

PATHS (Promoting Alternative Thinking Strategies)

The Golden Rule

'Use kind actions and words' is the rule that PATHS suggests for throughout the school and at home. It should be followed by everyone.

PATHS Pupil of the Day

Children wear a signifier (eg. badge, sash etc) to show they are the special person of the day. They receive privileges (eg. First in the queue, sit on a special chair/cushion/help the teacher)
Give them a compliment if you see them around the school.



Feelings

We all have feelings.
All feelings are ok.
Some feelings are comfortable (yellow) and others are uncomfortable (blue).

Behaviour

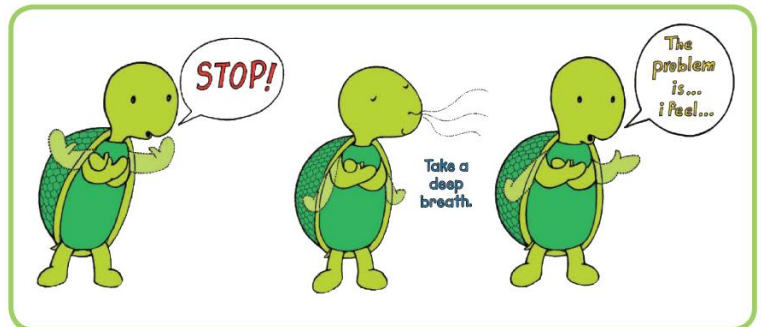
Not all behaviours are ok.
Children need help to manage their uncomfortable feelings so they can make positive behaviour choices. They are taught how to calm down.






Calming down - "Doing Turtle"

Children in Reception/Year 1 learn to calm down.

- Stop and give yourself a hug
- Take a long, deep breath
- Say the problem and how you feel.



	Stop Take a long deep breath Say the problem and how you feel.
	Make a plan Think—What could you do? Think—Would it work?
	Go! Try your plan Evaluate How did it work?

Problem Solving

Children in Year 2 – 6 learn that calming down is the first step of problem solving. The Control Signals (traffic lights) is a strategy to help them solve problems.

Children have two PATHS lessons each week. However in order to apply these strategies outside the classroom they need to see adults modelling calming down. They also need regular reminders that calming down is a positive behaviour choice. Praise children when they make the choice to take themselves away from a situation/calm down rather than reacting to a situation.