

What is PATHS®?

PATHS® (Promoting Alternative Thinking Strategies) – is a social-emotional learning curriculum which helps children to improve their friendships, help them make good decisions and improve their behaviour, as well as helping children achieve overall academic success.

PUPIL OF THE DAY

Every child gets a chance to be PATHS® Pupil of the Day throughout the year. The job of this pupil is to support the teacher delivering the lesson, giving out equipment, selecting peers for activities etc. At the end of the session the Pupil of the day will receive their compliments which will be written on a Compliment List.



ALL ABOUT COMPLIMENTS



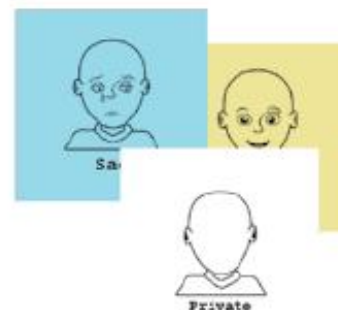
During PATHS® lessons, children are encouraged to give each other compliments. There are four types of compliments:

- How People Look
- The Things People Have
- The Things People Do
- The Way People Are

Children will get practice in giving and receiving compliments each day. They also learn to compliment themselves - this is so important for building self-esteem

“ I really liked the way you waited your turn. ”

FEELINGS



When talking about feeling words, remind children that:

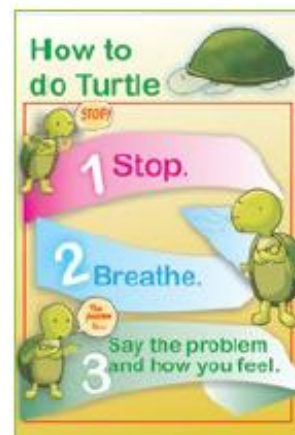
- Feelings can be **comfortable** or **uncomfortable**.
- All **feelings** are okay.
- But... **behaviours** can be okay or not okay (use the thumbs up and down cue for this).

Ask if children can guess how you are feeling by looking for body and facial cues.

LEARNING TO CALM DOWN AND PROBLEM-SOLVE

'Doing Turtle'

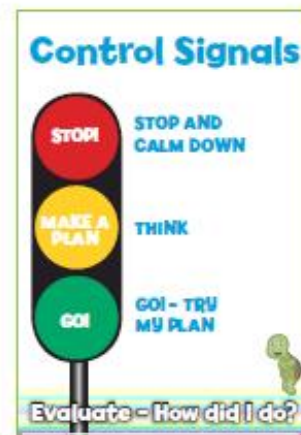
This is a technique that is used in Primary 1&2 / Year R&1 to help children **stop and calm down**, so they can think about the problem and how they feel before they act.



Control Signals

In Primary 4&5 / Year 3&4, the children will be taught to use the Control Signals Poster to help them to:

- **Stop and calm down**
- **Think** about a plan
- **Try the plan** and **evaluate it**



Problem Solving

As children progress to Primary 6&7 / Year 5&6, the Problem-Solving Chart teaches children the 11 step model for solving problems. This approach is based on the techniques that the children have learnt in previous years.



PATHS® PARENT TIPS



- ✔ Use language at home that is consistent with PATHS® language
- ✔ Talk to your child(ren) about how they are feeling
- ✔ Model your own feelings - tell your child how you are feeling
- ✔ If you see your child is about to lose control, guide them through the 3 steps to help them calm down
- ✔ Model calming down at home if you are feeling like you are about to lose control
- ✔ Compliment your child
- ✔ Let them see what you think is OK behaviour by pointing it out when you do it or your child does it
- ✔ Praise them for thinking of others, share your feelings
- ✔ Play games at home which encourage team work and cooperation
- ✔ Mediate problems at home using PATHS® approaches and language
- ✔ Praise your children when they use these strategies
- ✔ When problems occur at home, encourage your children to use the PATHS® Problem-Solving Steps
- ✔ Model good problem solving



Key Information for Supporting the

PATHS® Curriculum at Home

