

THE BEST OF FRIENDS WORKSHOP:

Parents and Guardians Information Sheet

OVERVIEW

The **“Best of Friends” workshop** is an innovative social skills and self esteem program for children aged 3 to 13 both in the school and community setting.

This activity-based workshop encourages children to make the most of their friendships by developing good communication skills while recognizing the difference between friends and ‘frenemies’. Toddlers learn about ‘first friends’ and conversation starters as they progress from pre-school and beyond. Tweens learn advanced and playful skills to develop and maintain healthy communication and friendships.

THE BEST OF FRIENDS WORKSHOP: PARENT FACT SHEET

HOW HAS THE “BEST OF FRIENDS” WORKSHOP BEEN DEVELOPED?

This program has been developed in the clinical setting over a 15 year period by child psychologist Kimberley O’Brien and is highly acclaimed as a tool to solve ‘playground politics’ by parents, teachers, health and educational professionals. The final program also incorporates PhD research in conjunction with Monash University relating to the transition from primary to secondary school.

The “Best of Friends” workshop is supported by extensive pre-school and school observations, parents and school counsellor feedback and field research on more than 52 different schools around the world as part of the “School Days” Project. Principles of “Circle Time” and Canadian summer camps have also been considered in the development of the workshop.

Clinic and school-based workshops are facilitated by a trained psychologist from the Quirky Kid Clinic or by Kimberley O’Brien. On completion of the workshop, parents will receive written feedback with recommendations and observations. Parents will also be given the opportunity to provide feedback on how their child has benefitted from attending the workshop.

WHAT IS THE STRUCTURE OF THE ‘BEST OF FRIENDS’ WORKSHOP

The “Best of Friends” workshop is a comprehensive yet flexible program. The program is offered in three (3) different options to accommodate children of all skill levels. The five (5)

	Option 1	Option 2	Option 3
Location	Clinic based	Clinic based	School based
Participants	Max 5	Max 5	Max 5 or classroom
Method	Workshop style for small group only	Workshop style for small groups	Presentation / Workshop style for small groups + school based sessions.
Length	2 hours	1.5 hour	2 hours
Duration	Single session	4 weeks	2 hours / 6 weeks

core areas addressed are: Making Friends, Social Rules, Importance of Compromise, Empathy in Friendships and Peacemaking. (5) core areas addressed are: Making Friends, Social Rules, Importance of Compromise, Empathy in Friendships and Peacemaking.

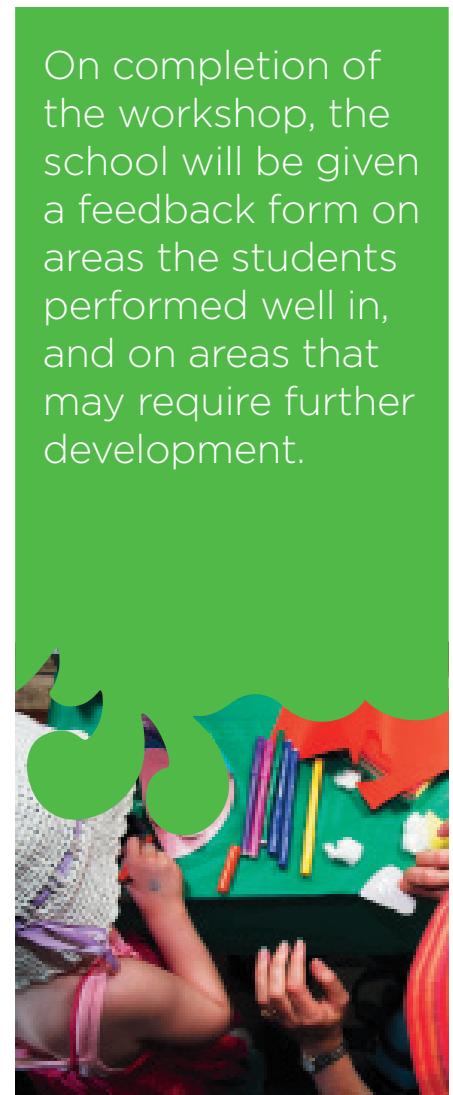
Option 1

The first option is our small group workshop in the clinic setting. This is the original format of the Best of Friends workshops. Groups of four children attend the clinic for one 2 hour workshop. This module is designed to address general social skills such as how to make and maintain quality friendships, how to resolve conflict, how to be an inclusive group and how to deal with bullying. It briefly covers aspects of the five core areas of the program with a particular emphasis placed on any issues raised by parents.

Option 2

The second option aims to take a more in-depth look at each of the five core areas and is directly tailored to the needs of each individual in the group. Groups of same-aged children attend the clinic weekly for 1.5 hour sessions over four weeks. This program allows children to establish rapport, share experiences and develop personal

On completion of the workshop, the school will be given a feedback form on areas the students performed well in, and on areas that may require further development.



THE BEST OF FRIENDS WORKSHOP IN SCHOOLS

strategies in a safe, small group setting. This option is recommended for children who are experiencing more pervasive social difficulties.

