**Apple’s Friends**

<table>
<thead>
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<th>For what age?</th>
<th>At what level?</th>
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<tr>
<td>KS2 7-9 Years</td>
<td>Wave 1 / Universal / Whole Class</td>
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**What is Apple’s Friends?**
An international mental health promotion whole-class programme for teaching 7-9 year-old children social and coping skills. Developed by ‘Partnership for Children’, it is an engaging 24-week programme suitable for children of all abilities. The programme builds on the stories and approach of the World Health Organisation endorsed Zippy’s Friends programme, which is run in about 80 schools in Northamptonshire - as well as in schools around the world. Apples Friends is also effective as a stand-alone programme and fits within a restorative approach to behaviour.

**How does it help Children?**
Building on previous learning, children develop and practise skills for life. Specifically, Apple’s Friends promotes resilience and emotional wellbeing by helping children to develop coping and social skills.

**What do Children Say?**

- **Now I know that there are lots of different ways to deal with bad situations.**
- **I felt better when I found out that other children feel the way I do too.**
- **I never knew there were so many names for emotions.**

**How do we know it Works?**
A combination of international research studies, including using control groups indicates that children who have taken part in the Apple’s Friends programme showed:

- marked improvement in social skills;
- a significant increase in positive coping strategies;
- a significant reduction in negative coping strategies.

Results from the child-self report measures indicated a significant improvement in both: children’s emotional recognition skills and adaptive coping skills. In addition, parents also reported an improvement in children’s social and emotional skills, in particular, enhanced motivation and reduced externalising behaviour problems - including hyperactivity and aggressive behaviour.

**What do Teachers & Parents say?**

- Excellent session at helping pupils to understand that they sometimes say the wrong things when angry – they learn it is important to calm down and think.
- Apple’s Friends has helped my son very much. Now he is more open in communication, finds friends more easily and thus is more willing to go to school. The programme has taught him to adapt to the life in the classroom, to accept and understand differences in children, and to address conflicts more flexibly or to simply avoid them.
- Now I know that there are lots of different ways to deal with bad situations. I never knew there were so many names for emotions.
- I felt better when I found out that other children feel the way I do too.

**Which Schools can I contact or visit that are Showing Good Practice in Apple’s Friends?**
While the programme in its final form is being launched only now, schools in Northamptonshire that have piloted the programme and so contributed to its final development, include: Croyland Primary, Olympic Primary, Overstone Primary and Ruskin Infant.

**How can I access Apple’s Friends for my School?**
To run Apple’s Friends, a KS2 Teacher needs to attend a one-day training course where usually the teaching materials will be provided – one set per school. Access [www.northamptonshire.gov.uk/tamhs](http://www.northamptonshire.gov.uk/tamhs)

For more information about Apple’s Friends, including evaluations and information for parents about activities that they can do to support the classroom based programme, go to [http://www.partnershipforchildren.org.uk/programmes/apple-s-friends-2.html](http://www.partnershipforchildren.org.uk/programmes/apple-s-friends-2.html)