

PATHS- a parent's guide



PATHS stands for promoting alternative thinking strategies. It is a curriculum designed to help children learn:

Problem solving	Self confidence
Self control	Emotional understanding

PATHS helps children learn through:

Group discussions	Stories	Art activities
Educational games	Songs	Role play

Your child has 2 PATHS lessons a week and the ideas and strategies introduced are reinforced around school

How you can support the work we do:

Add to the compliments list when your child is Pupil of the Day and send it back to school for us to share in.

Encourage your child to use the control signals when angry.

Talk about all feelings being okay but not all behaviours being okay.

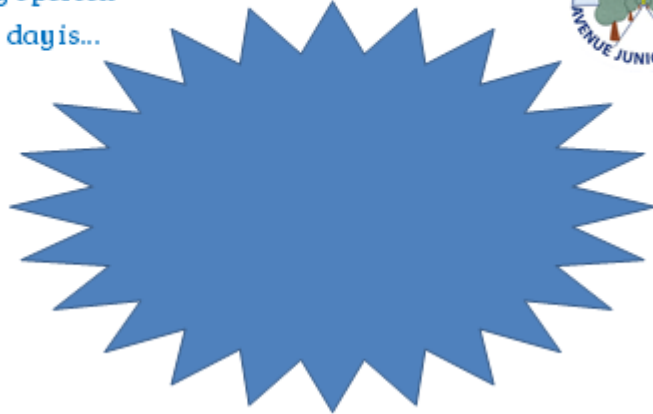
Describe feelings as 'comfortable' or 'uncomfortable' not 'good' or 'bad'.

Talk to your child about what they are doing in their PATHS lessons.

For further information please contact the school's PATHS Lead Mr Brown

PERSON OF THE DAY

Today's person
of the day is...



Each day, one person from the class (a child or adult) gets certain privileges. The PATHS Person of the Day is displayed on the classroom door. They are the teacher's helper and are given compliments by their teacher, their peers and themselves. These are recorded on a compliments sheet and in a folder in the classroom.




When children feel good about themselves, they are more ready to learn, make better choices and want to be involved in a positive way.



Problem Solving

Children learn that calming down is the first step of problem solving. The Control Signals (traffic lights) is a strategy to help them solve problems.

Children have two PATHS lessons each week. However in order to apply these strategies outside the classroom they need to see adults modelling calming down. They also need regular reminders that calming down is a positive behaviour choice. Praise children when they make the choice to take themselves away from a situation/calm down rather than reacting to a situation.

	Stop Take a long deep breath Say the problem and how you feel
	Make a plan Think – what could you do? Think – would it work?
	Go! Try your plan Evaluate How did it work?