















Friend or Foe Cards are designed for one-to-one or small group discussion with children who have difficulty managing fear. They depict common childhood fears, either "Friend" or "Foe".

Friend: the fear is healthy; it keeps us safe.
Foe: the fear is keeping the child from taking good risks or is out of proportion to the risk.

After identifying and discussing the situations in these cards, ask the children what kind of advice they would give the character (if necessary) to help them to face their fear.

This can lead onto a discussion of their own fears and creating strategies that empower them to face anxiety-producing situations.

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