Home/school Support

Self-Awareness – Children will be learning new words to describe their feelings and they will be encouraged to verbalise these feelings.

They are taught that all **feelings** are OK but our **behaviours** are either OK or NOT OK. (It is ok to feel angry but it is not ok to push someone because of this)

You should talk to you children about how they are feeling – tell the child how you are feeling to show that we all deal with big feelings.

Self-Management – We will teach the children how to calm down. In infants, they learn to 'do turtle' which is progressed to a traffic light system further up the school. The steps remain the same;

- Stop
- Take a long deep breath
- Say what the problem is and how you feel.

Using the guide and language at home will support your child. Go through the 3 steps with them and model your own emotional regulation with them.

Social Awareness – children learn to recognise emotions in themselves and others. Showing understanding and empathy for others. They learn to take other people's perspective into account and listen to what they have to say.

The golden rule – treat others like you want to be treated.

Pupils will learn to complement each other – focusing on 4 types of compliments;

– Ways people look

– Things people have

– Things people do

– The way people are

You can support by complimenting your child – point out OK behaviours and NOT OK behaviours.

Praise them for thinking of others, share your own feelings.

Relationship Skills – Pupils learn all about making and keeping friends, good manners and ways to play fairly.

Children are encouraged to be;

– Cooperative

– Share with others

– Sensitive to the needs and perspectives of others

To support – play games at home which encourage team work and cooperation

– Model good manners and playing fair

– Praise your children when they use these strategies

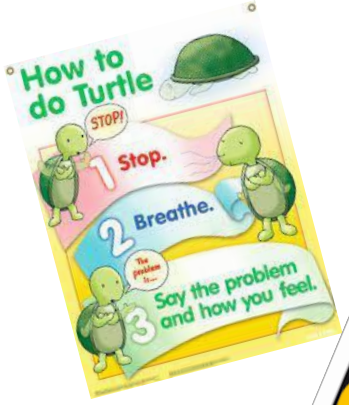
Responsible decision making – children are taught to control their feelings through 3 steps for calming down – see posters for information.

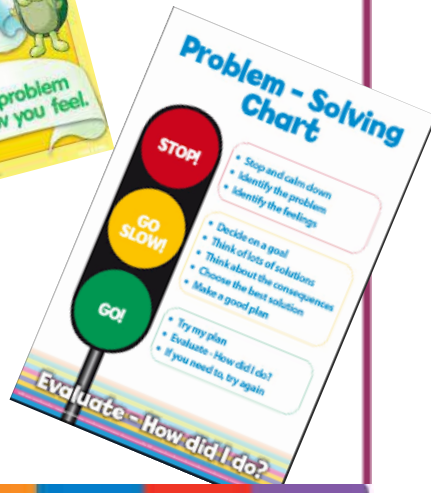
You can help by using the problem solving steps at home, model good problem solving and praising your child when they use the strategies.

CLYDEMUIR PRIMARY SCHOOL

Promoting Alternative Thinking Strategies

A guide for our families.





PATHS®

Promoting Alternative THinking Strategies Program

What is PAThS?

PATHS® stands for Promoting Alternative THinking Strategies.

This is a preventative programme which means it works with the child to attempt to reduce episodes of distress and support them to deal when them when they occur.

It has also been recognised amongst the 19 most effective early intervention programmes.

Through the explicit teaching of;

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making

PAThS aims to help children develop the fundamental skills they will need for life.

Social and Emotional Learning

Self-awareness - Is all about knowing you, recognising your own emotions and values as well as your own strengths and limitations and having a sense of self confidence

Self-management – Is about managing your own emotions and behaviours to achieve your goal. Being able to regulate your own emotions and having an ability to persevere. In the classroom/home it's about being able to manage conflict situations effectively and having the language that will make your views known while at the same time showing respect for other children/ sibling's views

Social awareness - Showing understanding and empathy for others. Demonstration an ability to take other peoples perspectives into account while listening to what they have to say. This would also include interacting and participating in the classroom in small and larger groups

Relationship Skills - Forming positive relationships, working in teams, dealing effectively with conflict, being open and willing to take other people's views into account, treating others fairly and with respect and having the ability to seek help when it is needed.

Responsible decision-making - Assessing risks and making good decisions, having respect for other people's decisions and also taking responsibility for your own decisions

The impact of PAThS

Increased self-esteem, self-confidence and self-control

Ability to increase frustration tolerance / anger management

Allows children to develop control and take personal responsibility

Increases their attention and concentration

Encourages children to stop and reflect on situations rather than acting with impulsion.

Develops their emotional understanding

Encourages them to look at their own identity, speak about their feelings without feeling guilty.

Very clear message with regards to feelings vs. behaviours. (all feelings are OK, some behaviours can be OK and some are not OK)

Ensures that all staff and pupils are aware that emotions are a form of communication.