



## Why PATHS® Works

PATHS® teaches children to:

- Identify feelings in themselves
- Identify feelings in others
- Calm down when they are upset
- Focus and observe
- Think through and solve problems
- Have greater self-esteem

PATHS® can help families to:

- Be respectful listeners
- Use sensitivity and thoughtfulness
- Be open and honest about feelings
- Discuss and solve problems

The PATHS® curriculum was developed by Carol A. Kuché, Ph.D. and Mark T. Greenberg, Ph.D. It has been translated into many languages and is used in elementary schools all over the world. PATHS is a Blueprints for Violence Prevention program, and a Model Program for the Departments of Justice, and Health and Human Services.

children's  
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STRENGTHENING SOCIAL AND  
EMOTIONAL HEALTH

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## Parents, Grandparents and Guardians: A Powerful Influence On Their Children

There is no single “best way” to raise a child.

Child-rearing varies by cultures and also by our individual personalities and beliefs. But many aspects are the same. As a parent, grandparent or caregiver, you nurture your child’s social and emotional well-being.

Before babies walk or talk, they respond and interact with you based on your tone of voice and facial expressions. This is the beginning of learning about emotions and relationships.

Right from the beginning, your presence matters! You can help your child learn to: express emotions appropriately; focus and observe; care about others; be a problem solver. PATHS® can help!

PATHS® is a developmentally appropriate, multi-year, evidenced based curriculum that teaches:

- self-awareness  
naming and understanding emotions
- self-control  
calming down, using “okay” behaviors
- problem solving  
identifying problems and conflicts, trying better ways to solve them
- self-esteem  
learning useful skills, valuing yourself



## What is Social and Emotional Learning?

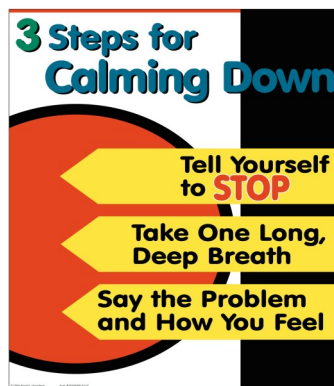


- **Self-awareness:** recognizing and naming feelings; calming intense emotions—like over-excited, angry or frustrated.
- **Understanding others:** developing empathy by seeing another’s perspective or accepting others’ ideas.
- **Making responsible decisions:** considering consequences of our actions on ourselves and others; problem solving, setting goals and overcoming obstacles; following through, being accountable.
- **Building healthy relationships:** saying no to negative peer pressure; resolving conflicts constructively and peacefully.



*When children master these skills, they are more likely to be successful in school, in life and with friends. Social and emotional learning teaches children to manage the challenges of learning, growing and developing.*

## PATHS POSTERS



**Students learn that they can control behaviors and make better choices by calming down their strong emotions.**



**A traffic signal is a reminder to calm down, and think about solutions when we have a problem.**



## Compliments

A compliment is a positive observation about someone and it is a key part of PATHS®. It is just as important to give compliments as it is to receive them.

During lessons, children take turns being the PATHS Kid for Today and receive compliments from other students, the teacher and themselves. Comments are specific and highlight positive behaviors or characteristics.

When giving a compliment:

- Think about what you want to say to the person. What did you observe?
- Choose a time and place to express the compliment where the “receiver” can listen to you.
- Say the compliment sincerely.



**“You always make me great cards! They brighten my day. Thank you.”**

**“You’re welcome Grandpa.”**