

## Zippy's Friends, Apple's Friends and Passport

For what age?	At what level?
<b>Children aged 5 to 11 years</b> <b>An adapted version of Zippy's Friends for pupils with SEN can be used with ages 6 - 24 years.</b>	Universal – This are whole class programmes

### What are Zippy's Friends, Apple's Friends and Passport?

- School based programmes which help children to develop coping and social skills.
- They are evidence-based programmes which work with the whole class to promote mental health.
- The programmes cover a range of themes including feelings, communication, friendship, solving problems, changes, and moving forward.
- The programmes are clearly structured and cumulative, building on previous learning. They can also be taught separately.
- Resources include everything needed to teach the programme, including lesson plans, children's activities, home activities to engage parents and an Inclusion supplement to support children with SEN. These can be re-used every year.

### How do they help children?

These programmes were created to:

- Teach children coping skills and problem solving skills.
- Encourage children to help others with their problems.
- Build self-awareness and emotional resilience.

*I felt better when I found out that out that other children feel the way I do.*

Child participating in Apple's Friends

*Passport makes it safer and easier to talk about our feelings in class.*

Teacher response

### How do we know it works?

- The programmes were developed by 'Partnership for Children' and are recognised by OFSTED, the World Health Organisation, The European Platform for Investing in Children, and the Early Intervention Foundation.
- Over 1 million children in more than 30 countries have accessed the programmes.
- They are based on research which shows that Social and Emotional learning programmes significantly improve children's academic performance.

## How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk) or by speaking to your Link Educational Psychologist.

NB: Schools will need to purchase their own materials for this programme.

## What do delegates say about this training?

*The children talk about what they have learnt and apply it to difficult situations in the classroom and playground.*

*Parents have been very positive and have noticed that their children talk to them more about their feelings. Their children use the skills they have learnt at home.*