

Paths in Practice

The children gather for PATHS with their Keyworker group on a weekly basis. The programme is designed to run for the full year.

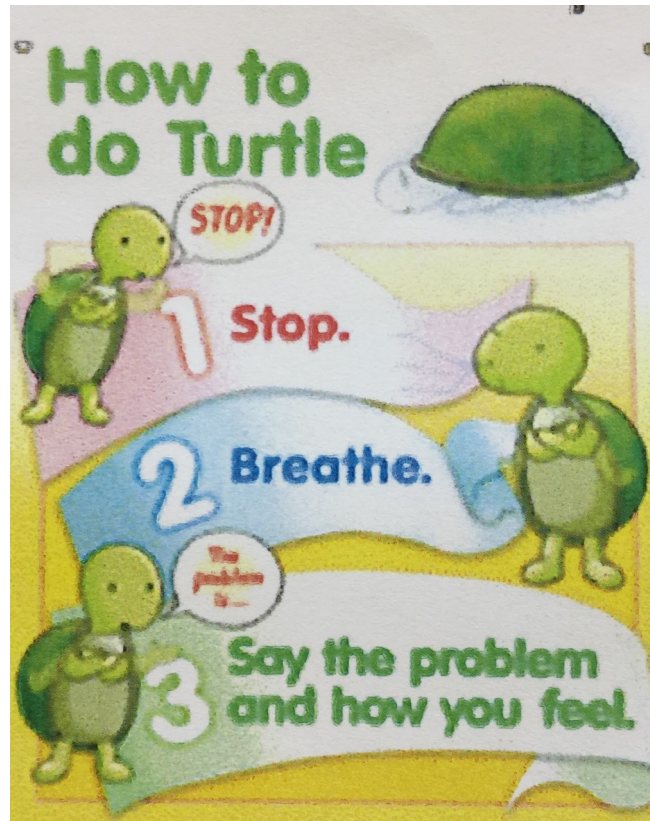
During the PATHS session we use the four main characters to introduce the theme of the lesson.



The main characters are Twiggie the Turtle, Henrietta the Hedgehog, Duke the Dog and Daphne the Duck. Staff use resources such as puppets, stories and scenarios to encourage children to discuss and acknowledge their own and others' feelings.

Each week we encourage the children to give compliments to each other during the session. This helps the children to feel valued and respected.

Turtle technique - to help children regulate emotions and feel calm and in control.



If you would like more information please discuss this with your child's Keyworker.

Caring Learning Inclusive Kind



P.A.T.H.S

Promoting Alternative
Thinking Strategies



North Ayrshire Council
Comhairle Siorrachd Air a Tuath

INSPIRING

SCOTLAND



care
inspectorate

P.A.T.H.S.

PATHS is a social and emotional development programme. Within Largs Early Years centre we have adapted the programme to meet the wellbeing needs of our children. In doing so this links to the Scottish Government Document (2020) Realising the Ambition, thus promoting linked areas such as self regulation, social development and creating opportunities for communication and language.



Benefits

- Increased emotional literacy, e.g talking about feelings.
- Increased ability to self regulate.
- Greater sense of calmness and respect.
- Helps to promote positive relationships between parent/carer and child.

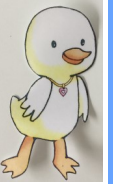
Benefits for Children's Learning

- Routine of circle time.
- Recognising everyone has a "voice".
- How to give a compliment and accept compliments to raise self esteem.
- Understanding of basic feelings – happy, sad, angry and excited.
- Awareness of others' feelings through facial expression and body language.
- Recognition of complex feelings – proud, frustrated, disappointed.
- Developing an awareness of the need for rules .



What parents and carers can do at home.

- Talk to your child about feelings and encourage them to name their own feelings.
- Discuss real life scenarios of how people are feeling.
- Encourage children to recognise others' feelings and emotions through characters in films and books.
- Use compliments at home.
- Try and use a consistent and calm approach to problem solving.



Links to Curriculum for Excellence and UNCRC

" 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

Article 24 'Every child has the right to the best possible education on health and wellbeing.