PATHS STANDS FOR...

PROMOTING
ALTERNATIVE
THINKING
STRATEGIES
Paths is a curriculum for Educators

~TEACHERS
~ SUPPORT
~ STAFF
~ PRINCIPALS
~ PARENTS
Weekly or bi-weekly lessons in Pre-K-5th grades

- Group Discussions
- Role-Playing Skits
- Art Activities
- Stories
- Educational Games
- Home Assignments
What are the Goals of PATHS?

Paths is a curriculum designed to help children learn:

- Emotional Understanding
- Self-Control
- Interpersonal Problem-Solving Skills
Emotional Understanding

- Learn cues to recognize feelings
- Learn the relationship between feelings and behaviors
- Learn how their behaviors affect their relationship with others
Core Emotion Concepts

- We all have feelings.
- All feelings are OK.
- Feelings are either comfortable or uncomfortable.
- Emotions and behaviors are different.
- Feelings provide critical information.
- Emotion awareness, labeling, and communication are important.
- Feelings are personal.
- Feelings vary in intensity.
- Feelings change.
When kids feel good about themselves, they are more ready to learn, make better choices and want to be involved in a positive way.

PATHS uses compliments as a way to increase self esteem

You acknowledge positive qualities in others and in yourself.
Self-Control

- Learn how to stop and think before acting
- Learn special techniques to stay calm and in control
The Turtle Technique

1: Say, “Stop”
2: Take a long deep breath
3: Say the problem and how you feel.
Three Steps for Calming Down

3 Steps for Calming Down

1. Tell Yourself to STOP
2. Take One Long, Deep Breath
3. Say the Problem and How You Feel
Control Signals Poster

- Stop
- Think and make a Plan
- Go
Interpersonal Problem-Solving Skills

- What's the problem?
- What are my alternatives?
- Which alternative is the best?
- Trying my plan
- How did it work?
1. **STOP** and think.
2. Identify the **PROBLEM**. (collect lots of information)
3. Identify the **FEELINGS**. (your own and other peoples')
4. Decide on a **GOAL**.
5. Think of lots of **SOLUTIONS**.
6. Think about what **MIGHT** happen next.
7. Choose the **BEST** solution. (evaluate all the alternatives)
8. Make a **PLAN**. (think about possible obstacles)
9. **TRY** your plan.
10. **SEE** what happens. (evaluate the outcome)
11. **TRY** another plan or solution if your first one doesn't work.
Why teach PATHS?

Effective social skills enhance...
- Self-Esteem
- Academic Performance
In rigorous clinical studies*, the PATHS program has been shown to:

- reduce teachers' reports of students exhibiting aggressive behavior by 32%
- increase teachers' reports of students exhibiting self-control by 36%
- increase reports of prosocial peer relations
- significantly improve students' ability to tolerate frustration
- increase students' scores on cognitive skills tests by 20%
- increase students' vocabulary for emotions by 68%
- increase students’ ability to use effective conflict resolution strategies
- reduce depression and sadness among special-needs students.

*at one- or two-year follow-up, compared to matched-comparison children

There have been four controlled studies with randomized control groups: 2 with regular education children, 1 with special needs children, and 1 with deaf/hearing-impaired children.
Pennsylvania Commission on Crime and Delinquency (PCCD)

- Evidence-based program initiative
  - Aggression Replacement Training
  - Big Brothers Big Sisters
  - LifeSkills Training
  - Olweus Bullying Prevention Program
  - Project Towards No Drug Abuse
  - Promoting Alternative Thinking Strategies
  - Strengthening Families Program for Parents & Youth 10-14
  - The Incredible Years
Applying for PCCD Funds

PCCD Website
http://www.portal.state.pa.us/portal/server.pt/community/pccd_home/5226

Spring 2012 EBP RFP
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Thank You...

Too often we give children answers to remember rather than problems to solve.

Roger Lewin

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