

## **How you can support the work we do;**

Add to the compliments list when your child is Pupil of the Day

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”

For further information please contact your school’s PATHS Coordinator



# **PATHS**

## **Parent's Guide**



**PATHS 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   Dances

Role play   Home activities

## **CLASSROOM RULES** (could be used at home)

Sit cross-legged      Wait quietly for your turn  
Listen to the person who is talking  
Keep your hands to yourself      Use gentle touches  
Raise your hand if you want a turn

## **PUPIL OF THE DAY**

Every day, one child per class gets certain privileges, is the teacher's helper and is given compliments by their teacher; their peers and themselves. These are recorded on a compliments sheet.

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

## **FEELING FACES**

Twice weekly 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.

These feelings change throughout the day and are comfortable, uncomfortable or private. All feelings are okay, but some behaviour is not.

## **CALMING DOWN**

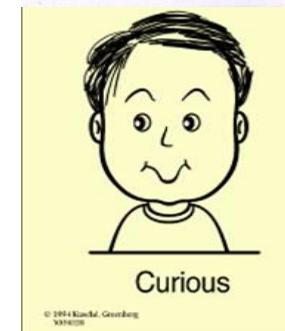
Special techniques teach children to stay calm and in control. They learn how to stop and think before acting in a hurtful way. They are also ready to think about how they can solve their problem.

## **Control Signals**

**Take a long, deep breath.  
Say the problem and  
how you feel.**



**What could I do?  
Would it work?**



**Try your best idea.  
How did it work?**

