

# Overview of PATHS Curriculum



## Reception and Year 1

### **Unit 1 Fostering Positive Classroom Climate**

Lessons deal with establishing an emotionally safe environment with agreed rules. The routine of PATHS pupil of the day (a child who is given privileges and is complimented) is established.

### **Unit 2 Basic Feelings 1**

Lessons teach children that we all have happy and sad feelings and that happy is a comfortable feeling and sad an uncomfortable feeling, words like good and bad are avoided.

### **Unit 3 Basic Feelings 2**

Children learn more about the feelings of angry and afraid. They learn that all feelings are OK but not all behaviours are OK.

### **Unit 4 - Self -Control**

This unit teaches the beginnings of self-control by giving the children a strategy, they learn to control their reactions to feelings of anger or frustration in order to avoid an unacceptable response such as pushing or hitting another child. Children are taught to calm down, take deep breaths and say how they feel.

Children also learn about feeling calm or relaxed.

### **Unit 5 - Sharing, caring and friendship**

This unit teaches children about caring for each other, sharing and being a good friend. The compliments are extended and the feelings learnt about so far are reviewed.

### **Unit 6 - Basic problem solving**

Following on from learning how to calm down and control reactions children are taught about making good choices and beginning to solve problems for themselves

### **Unit 7 - Intermediate feelings**

This unit continues to develop children's understanding of feelings being comfortable or uncomfortable. Further feelings are taught: excited, tired, frustrated, and proud.

### **Unit 8 - Advanced feelings**

More advanced feelings such as love, worried, disappointed, jealous, furious, guilty and generous are explored and discussed.

### **Unit 9 - Wrap up**

This unit rounds off the PATHs lessons for the year with a review lesson, a lesson on saying Goodbye, ending and transition and finally a PATHS party.

Each year's programme follows a generally similar pattern and theme but extending and advancing the concepts building on prior knowledge learned in the previous year.

# Overview of PATHS Curriculum



## Year 2

### **Unit 1- Establishing a Positive Classroom Environment**

Three lessons on formulating classroom rules, PATHS readiness and complimenting.

### **Unit 2-Introduction to Feelings**

This unit refines and extends understanding of happy, sad, excited and tired and introduces private when someone does not wish to share their feelings and 'fine'.

### **Unit 3- Feelings and Behaviours**

Lessons refine and extend understanding of scared or afraid, cross or angry and introduces the feeling of 'safe'.

### **Unit 4- Self-Control and Anger Management**

This unit builds on the anger management strategy learned in the previous year and works to further enhance children's self-control. They move on from doing 'Turtle' to using a traffic light system of red-stop and calm down and say how you feel, amber-think of a plan to solve your problem, green- try out the plan and evaluate it.

### **Unit 5 – Anger management and Problem-Solving**

Children learn about discussing together to solve a problem, they are given different roles within a group: leader, recorder, collector, reporter, timekeeper and motivator. They are asked to discuss a problem and come up with several suggestions as to how it might be resolved. They learn a new feeling of surprised and develop further the idea of privacy.

### **Unit 6- Friendship and Feeling Lonely**

This unit looks at the issue of making friends, being a good friend, being lonely, shy and embarrassed. They practise problem solving.

### **Unit 7- Manners and Listening to Others**

In this unit there is a lesson on actions done by accident and on purpose and the importance of understanding the motivation of the other person when judging an action. There are four lessons on manners, a lesson on fair play rules, one on listening to others and another on sharing.

### **Unit 8- Feelings/Emotions/Behaviours**

This is a longer unit covering such feelings as curious, interested, bored, proud, ashamed, frustrated, hopeful and disappointed. There is then an end of year review and a PATHS party.

