

## What is PATHS?

PATHS® (Promoting Alternative Thinking Strategies)

- is a social-emotional learning curriculum which helps children to improve their friendships, help them make good decisions and improve their behaviour, as well as helping children achieve overall academic success.

## All about Compliments

During PATHS® lessons, children are encouraged to give each other compliments. There are four types of compliments:

- How People Look
- The Things People Have
- The Things People Do
- The Way People Are

Children will get practice in giving and receiving compliments each day. They also learn to compliment themselves - this is so important for building self-esteem

## Pupil of the Day

Every child gets a chance to be PATHS® Pupil of the Day throughout the year. Names are picked at random to ensure it is impartial and all children are given the opportunity. This is not based on academic ability or any previous behaviour.

The role of this pupil is to support the teacher delivering the lesson, giving out equipment, selecting peers for activities etc.

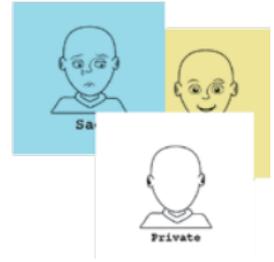
At the end of the session the Pupil of the day will receive their compliments which will be written on a Compliment List to take home and share with their family.

Please take some time to discuss these with your child and add your own compliments to the list too.



# Feelings

When talking about feeling words, remind children that:



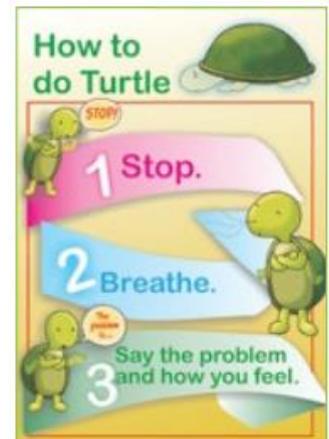
- Feelings can be *comfortable* or *uncomfortable*.
- All *feelings* are okay.
- But...behaviours can be *okay* or *not okay* (use the thumbs up and down cue for this).

Ask if children can guess how you are feeling by looking for body and facial cues.

## Learning to Calm Down and Problem-Solve

### 'Doing Turtle'

This is a technique that is used to help children stop and calm down, so they can think about the problem and how they feel before they act.



### How you can support your child at home.

- 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" when angry
- Talk about feeling "comfortable" or "uncomfortable"
- Model your own feelings - tell your child how you are feeling
- Model calming down at home if you are feeling like you are about to lose control
- Let them see what you think is OK behaviour by pointing it out when you do it or your child does it
- Praise them for thinking of others, share your feelings.
- Model good problem solving.