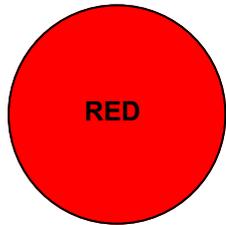
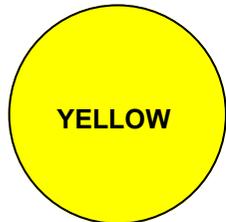


Control Signals Poster



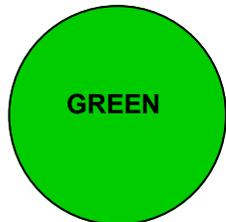
Stop

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



Make a Plan

What could I do?
Would it work?



Go!

Try my plan

Further information can be found at:

www.pathstosuccess.info

If you have any questions or require any further information on PATHS to Success, please contact your child's school or one of the Manchester University project team below:

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PATHS TO SUCCESS

Information for Parents/Carers



NHS
**National Institute for
Health Research**



PATHS to Success — Information for Parents/Carers

PATHS (Promoting Alternative Thinking Strategies) is a Social Emotional Learning curriculum which will be taught to your child's class for 1 hour per week. PATHS lessons cover many topics including:

- Friendship / peer relationships
- How to recognise and understand feelings
- How to use and improve thinking skills
- Various ways to solve problems

The PATHS programme has seen success in the USA : your child's school is working with the University of Manchester PATHS to Success research team to evaluate the effectiveness of PATHS in a UK context over the next few years.

We know that this type of programme works best when lots of the adults in a child's life use the same approach and language to help the child to learn and use the skills. It would be beneficial if you could talk to your child regarding what they have been learning during their PATHS lessons. The following information details key concepts from the PATHS curriculum.

PATHS Pupil of the Day/Complimenting

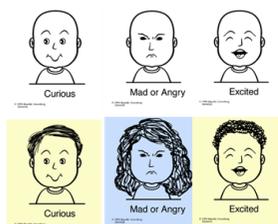
One child per class will be chosen at random to be the PATHS Pupil of the Day. A Compliment List will be created for the PATHS Pupil, which will be sent home. It would be useful if you could discuss this list with your child and add your own compliment to it.



*PATHS Pupil of the Day Identifier—
Pupils will wear this for the time they
are Pupil of the Day.*

Feelings

A key element of the PATHS programme is to help children to develop the ability to identify feelings in themselves and others, and to express them appropriately. Children will learn that all feelings are natural and okay to have, it's how we act on them that is okay or not okay. In Year 3, pupils are given a paper Feeling Face to represent each emotion. Uncomfortable feelings will be made on blue (e.g. Sadness, anger) and comfortable feelings will be made on yellow (e.g. Happiness, confident). It would be beneficial if you could discuss with your child which feeling word(s) he/she has learned that day and discuss the meaning of the words. In Years 4 & 5, pupils will use a Feelings Dictionary to build their vocabulary of various feeling words.



*Pupils will
personalise their
own Feeling Face
cards and use
them to consider
how they are
feeling.*

Steps for Calming Down

Self-control can be difficult for all of us! However, it can be more difficult for children because they are not experienced at planning ahead and handling frustration. PATHS teaches children strategies for calming down, for example using the 'Control Signals Poster' (see back of this leaflet) and 'Fingers Linked, Time to Think' (see below). It would be useful if you could reinforce use of these strategies at home.



*'Fingers Linked, Time to Think' - As
part of learning good self-control and to
allow children time to calm down and
think, they will be taught to clasp their
hands together like this.*

The Golden Rule (Y4 and above)

There will be emphasis on The Golden Rule: *Treat others as you would want them to treat you.* It would be beneficial if you could discuss this concept with your child.