

# PATHS

## Parent's Guide

### How you can support the work we do;

Add to the compliments list when your child is Pupil of the Day

Help your child complete home activities

Encourage your child to “Do Turtle” or use the control signals when angry

Talk about feeling “comfortable” or “uncomfortable”

Look out for PATHS notices in the school’s newsletter

Support any PATHS related events such as workshops or assemblies

For further information please contact your school’s PATHS Coordinator or the Norfolk PATHS Team

[anna.sims1@nhs.net](mailto:anna.sims1@nhs.net)  
[alice.ndiaye@nhs.net](mailto:alice.ndiaye@nhs.net)



**PATHS is a curriculum designed to help children learn:**

Problem solving

Self confidence

Self control

Emotional understanding

**PATHS helps children learn through :**

Group discussions

Stories

Art activities

Educational games

Songs

Dances

Role play

Home activities

## CLASSROOM RULES (could be used at home)

Sit cross-legged      Wait quietly for your turn  
Listen to the person who is talking  
Keep your hands to yourself      Use gentle touches  
Raise your hand if you want a turn

## PUPIL OF THE DAY

Every day, one child per class gets certain privileges, is the teacher's helper and is given compliments by their teacher; their peers and themselves. These are recorded on a compliments sheet.

When children feel good about themselves, they are more ready to learn, make better choices and want to be involved in a positive way.

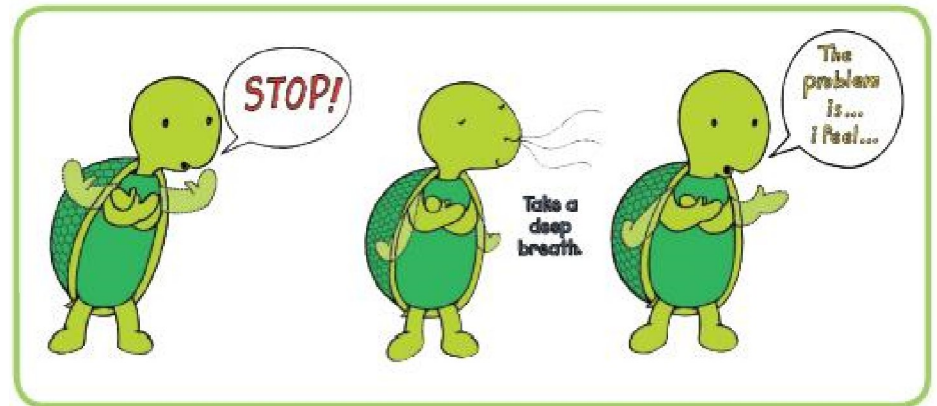
## FEELING FACES

Twice weekly lessons teach children about different feelings and how to deal with them. They are given cards which show how people look when they are feeling the different emotions.

These feelings change throughout the day and are comfortable, uncomfortable or private. All feelings are okay, but some behaviour is not.

## CALMING DOWN

Special techniques teach children to stay calm and in control. They learn how to stop and think before acting in a hurtful way. They are also ready to think about how they can solve their problem. Reception and Yr 1 learn the Turtle technique and Yrs 2-6 learn to use the Control Signals.



## Control Signals

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

**What could I do?  
Would it work?**

**Try your best idea.  
How did it work?**