

PATHS
Grades K - 4
Parent Letter

Dear Parents/Caregivers:

PATHS stands for **Promoting Alternative Thinking Strategies**. PATHS is the only universal classroom-based social and emotional learning curriculum to achieve the highest possible rating from the Blueprints Project of the Center for the Study and Prevention of Violence, University of Colorado. The program helps children develop their thinking skills, learn responsible ways of behaving, develop emotional literacy, and improve academic performance. The purpose of this letter is to provide you with information about this program.

Goals of the PATHS Curriculum

1. To help children think and solve problems for themselves.
2. To help children better understand themselves and others.
3. To help children be more aware of their own and others feelings
4. To improve children's self-esteem.
5. To help children learn more effectively.
6. To develop and use a common school-wide vocabulary.

Summary of Unit Topics by Grade

Kindergarten

Fostering a Positive Classroom Environment Intermediate Feelings
Basic Feelings Advanced Feelings
Self Control Endings and Transitions
Basic Problem Solving

First Grade

Fostering a Positive Classroom Environment Feelings and Self Control
Responsibility and Group Skills Self Control and Problem Solving
Self Control, Anger Management, Communication of Distress Endings and Transitions
Introduction to Basic Emotions

Second Grade

Establishing a Positive Classroom Environment Feelings in Relationships I
and Enhancing Self Esteem Friendship: Getting Along with Others II
Self Control, Self Awareness and Anger Management Feelings and Expectations
Introduction to Basic Emotions Feelings about School and Learning
Using Our Thinking Skills Feelings in Relationships II
Friendship: Getting Along with Others I Endings and Transitions

Third Grade

Establishing a Positive Classroom Environment Problem Solving and Goal Setting
Self Control and Problem Solving Generating Solutions
Feelings are Important Being Responsible and Caring for Others
Friendship Endings and Transitions
Maintaining Relationships and Respecting Others

Fourth Grade

Establishing a Positive Classroom Environment Making and Keeping Friends
Introduction to Feelings Being Responsible and Caring for Others
Problem Solving Endings and Transitions
Goals and Identity

Parent Participation

You are your child's most important model and teacher. The more you understand about the PATHS curriculum, the more you will be able to help reinforce and support your child's skills. Several of the lessons contain home activities that students will share with you. The goal of these activities is to inform you about what your child is learning and give the student an opportunity to share what he or she has learned. Parents are welcome to review the curriculum materials or to sit in on a lesson.

Curriculum Delivery

PATHS is taught in 20 – 30 minute lessons each week by the classroom teacher and/or the Director.

If you have any questions about this program, please call Mr. Jones at 751-7222 x 202.