

PATHS TO SUCCESS

CONTROL SIGNALS

Tips on promoting the use of the 'Control Signals' strategy for calming down



- Have the calming down strategy embedded within the school and promote the use of this strategy outside of the lesson and the classroom. Have additional members of staff trained, for example other teachers not teaching PATHS and lunchtime assistants. The school PATHS Psychologist can assist with this.
- Allocate a chosen space to calm down, for example create a quiet corner for the pupils to go to.
- Use assemblies and role plays to play out scenarios when it may be useful to use the steps to calming down.
- As a teacher model the 3 steps and Fingers Linked for the pupils when you too are feeling angry, stressed or excited.



- Use the posters as visual reminders and try to have these around the school. For example, one school painted the control signal traffic lights in their playground.
- Promote the use of the calming down strategy at home, for example create laminated cards the pupils can take home, inform parents of this strategy and encourage the use at home.
- Provide opportunities throughout the day for pupils to use the 3 Steps for Calming Down and Fingers Linked. For example, after lunch/break, when the pupils are lining up and other times when pupils may experience strong emotions.
- Provide a stress ball for pupils to squeeze whilst they are doing Fingers Linked to assist with calming down.
- Apply the strategies to times when pupils may be problem solving in the class. For example, when tackling a maths problem, ask pupils to complete the 3 Steps and Fingers Linked before they begin working through the problem.