

## PATHS in Practice

The children will gather for PATHS on a weekly basis.

We begin and end each PATHS session using four main characters who introduce the main themes of the lesson. The main characters are 'Twiggle' the turtle, 'Henrietta' the hedgehog, 'Duke' the dog and 'Daphne' the duck.

Each week 'Twiggle' will choose a helper for special jobs. Every child will have a turn to be helper, each getting a special sticker and a certificate.

We encourage the children to give compliments to the special helper which are written on their certificate. The children feel valued and respected when they are given compliments from their friends, this helps to build self-esteem.

## The Turtle Technique



If you have any questions or would like more information please ask staff.

### Useful websites:

[www.channing-bete.com/prevention-programs/paths/paths.html](http://www.channing-bete.com/prevention-programs/paths/paths.html)

<http://vimeo.com/channels/33460>



**PATHS®**  
Promoting Alternative  
Thinking Strategies



Volume 1 and 2

Parent/Carer  
Information Leaflet

## PATHS

PATHS is a social and emotional development programme. Volumes 1 and 2 are aimed at children aged 4-6 years old.

PATHS supports the development of emotional awareness, the vocabulary and language of emotions alongside emotional literacy.

It also teaches children problem solving skills and helps them develop positive peer relationships.

### Research has found that

PATHS helps:

- Increase social skills
- Increase emotional literacy
- Increase self-control
- Reduce social and emotional problems
- Reduce aggressive behaviour
- Reduce challenging behaviour

## What your child will learn

- Circle time rules
- How to compliment each other to raise self-esteem
- That everyone has feelings and all feelings are O.K.
- Basic feelings: happy, sad, angry, scared and relaxed in **volume 1**.
- Complex feelings e.g. disappointed, proud and frustrated in **volume 2**
- How to recognise the feelings of others using facial expressions.
- That feelings can be comfortable or uncomfortable.
- That some behaviour is O.K and some behaviour is not O.K.
- To use problem solving to think about behaviour choices..
- The turtle technique



## What you can do at home

- Talk to your child about their feelings and encourage them to name their feelings.
- Ask them to identify how someone is feeling using facial expressions i.e. their eyes and mouth.
- Ask them to give you real life examples of how they feel so they can link their experiences to their feelings.
- Encourage children to recognise how other people might be feeling, for example, family members or characters in books or films
- You can help us teach your child about compliments by using them at home.

### Links to Curriculum for Excellence

"I am aware and able to express my feelings and am developing the ability to talk about them" **HWB 1a**

" I know that we all experience a variety of thoughts and emotions that affect how we feel and I am learning ways of managing them" **HWB 2a**