



What is Zippy's Friends?

Giving children skills for life

Children and mental health

- At least one in four of the population experience mental health problems at some point in their lives.
- Mental health problems affect about 1 in 10 children and young people.
- Over half of mental health problems in adult life (excluding dementia) start by the age of 14 and seventy-five per cent by age 18.
- Suicide is the second leading cause of death in the age range 15-29 years worldwide.

Zippy's Friends is:

- A whole class programme
- A mental health promotion programme
- An international programme
- An evidence-based programme
- A story-based programme

A mental health promotion programme

It teaches young children:

- Better coping strategies:
Helpful ways to deal with everyday problems
- Better social skills:
How to communicate and get on with others

“Children are able to sort out their own arguments and speak about feelings”

- Teacher, Newham

An evidence-based programme

Two university-led Randomised Controlled Trials have found the programme to be effective.

Significant findings include:

- Improved coping skills
- Greater self-awareness
- More empathy
- Better self-regulation
- Improved class climate
- Reduced bullying

A story-based programme



“Zippy’s Friends discusses big issues, but it comes down to an enjoyable and fulfilling story. The children really respond to this.”

- Educational Psychologist, Newham

Story-based, with six modules:

1. Feelings
2. Communication
3. Making and breaking relationships
4. Conflict resolution
5. Dealing with change and loss
6. We cope

The programme is taught over 24 weeks with four sessions per module. Each session lasts about 45 minutes.

The Golden Rules

It makes
me feel
better



It doesn't
hurt me or
anyone else



*"We use the Zippy
rules to solve real
problems, especially
at playtime"*

- Teacher, Kent

Home Activities

Zippy's Friends Module 3: Home Activity

(To be completed after Module 3, Session 4)

A Good Friend

In *Zippy's Friends*, Module 3, we have been talking about what makes a good friend. Discuss with your child what makes a good friend. How can we be good friends to others?

Now you can each draw a picture of a good friend. Why are they your friend?

Child

My friend



I like this person because

She is kind
and makes me
laugh

Family member

My friend



I like this person because

When I call for
a chat, he
always listens
to me