



Wallacewell PRIMARY SCHOOL

Ambition • Equality • Nurture • Respect

Happy
Learners
Brighter
Futures
Together

PATHS

Building kinder, calmer, more confident children

Small
steps
make a big
difference

What is PATHS?

PATHS (Promoting Alternative Thinking Strategies) is our main Health and Wellbeing curriculum at Wallacewell.

It helps children to understand their feelings, manage their behaviour, solve problems and build positive relationships.

The skills children learn in PATHS support them at school, at home and in the wider world.



What will my child learn?

Understanding Feelings



Recognising and talking about feelings in ourselves and others.

Self-Control



Learning strategies to calm down, make good choices and manage behaviour.

Problem Solving



Thinking of solutions, considering consequences and choosing the best option.

Friendships & Self-Esteem



Building positive relationships, being a good friend and feeling good about ourselves.



Stronger skills. Happier children. A kinder school.



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PATHS at Wallacewell

PATHS is woven throughout everyday life in our school – in lessons, playtimes and in the way we talk and interact with each other. All staff use the same language and approaches, helping children to practise and apply their skills across the school day.

The PATHS Turtle helps us to...



1 Stop
Take a breath

2 Think
What are my choices?

3 Choose
Do the best thing

A calm mind makes a better choice!

Control Signals



STOP
Take a breath

THINK
What are my choices?

CHOOSE
Do the best thing

Feelings Faces

We can feel lots of different feelings – and that's OK!



Happy



Sad



Angry



Worried



Calm



Surprised

Pupil of the Day



We notice and celebrate kindness, helpful behaviour and positive choices every day!

Good choices make a brighter day for everyone!

Try PATHS at Home



- ♥ Talk about feelings – "How are you feeling today?"
- ♥ Use the Turtle Technique together.
- ♥ Talk through everyday problems – "What could we try?"
- ♥ Notice and praise kind and helpful behaviour.
- ♥ Read stories and talk about how the characters feel.
- ♥ Model calm and positive problem solving.
- ♥ Use the same language we use in school.

Little conversations make a big difference!

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Together
We Grow