

Friendship academy



Session Outlines

Session 1 – friendship qualities, what makes a good friend? How do we make friends?

Session 2 – different types of friendship, assertive, passive, aggressive, exploring how to be assertive

Session 3 – surviving a friendship breakdown, problem solving

Session 4 – building resilience activities, self soothe activities, review goals and the Friendship Academy sessions.



What is Friendship Academy?

The friendship academy is a 4-week course exploring different types of friendship, assertiveness, resilience and problem solving.

Each session lasts for 1 hour or lesson. This course aims to help children and young people experiencing friendship difficulties and give them the tools to make friends and build confidence and resilience.

Any questions?

If you have any questions please reach out to your school's Mental Health Lead - if there's anything they're not sure of they can get in touch with us for more information.

