

FRIENDS LD acronym song egs 1 and 2 sung to tune of Baa, baa black sheep

FRIENDS groups help us
Help us learn new things
Feelings, chill skills
Relaxing ways to sing!

I can try it
Explore what I can do
Now say “Well done”; Do practice
Smile and stay calm too!

Ba Ba Black sheep,
What is FRIENDS?

I know, I know
Here we go

One for feelings,
One for relax
One for the little boy who says ‘I can try’

Ba Ba Black sheep,
What is FRIENDS?

I know, I know
Here we go

One for exploring solutions
One for now reward yourself!
One for doing practise
And one for the people that stay calm!