

# The PATHS

Monthly

January 2013

**A NOTE FROM YOUR COACHES:** We hope you had a relaxing and safe holiday break. We've been very impressed with the lessons thus far and cannot wait to see the remainder of the lessons. If you need any assistance while you continue to implement PATHS please do not hesitate to ask. Remember to continue to complete your Survey Monkeys for each lesson. This is also a good time to look ahead and plan for the rest of the school year; with field trips and PSSA testing coming, we want to ensure that lessons continue to be taught regularly. Thank you for your tremendous efforts so far!

Take a deep breath because we have some tips for you....

## Grade Level Ideas

**Pre-K:** Use show and tell to allow students to model sharing an item of their own with the class.

**Kindergarten:** Shaving cream can be used to allow students to draw the feeling they are learning about. Note: encourage caution to prevent students from rubbing it in their eyes.

**First Grade:** Use pictures from magazines or actual photographs to further supplement what different feelings look like. Add to Feelings Chart.

**Second Grade:** Read Wemberly Worried by Kevin Henkes when discussing feeling worried, lesson 16.

**Third Grade:** Make a compliment binder for any additional compliments for the PKTD that students can add to during free time. (picture to the right).

**Fourth Grade:** For lesson 14, have students write a letter to Jennifer giving advice for how to respond to peer pressure at the mall.

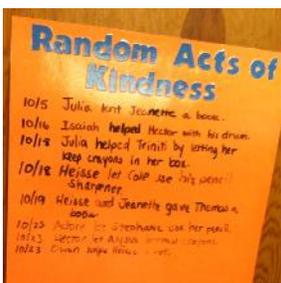
**Fifth Grade:** Use the character trait list to help students start compliments. You can add additional traits as the year goes on.

**Any Grade Level:** Play classical music while students are working to create a calm atmosphere.



## Create a Positive Classroom Environment

Random Acts of Kindness poster (pictured left). Used to identify positive behaviors during the school day. Bucket fillers are used in a similar way in some classrooms. Teachers or peers can add to each when they spot a student doing something that promotes caring or positive actions.



## Cooperative Learning Groups

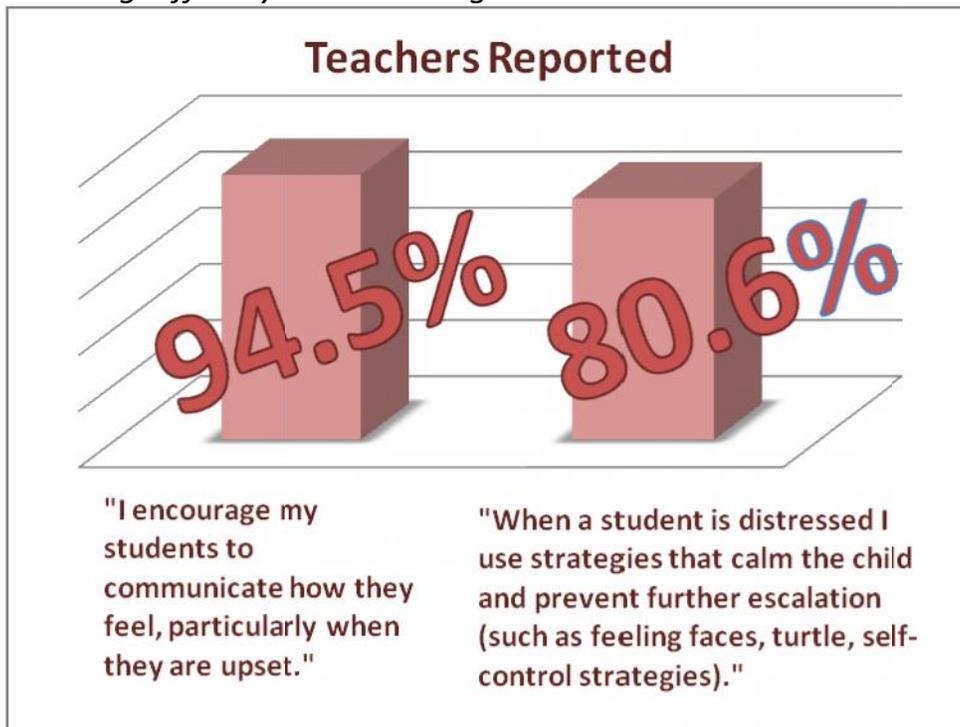
Many lessons encourage students to work together in cooperative learning groups. Some teachers have integrated these roles throughout the day to help students practice working together better. If you are having difficulty with students picking roles try one of these ideas:

- Pick role out of a hat or container.
- Use 4 different colored popsicle sticks, predetermine which role represents each color. Give student color to determine their role for that lesson.
- Students can flip a coin or roll a dice.
- Assign roles for students.

### PATHS Positives

*"I really feel that my class has become better problem solvers together than at the beginning of the school year. They are more positive and willing to help one another"-Jaime Isaksson 3<sup>rd</sup> Grade Teacher*

*"I enjoy the listening lesson; I have used it numerous times to get my students back on track when they start having difficulty with listening." -Allentown Teacher 2<sup>nd</sup> Grade Teacher*



"I encourage my students to communicate how they feel, particularly when they are upset."

"When a student is distressed I use strategies that calm the child and prevent further escalation (such as feeling faces, turtle, self-control strategies)."



## Twiggles' Top School

Twiggles' Top School of the Month for December was Jefferson Elementary School. Congratulations to the staff at Jefferson for being on track with the pacing guide, making improvement efforts for completion of the online surveys and for being welcoming to their coach during school visits. The teachers at Jefferson have done a fantastic job implementing PATHS! Keep up the great work!