Option 3

The third option is a school-based program for children experiencing specific difficulties in the playground or with their classmates. This group can be run as either a small group over six weeks, or as a one off, 2 hour whole class workshop. For more information on our school-based options, please contact our reception on (02) 9362 9297.

MORE ABOUT THE 5 CORE AREAS:

The Best of Friends Workshop covers five important core areas by using a range of activities to engage, inspire and skill-up participants in effective social communication while boosting self esteem.

The program aims to ensure students gain an understanding in the following core areas:

Making Friends

- Define their own strengths and weaknesses;
- Identify shared interests with fellow classmates;
- List ways to find and make new friends;
- Describe ways to welcome new students;

Social Rules

- Describe elements involved in group participation;
- List different forms of body language and identify how to read it;
- Identify appropriate conversation for specific situations.

Importance of Compromise

- Outline the process of sharing and turn taking;
- Explain why compromise is important in friendships, and identify strategies to facilitate compromise;
- Discuss how to monitor their emotions and feelings in friendships;
- List ways to recover from hurt feelings.

Empathy in Friendships

- Identify feelings of others;
- Discuss "being too nice" in friendships;

- Describe ways to facilitate play that all can join in;
- Identify ways to respect individual differences.

Peacemaking

- Identify how to deal with difficult playground situations;
- Discuss clubs and cliques;
- Identify when to compromise;
- Define when an apology is required.

HOW ARE THE OPTIONS AND ACTIVITIES SELECTED?

Workshops are tailored to individual circumstances. A brief initial interview is conducted between the Classroom Teacher/School Counsellor/Principal or referring parent prior to workshop.

Activities are selected on the basis of student's age, social understanding, current playground issues, emotional literacy and interests.

MORE ABOUT THE CLINIC

The Quirky Kid Clinic is a unique place for children and adolescents aged 2-18 years. We work from the child's perspective to help them find their own solutions under the direction of Kimberley O'Brien, Principal Child Psychologist, B.Soc.Sci (Psych), M.A. (Dev Psych), PhD candidate. We meet the highest standard of professional conduct and development. We are members of the Australian Psychological Society (APS), the Australian Association for Research and Education (AARE), Youth Action and Policy Association (YAPA) and are registered by the NSW Psychologists Registration Board.

Our facilitators have professional indemnity insurance, public liability insurance and hold current Working with Children Check (WWCC) through the Commission for Children and Young People.

WHAT HAPPENS NEXT?

To book a workshop for your school or class, or for further information, **please contact Leonardo Rocker or Jacqui Olsson on (02) 9362 9297.**

QUIRKY KID WORKSHOPS REGISTRATION FORM

REGISTRATION

Please complete the registration form below to enrol in the Quirky Kid Workshops.

Parent's Details

Full Name:

Telephone Number:

Address:

State

Post Code

Email:

Participant Details

Full Name

Age

Sex

Referral Information

Please provide some brief information about your child. This information is taken into consideration by the workshop facilitator to tailor the workshops.

Please remember to sign below. This indicates that you agree with the terms and conditions.

Payment Information

Card Number

Expiry date

Name as it appears on the card

Signature

Terms and conditions:

- Bookings are non-refundable
- We reserve the right to cancel a workshop and provide you with a refund
- We reserve the right to change location and facilitator within 10 days of workshop

QUIRKY KID WORKSHOPS

Parent Questionnaire

ABOUT THIS QUESTIONNAIRE

Please complete the questionnaire below to provide us with insight into your child's social behaviour. You will be invited to respond to the same questionnaire 2-3 weeks after your child completes "The Best of Friends Workshop."

1 - How often does your child initiate social interaction with groups of children?

- Always
- Often
- Sometimes
- Rarely
- Never

2 - How often does your child initiate social interaction with individual children?

- Always
- Often
- Sometimes
- Rarely
- Never

3 - Is your child confident in group situations?

- Always
- Often
- Sometimes
- Rarely
- Never

4 - How often does your child accurately interpret social cues?

- Always
- Often
- Sometimes
- Rarely
- Never

5 - How often does your child demonstrate sharing and turn taking?

- Always
- Often
- Sometimes
- Rarely
- Never

6 - How often does your child make new friends?

- Always
- Often
- Sometimes
- Rarely
- Never

>>> Please continue on reverse

7 - How often is your child competitive?

- Always
- Often
- Sometimes
- Rarely
- Never

8 - How often does your child make appropriate eye contact?

- Always
- Often
- Sometimes
- Rarely
- Never

9 - How often does your child compromise in friendships?

- Always
- Often
- Sometimes
- Rarely
- Never

10 - How often does your child feel upset by other children?

- Always
- Often
- Sometimes
- Rarely
- Never

11 - How often does your child want to include others in his/her play?

- Always
- Often
- Sometimes
- Rarely
- Never

12 - How often does your child successfully manage conflict in the playground?

- Always
- Often
- Sometimes
- Rarely
- Never

13 - How often does your child follow game rules?

- Always
- Often
- Sometimes
- Rarely
- Never

14 - What is your main concern for your child's social skills at present?