

**PATHS to Success**  
*Information for support staff cont.*

**PATHS encourages self-control...**

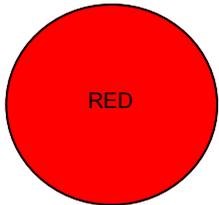
If you see a child having a problem (or looking upset or frustrated) remind him / her to use ***Fingers Linked, Time to Think*** and the ***Control Signals Poster*** to help them to try to calm down, think and try to solve the problem.

When you see a child showing good self-control, **remember to praise them** for it, e.g. "I like the way you calmed down! You can really control yourself."



*Fingers Linked,  
Time to Think*

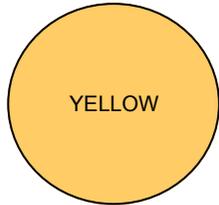
**Control Signals Poster**



**Stop**

Take a long, deep breath.

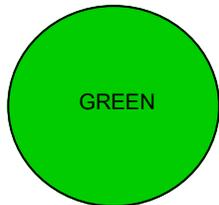
Say the problem and how you feel.



**Make a Plan**

Think - what could I do?

Think - would it work?



**Go!**

Try my plan.

Evaluate—how did it work?

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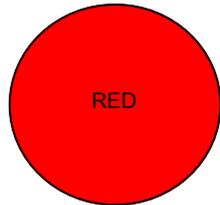
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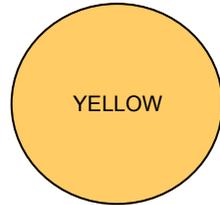
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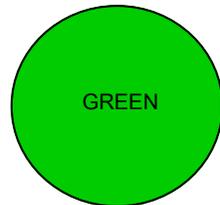
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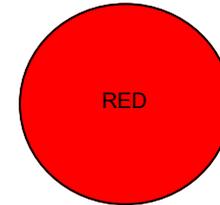
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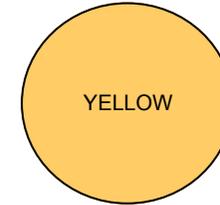
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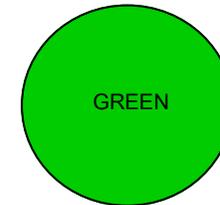
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## PATHS to Success Trial Information for support staff

Your school is taking part in a research trial to evaluate the PATHS (Promoting Alternative THinking Strategies) curriculum. The **children in Years 3 - 5 will be taught PATHS** for about one hour per week. PATHS aims to help children to improve peer relationships, recognise and understand feelings and solve problems.

**We know that this type of approach 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. Please try to use the ideas on this sheet when you are working with the children.

**PATHS Pupil of the Day** - if you see a child with one of these badges on, this means that they have been chosen at random to be the 'PATHS Pupil of the Day'. It would be helpful if you could **give them a compliment** to increase self-esteem.



**Feelings** - in PATHS, children are taught that **all feelings are okay** to have and that it is only how we show those feelings that is good / bad. Feelings themselves are described as being **comfortable or uncomfortable**. Try to encourage the children to say how they are feeling and point out body language that shows how someone is feeling.

**The Golden Rule** (Years 4 and 5)  
*Treat others as you would want them to treat you.*

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