**Paths: Promoting Alternative Thinking Strategies**

As you are aware our school is now a PATHS school. Due to issues with Coronavirus we have not had our parents’ information session. However, there are some things you can do at home to foster good mental health. Please see the ‘tips for social distancing; poster on the school website. There is also a brief introduction sheet to social and emotional learning also on our website which provides more information about PATHS.

Other things you can do at home:

Give compliments. Tell the children things you like or love about them. Explain to them that it is kind to say ‘thank you’ after a compliment is given. Ask them to give you or another family member compliments. Remember to say ‘thank you’ in return!

Talk about ways to calm down (called ‘doing turtle’). Choose a calm time to talk about times when we feel upset or angry. Explain that it is kinder to ourselves to have time to calm down when this happens. This is because our ‘thinking brain’ steps in and helps us to make better choices.