

What is PATHS?

- PATHS stands for Promoting Alternative Thinking Strategies.
- PATHS is a programme that children in reception, year 1 and year 2 take part in.
- It is a programme that helps children with their social and emotional learning.

What is Social Emotional Learning?

- Social Emotional Learning (SEL) is about understanding your own feelings and other people's feelings. It also means learning to get along with other people.

Which social emotional skills will PATHS help my child with?

PATHS will help your child to:

1. learn more about their own and other people's feelings
2. build their confidence and self-esteem
3. get along with other people
4. manage their own behaviour
5. learn how to solve problems

How do these social and emotional skills get taught?

PATHS lessons are taught twice a week. There are 4 puppet characters that are central to the PATHS lessons: Twiggle the turtle, Henrietta the hedgehog, Daphne the duck and Duke the dog.



- Children take part in different activities to practice the skills they have learned in the lessons.
- Every day a child in class will have a turn to be the PATHS child. This is an opportunity for others in class to give the PATHS child compliments and for the PATHS child to have special jobs and responsibilities during the day. Children will bring their compliments home to share with you.
- Children have feelings cards which they use to talk about their emotions.
- Children learn and are encouraged to use the turtle technique to calm down.
- When children have a problem that they need to solve, they are encouraged to calm down and think about making an ok choice.