and share – each group brings up one that they think is very important. Make these into a poster - group guidelines.
		5. Sit in a circle on chairs or cushions with one person in the middle. The person in the middle says “Shift if ...” and says something that describes themselves (eg you like blue, you’ve been to Australia, you have a brother). Everyone who fits that description has to move to another seat. The person left over is now in the middle. This is a fun way to see similarities and differences.
session 2	<ul style="list-style-type: none"> alphabet page on feelings 	3. Intro to feelings: In small groups give them paper and a vivid. They write the alphabet down the page and then try to think of at least one feeling that starts with each letter (can used prepared alphabet sheet).
session 3	<ul style="list-style-type: none"> game – move around like you feel ... 	2. Review feelings with this game: play music and say: e.g. move around like you’re on the moon / like you are jelly/ you’re really sad / like you’re scared / like you’re turning into a monster. In between these you stop the music and say e.g. put your (elbow) on something (green).
session 4	<ul style="list-style-type: none"> happiness continuum play dough balloon stomp – red balloons 	4. Make a continuum line with one end being very happy and the other end being not happy (maybe use a “happy” object to show which is the happy end). Say some activities one at a time and they stand on the line to show how happy that makes them eg reading, playing soccer, helping mum. Also notice similarities and differences.
		4. Instead of drawing we got them to make something out of playdough
		5. They all got a red balloon and wrote a red thought on it (or wrote on a sticker to go on the balloon so the vivid didn’t smudge). Then they tied it to their ankle with string. Then they did the balloon stomp – they walk around popping each others balloons. We talked about “popping those red thoughts!”

	<ul style="list-style-type: none"> balloon up – green balloons 	<p>5. Then they got a green balloon and wrote/stuck a green thought on it. They walked around seeing how long they could keep their green balloon up in the air.</p>
session 5	<ul style="list-style-type: none"> game splat 	<p>game see http://en.wikipedia.org/wiki/Bang!_(drama_game) but in the non-violent version you pretend you have splat guns and you say “Splat”.</p>
session 6	<ul style="list-style-type: none"> Human bingo 	<p>starter: bingo sheet with descriptions of people (eg someone who knows what F stands for in FRIENDS, someone who likes the same movie as you). They get as many different people to sign as they can.</p>
	<ul style="list-style-type: none"> famous names 	<p>3. Have stickers with names of famous people that they would know (eg John Key, Harry Potter, Barbie). Each person gets a sticker on their forehead and they have to find out who they are by asking yes or no questions (eg am I male? am I a singer?). Once everyone knows who they are discuss each character and ask people if there is something they admire about this person.</p>
session 7	<ul style="list-style-type: none"> zip zap zop 	<p>Energiser : http://www.thechangeagency.org/dbase_upl/games&energisers.pdf</p>
	<ul style="list-style-type: none"> name toss 	<p>Energiser half way through – Stand in a circle. Say a person’s name as you throw them the ball. They say “Thanks (your name).” Continue for a while. Then try a harder version: say the person’s name and then the name of the person you want them to throw to (eg Sara, John – you throw to Sara she throws to John and says: “John, Ana” etc)</p>
	<ul style="list-style-type: none"> Chicken dance 	<p>8. As part of “don’t take yourself too seriously” we played the chicken dance song and everyone joined in. They enjoyed this! Available on youtube ... http://www.youtube.com/watch?v=- MPCUyuqJ8</p>
session 8	<ul style="list-style-type: none"> milkshake breathing and deep breathing 	<p>Recap of Relax: We took this from Fun Friends p31. This is a great way to remember deep breathing.</p>
	<ul style="list-style-type: none"> zip zap zop 	<p>Energiser : http://www.thechangeagency.org/dbase_upl/games&energisers.pdf</p>
	<ul style="list-style-type: none"> advice circle 	<p>They sit in 2 circles (inner and outer) facing a partner. The inner circle is given a “problem” to read. The partner listens and gives them some advice especially thinking of the FRIENDS principles. The outer circle moves around and listens to the next person. It repeats until they have been around the whole circle. Then the inner and outer circle swap over and they repeat. At the end ask for them to share any great advice that they got.</p>

session 9	<ul style="list-style-type: none"> • game 	
	<ul style="list-style-type: none"> • F4L quiz sheet 	give quiz sheet – can they remember what each letter stands for? We gave \$2 prizes for completion.
	<ul style="list-style-type: none"> • Koala sheets – support systems 	from Fun Friends p 96 to review support systems
	<ul style="list-style-type: none"> • Relax and breathe practice 	lay on the ground and practised deep breathing (stomach moving) and the tense and relax muscle exercise
	<ul style="list-style-type: none"> • Green thoughts sheet 	We talked about what green thoughts they had been using. On the sheet they coloured in the thoughts that they found helpful and filled in the 2 blank bubbles. (I personalised these sheets with a photo of each person.)
	<ul style="list-style-type: none"> • F4L summary sheet 	this summary sheet gives them a chance to think about all the things they have heard and evaluate what has helped them. Also it's a take home list that might be useful.
	<ul style="list-style-type: none"> • pattern ball 	Energiser: See http://www.thechangeagency.org/dbase_upl/games&energisers.pdf
	<ul style="list-style-type: none"> • group work – choosing helpful thoughts and actions 	In groups of 3/4 they are given a sheet choosing helpful thoughts and actions . This is a chance to apply what they have learnt. They can refer to the summary sheet for ideas. There are 4 different scenarios they can work through. Then as a big group we shared ideas.
	<ul style="list-style-type: none"> • final sharing 	Go around the group: everyone share “One thing I enjoyed ... One thing I learnt ...”

Other ideas:

- When reading around the circle we passes a ball so people could have turns reading or pass if they didn't want to read.
- To split into groups we wrote their names in different colours on their name badge. (Eg “All the green people go together.”)
- We had the FRIENDS letters on the wall and each week we added the appropriate saying (D = Don't forget to practise).