

At Jones Memorial Primary School, we are involved in the delivery of a Personal Development Scheme called PATHS®Plus and have been teaching this across our school since 2015.

The Programme is designed to help develop self-control, emotional awareness and interpersonal skills through progressive lessons that enhance children's social competence and social understanding. It takes a holistic approach to include all children, families and staff are involved.

The PATHS®Programme has been adapted for a UK audience by Barnardo's NI. We are proud to have been awarded PATHS Model School Status.

PATHS is a research based programme grounded in the science of children's brain development. It uses progressive schemes of work, engaging resources and diverse activities to establish a positive classroom.

In specific PATHS helps children with...

- Self-esteem, self-confidence and self-control
- Frustration & anger management
- Attention and concentration
- Thinking before they act out in anger
- Emotional understanding
- Expressing their feelings in a positive way
- Understanding that all feelings are okay, but some behaviours are not ok
- Preparing for change (e.g. moving to secondary school)



PATHS works around 3 key features



Feelings: The children are taught how to recognise different feelings, what it feels like to be happy, frustrated or sad etc. They are also taught what it might look like for other people. Feelings are described as comfortable or uncomfortable but all feelings are ok. e.g. It's ok to feel upset or angry it's how we then deal with these feelings. The children will build up a set of feeling cards so they can show and talk about who they are feeling.



Compliments: Building children's self esteem is key to PATHS so every day in each class there is a star or the day (this may be called something slightly different in each class). The child will do special tasks throughout the day but most importantly be given compliments that are then recorded and sent home.



Problem solving: PATHS is about feelings, understanding our own and others. That is OK to feel sad or angry but it's not OK to hit because of it. PATHS offers strategies to deal with problems that arise. In P1 and P2 there is [Twiggle](#) (a little turtle), P3 upwards use [traffic lights](#).

Curriculum Maps



P7 pacing guide for NI Schools.doc



P6 pacing guide for NI Schools..doc



P5 pacing guide for NI Schools..doc



P4 pacing guide for NI Schools.doc



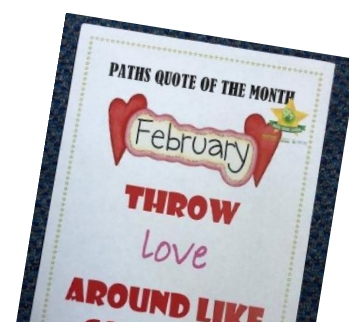
P3 pacing guide for NI schools.doc



P2 Pacing Guide for NI Schools.doc



P1 Pacing Guide for NI Schools.doc



Further Reading



parents letter
PATHS.docx

