



# PATHS

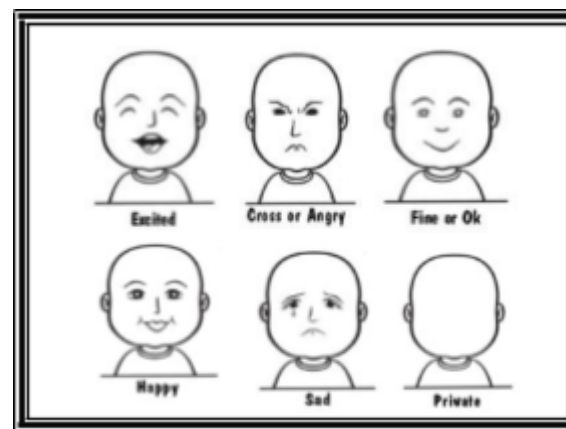
## a parent's guide

### Long term aims:

- ★ Reduced antisocial behaviour
- ★ Improved social and emotional skills
- ★ Improved cognitive abilities
- ★ Improved school readiness

### How you can support the work we do:

- ★ Help your child complete home activities
- ★ Encourage your child to "Do Turtle" or use the control signals when angry
- ★ Talk about feeling "comfortable" or "uncomfortable"
- ★ Please add to the compliments list when your child is Pupil of the Day and return it to school so that it can be shared with everyone (you will get it all back!)



PATHS is a curriculum designed to help children learn:

Self control  
Emotional understanding  
Problem solving  
Self confidence

PATHS helps children learn through:

Group discussions

Stories (Twiggle and friends)  
Art activities  
Educational games  
Songs  
Dances  
Role play  
Home activities

### Feeling Faces:

Lessons teach children about different feelings and how to deal with them. They are given cards which show how people look when they are feeling the different emotions.

The cards are displayed in the classroom and the children are encouraged to change their feeling cards throughout the day, thinking about how they are feeling.

### Emotional Understanding:

- Learn cues to recognise feelings
- Learn the relationship between feelings and behaviours
- Learn how their behaviours affect their relationship with others
- Learn how to deal with their feelings

### Core Emotion Concepts:

- We all have feelings (adults too!).
- All feelings are OK (but we have to think about how we deal with them).
- Feelings are either comfortable or uncomfortable.
- Emotions and behaviours are different.
- Feelings provide critical information.
- Emotion awareness, labelling, and communication are important.
- Feelings are personal.
- Feelings vary in intensity.
- Feelings change.



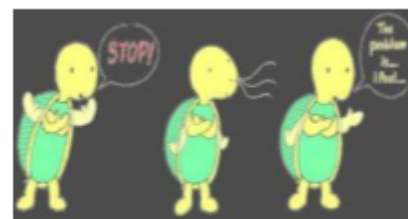
**Star of the day:** (this may be called something different in each class) The star gets certain privileges, such as being the teacher's helper and are given compliments by their teacher; their peers and by themselves (this one is often the trickiest for the children...and adults!). These are recorded on a compliments sheet that is copied for home and school. The star wears a badge all day so they are easily identifiable, everyone can compliment them!  
It's not just the children-all adults are chosen-everyone gets a turn!



When children feel good about themselves, they are more ready to learn, make better choices and want to be involved in a positive way.  
PATHS uses compliments as a way to increase self esteem  
You acknowledge positive qualities in others and in yourself.

### Doing 'Turtle' and using the control traffic lights:

We teach the children how to stop and think before acting and special techniques to stay calm and in control. This encourages the children to find a way to deal with their feelings as well as problem solving and making a new plan. Adults model this positively too.



Please do ask your child or class teacher about turtle or the traffic lights. There are lots of posters up around school too. They can be a good strategy to use at home as well