

Zippy's Friends

Information for parents and carers



Your child is taking part in the *Zippy's Friends* programme, a fun, story-based programme of 24 sessions. It will teach your child how to choose helpful ways of dealing with everyday problems.

The stories are about a group of young children and their pet stick insect, Zippy. You may hear quite a lot about him in the coming weeks! The children in the stories face the kind of problems that all children have, and learn how to deal with them in a positive way.

Zippy's Friends is run in schools in the UK and over 30 countries around the world. Independent studies have shown it's very effective with both boys and girls, and children enjoy the sessions a lot.

Your child will learn:

- How to identify and talk about their feelings
- How to help themselves and others feel better
- How to say what they want to say
- How to listen attentively
- How to ask for help, and help others
- How to make and keep friends
- How to deal with loneliness and rejection
- How to resolve conflicts
- How to cope with bullying
- How to deal with change and loss
- How to adapt to new situations

Zippy's Friends does not tell children what to do. Instead, it encourages them to think for themselves and to come up with their own solutions to problems. Children practise choosing solutions that not only help them, but also respect other people.

There are some simple 'Golden Rules' that help children choose a solution:

It makes me feel better



It doesn't hurt me or anyone else



There are six modules in the programme, and after each one, you'll receive a Home Activity to do together. Please take some quiet time – just 10-20 minutes – to sit down with your child to do the activity with them. You might even find the activities useful yourself!

For more information about *Zippy's Friends*, please see www.partnershipforchildren.org.uk/what-we-do/programmes-for-schools/zippys-friends.html.



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www.partnershipforchildren.org.uk