

# PATHS

Positive Alternative Thinking Strategies

# Introduction- Promoting Alternative Thinking Strategies.

PATHS -Is a nurture based programme that has been designed to meet the wellbeing needs of our children. It also links to the Curriculum for Excellence, Building the Ambition and the United Nations Convention of the Rights of the Child.

PATHS is delivered on a weekly basis as a small group activity with your child's key worker.

The sessions will be play based learning, with the use of puppets, books and props in a nurturing environment.

The principles of PATHS, such as the golden rules and the promotion of positive interactions are supported and reinforced throughout each nursery day.



# How do we embed PATHS in our centre?

- ▶ Weekly small group time
- ▶ Golden rules
- ▶ Age appropriate resources/puppets
- ▶ Modelling positive behaviours
- ▶ Consistent language
- ▶ Proud cloud/ Wow wall
- ▶ Interaction with staff and children.
- ▶ Encouraging a restorative approach to situations e.g giving each child a chance to explain a situation and then encouraging them to find a solution.
- ▶ By encouraging independence and taking ownership of choices and behaviours.



# Benefits



- ▶ Helps to establish routines.
- ▶ Recognising everyone has a “voice”.
- ▶ Learn how to give a compliment and accept compliments to raise self esteem.
- ▶ Understanding of basic feelings - happy, sad, angry and excited.
- ▶ Explore strategies to help cope with big emotions such as feeling angry.
- ▶ 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.
- ▶ Developing language and listening skills.
- ▶ Developing focus and concentration.
- ▶ Problem solving and the ability to persevere.

# Working together

## What you can do at home..

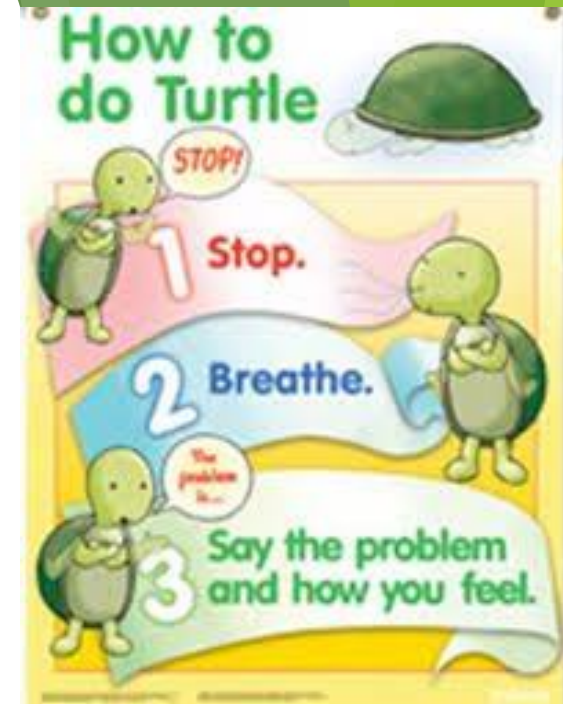
- ▶ Talk to your child about feelings and encourage them to name their own feelings.
- ▶ Discuss real life scenarios of how people are feeling.
- ▶ Encourage children to recognise others' feelings and emotions through characters in films and books.
- ▶ Use compliments at home.
- ▶ Try and use a consistent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





# Tips for at home

Here are some of the strategies we use at the centre to promote wellbeing.



Our PATHS bags are available to borrow from the centre to try at home. These include..

- Golden rules
- How to do Turtle
- Breathing buddy
- Bubbles
- Sensory bottle

# Time to Relax!

[A Thousand Years, Sensory Massage Song - YouTube](#)



[Cosmic Kids Yoga - YouTube](#)

Click the links to try some of our relaxation techniques and try these at home.



[Breathing Buddies with Julie - YouTube](#)