

PATHS® in Practice

PATHS® is a whole school approach to Health and Well-being with direct links to the Curriculum for Excellence.

The children will receive two lessons weekly but PATHS® will be used daily across the whole school. Children will be selected to be the 'Pupil of the Day' each day. This is optional and not linked to behaviour. At the end of the day the child will receive a written compliment from the class teacher and from some of their peers. This will be sent home for a compliment to be added and returned to school the next day. This is used as a tool to help children feel valued and respected by the friends and build up their self-esteem.

In the infant classes the children will be introduced to the main characters 'Twiggle' the turtle, 'Henrietta' the hedgehog, 'Duke' the dog and 'Daphne' the duck. Children will learn how to 'Do Turtle' to help manage emotions and behaviours.

In the middle to upper stages the children will use a 'Traffic Light' approach to managing emotions and behaviours.

Useful Websites

<http://www.pathseducation.co.uk>



PATHS®

Promoting Alternative Thinking Strategies



PATHS

PATHS® is a social and emotional development programme aimed at children aged 4-11 years old.

The programme was developed in the United States of America and has been adopted and adapted by Barnardos for implementation in the United Kingdom.

This programme supports the development of emotional awareness, the vocabulary and language of emotions alongside emotional literacy.

It also teaches children social problem solving skills and helps them to develop positive peer relationships.



Research

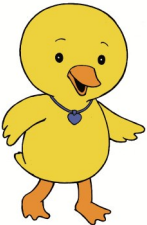
Research has found that PATHS® has :

- Improved children's social skills.
- Developed children's emotional literacy.
- Improved children's self-control.
- Reduced social and emotional difficulties.
- Reduced challenging behaviours.



What your child will learn

- Circle Time rules.
- How to compliment each other and raise self-esteem.
- That we all have feelings and that all feelings are okay.
- Basic feelings: happy, sad, angry etc.
- Complex feelings: disappointed, proud, frustrated etc.
- How to recognise feelings.
- That feelings can be comfortable or uncomfortable.
- That some behaviours are okay but some are not.
- Strategies to manage feelings.
- How to use problem solving to think about behaviour choices.



Working in Partnership

Parent Information Session Friday 17 November at 9:15am

At home talk to your child about their feelings. Ask them to identify how someone is feeling using facial expressions i.e. their mouth and eyes. Ask them to give you real life examples of how they feel so they can link their experiences to their feelings. Encourage your child to recognise the feelings of others e.g. family members or characters from a book or film. Your child will learn to give and receive compliments. You may wish to encourage them to pay compliments at home by complimenting them. Pointing out the positives can teach your child about compliments at home.