




ZIPPY'S FRIENDS

Mental Health Promotion Programme
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Background



- ❑ **Evidence based programme**
- ❑ **20+ years**
- ❑ **30 countries**
- ❑ **Reviewed and updated**
- ❑ **Endorsed by the World Health Organisation**

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- ❑ **Training delivered by HSE**
 - ❑ **Teacher's Resource Pack**
 - ❑ **Curriculum resource – SPHE**
 - ❑ **24 week programme**
 - ❑ **Whole class, all abilities, class teacher**
 - ❑ **Aimed at 5 – 7 year olds**

Programme Structure



Primary aim: to teach children coping and social skills

- ❑ Develops emotional literacy**
- ❑ 24 weeks**
- ❑ 45 minutes per lesson**
- ❑ 6 modules**
- ❑ 4 sessions per module**
- ❑ Specific learning objective for each session**

Modules



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

Experience to Date



- Positive
- Active learning
- Repetition, review, reflection
- Amended
- Transferable skills
- Home / school links
- Folders
- Zippy Corner

Key Findings on Programme Effects



- Significant decrease in hyperactivity
- Better able to communicate
- Reduced problems in the yard
- Positive effect on confidence
- Observed improvements in children's social skills, verbal communication and ability to articulate their feelings
- Increase in use of problem solving coping strategies
- Improved academic performance