# Overview of PATHS Curriculum



## Year 3

<p><b>Unit 1- Establishing a Positive Classroom/Enhancing Self-Esteem</b> Lessons deal with establishing an emotionally safe environment with agreed rules. The routine of PATHS pupil of the day (a child who is given privileges and is complimented) is established.</p>
<p><b>Unit 2- Basic Emotions</b> This unit revisits and expands upon the feelings of happy, sad, private, fine, excited, tired, scared/afraid, safe, cross/angry, calm, relaxed and worried.</p>
<p><b>Unit 3- Improving Self-Control, Self-Awareness and Anger Management</b> Here the steps to calming down and using the control signals poster are revised and extended.</p>
<p><b>Unit 4-Using Our Thinking Skills</b> In this unit children learn about making good choices and thinking about what makes a good choice. They undertake problem solving meetings taking the roles of leader, recorder, collector, reporter, timekeeper and motivator.</p>
<p><b>Unit 5-Friendship, Getting Along With Others 1</b> Children consider the importance of listening to others, playing fairly, the importance of good manners and being a good winner or loser.</p>
<p><b>Unit 6-Feelings in Relationships 1</b> Children are introduced to the feelings of jealousy, like/dislike, love/hate, contentment, guilt and tolerance, they revisit proud and ashamed. There is a lesson in which children are encouraged to consider different points of view.</p>
<p><b>Unit 7-Getting Along with Others 2</b> In this unit children learn that friends can fall out and disagree but still remain friends, they are introduced to greed, selfishness and generosity.</p>
<p><b>Unit 8-Feelings and Expectations</b> Children are introduced to the feelings of surprise, delight, disgust, curiosity, boredom, confusion and confidence. They reconsider fair/unfair and how to overcome obstacles.</p>
<p><b>Unit 9-Feelings in Relationships 2</b> This unit introduces children to feelings of malice, kindness, rejection and inclusion. The issue of teasing is introduced and the children have a problem solving meeting to deal with the issue of bullying.</p>

Each year's programme follows a generally similar pattern and theme but extending and advancing the concepts building on prior knowledge learned in the previous year.

## Overview of PATHS Curriculum



### Year 4

**Unit 1-Getting Started and Introduction**

As in previous years classroom rules are established as well as the PATHS pupil of the day routine. Children have a lesson on co-operative learning skills and listening to others.

**Unit 2- Feelings and Relationships**

Children will revisit recognising and controlling anger and using the control signals poster and do more work on problem solving. They will consider the intensity of feelings, the uniqueness of individuals and themselves and various aspects of friendship. There is also a lesson on avoiding gossip.

**Unit 3-Making Good Decisions**

As the heading suggests this unit considers aspects of making good decisions, being able to refuse someone and looking at consequences and thinking ahead.

**Unit 4- Being Responsible and caring for others**

A unit on responsible behaviour including a class project.

**Unit 5- Problem-solving**

A unit of 14 lessons dealing with problem-solving: identifying the problem, considering different points of view, identifying goals, generating solutions and dealing with difficult problems.

### Year 5

**Unit 1-Getting Started and Introduction**

The year begins with formulating classroom rules and establishing the PATHS pupil of the day routine. Co-operative learning skills are revisited as is recognising feelings and controlling anger.

**Unit 2-Problem-solving**

This unit deals with problem solving, making good decisions, trying out solutions, looking at obstacles, evaluating and considering consequences.

**Unit3-Goals and Identity**

In this unit children are practising setting goals and making a plan to achieve the goal as well as overcoming obstacles.

**Unit 4-Making and Keeping Friends**

A unit which looks at friendship, how to make and keep friends and dealing with teasing. It also looks at further managing our feelings, resentment and forgiveness.

**Unit 5-Being Responsible and Caring for Others**

A unit which considers discrimination and stereotypes, being rejected or excluded. It looks at biographies and events which highlight these aspects of behaviour and involves a class project about responsibility.

## Overview of PATHS Curriculum



### Year 6

**Unit 1-Getting Back into PATHS**

At the beginning of year 6 children review what they have learned in PATHS revisiting and extending calming down techniques, learning about handling stress, making good decisions and getting help from others.

**Unit 2-Study and Organisational Skills**

With a view to starting secondary school this unit helps children consider, listening skills, organisational skills and study skills.

**Unit 3-Conflict Resolution**

Pupils consider what is conflict and how it can be resolved.

**Unit 4A and 4B-Respect**

Two alternative units may be undertaken both dealing with respect and respecting differences.

**Unit 5-Endings and Transitioning**

This unit helps the children prepare for the transition from primary to secondary school, valuing past experiences and looking forward to the future but also acknowledging the anxiety that pupils may have.