

PATHS Curriculum Overview



YR/1	Year 2	Year 3	Year 4	Year 5	Year 6
Unit 1 Fostering Positive Classroom	Unit 1 Establishing a Positive Classroom Environ	Unit 1 Establishing a Positive Classroom/ Enhancing Self-Esteem	Unit 1: Getting Started and Introduction	Unit 1 Getting Started and Introduction	Lesson 1 PATHS review/PATHS Pupil of the Day- Complimenting
Lesson 1 Circle Rules	Lesson 1 Formulating Classroom Rules	Lesson 1 Classroom Rules: Mr Jones' Class	Lesson 1 Formulating Classroom Rules	Lesson 1 Formulating Classroom Rules	Lesson 2 All About Us
Lesson 2 PATHS Animals:	Lesson 2 PATHS Readiness Lesson	Lesson 2 PATHS Pupil of the Day (Complimenting)	Lesson 2 PATHS Pupil of the Day	Lesson 2 PATHS Review/PATHS Pupil of the Day (Complimenting)	Lesson 3: Reviewing the Problem-Solving Chart
Lesson 3 PATHS pupil of the day	Lesson 3 PATHS Pupil of the Day – Complimenting	Unit 2 Basic Emotions	Lesson 3 Co-operative Learning Skills	Lesson 3 Co-operative Learning Skills	Lesson 4 Learning a Way to Calm Down
Lesson 4 Compliments 1	Unit 2 Introduction to Feelings	Lesson 3 Introduction to Feelings – Happy, Sad and Private	Lesson 4 The Golden Rule	Lesson 4 The Golden Rule	Lesson 5 More ways to Calm Down and Handle Stress
Unit 2 Basic feelings 1	Lesson 4 Introduction to Feelings	Lesson 4 Fine, Excited and Tired	Lesson 5: Listening To Others	Lesson 5 Introduction to Feelings – Feelings Poster	Lesson 6 Making Good Decisions
Lesson 5 We all have feelings	Lesson 5 Happy, Sad, Private	Lesson 5 Scared/Afraid and Safe	Unit 2 Feelings and Relationships	Lesson 6 Recognising and Controlling Anger – 3 Steps for Calming Down Poster	Lesson 7 Getting Help from Others
Lesson 6 Happy	Lesson 6 Activities on Happy and Sad	Lesson 6 Cross/Angry I	Lesson 6 Introduction to Feelings	Lesson 7 Feelings Dictionary	Unit 2 Study and Organisational Skills
Lesson 7 Sad	Lesson 7 Fine, Excited, Tired	Lesson 7 Cross/ Angry II - Recognising Angry	Lesson 7 Recognising and Controlling Anger	Lesson 8 My Own Feelings Story	Lesson 8 Study Skills- Part 1
Lesson 8 Twiddle makes friends	Lesson 8 Activities on Excited and Tired and A Review All Feelings	Lesson 8 Calm, Relaxed and Worried	Lesson 8 Control Signals Poster 1	Unit 2 Problem Solving	Lesson 9 Study Skills- part 2 – H.E.Y
Lesson 9 Compliments 2	Unit 3 Feelings and Behaviours	Lesson 9 PATHS Review Lesson I	Lesson 9 Control Signals Poster 2	Lesson 9 Treasure Hunt: Problem-Solving Review	Lesson 10: Good Listening Skills
Unit 3 Basic Feelings 2	Lesson 9 Scared or Afraid, Safe	Unit 3: Improving Self-Control, Self-Awareness and Anger Management	Lesson 10 PATHS Feelings Dictionary	Lesson 10 Making Good Decisions - My Choice	Lesson 11 Story – 'Triple T'
Lesson 10 Angry 1	Lesson 10 Activities on Scared or Afraid and Safe	Lesson 10 Self-Control I: Steps For Calming Down	Lesson 11 Feelings Intensity	Lesson 11 Identifying Problems - Feelings, Goals and Solutions	Lesson 12: S.E.T
Lesson 11 Scared or Afraid	Lesson 11 Cross or Angry	Lesson 11 Self-Control II: Learning Self- Control	Lesson 12 My Own Feelings Story	Lesson 12 Consequences: What Might Happen Next?	Lesson 13 Study Skills- Being Organised

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Lesson 12 My feelings	Lesson 12 PATHS Review Lesson	Lesson 12 Control Signals Poster I: Anger Management	Lesson 13: Playing By the Rules	Lesson 13 Making a Good Plan	Lesson 14 Planning Ahead- A Biography and Class Project
Lesson 13 Angry 2	Unit 4 Self Control and Anger Management	Lesson 13 Control Signals II: Using the Control Signals Poster	Lesson 14: Solving an Important Problem	Lesson 14 Trying Your Plan and Evaluating What Happens	Unit 3 Conflict Resolution
Unit 4 Self-Control	Lesson 13 Self-Control I (Anger Management)	Unit 4 Using Our Thinking Skills	Lesson 15 Avoiding Gossip	Lesson 15 Trying Again: Obstacles	Lesson 15 What is Conflict?
Lesson 14 Twiggle learns to do turtle 1	Lesson 14 Self-Control II (Anger Management)	Lesson 14 Cross/Angry III (Baxter and His Temper)	Lesson 16 We Are All Unique	Lesson 16 Solving Problems – Dear Problem Solvers	Lesson 16 Conflict on the Court
Lesson 15 Twiggle learns to do Turtle 2	Lesson 15 Self-Control III	Lesson 15 Making Good Choices	Lesson 17 Best Friends Story - Part 1	Unit 3 Goals And Identity	Lesson 17 Conflict Resolution
Lesson 16 Turtle Technique review	Lesson 16 Calm or Relaxed and Relaxation Practice	Lesson 16 Problem-Solving Meeting I	Lesson 18 Best Friends Story - Part 2	Lesson 17 Setting Goals and Reaching Your Goal - Biography	Lesson 18 Resolving Conflict
Lesson 17 Appropriate Turtles 1	Unit 5 Anger Management and Problem-Solving	Lesson 17 Problem-Solving Meeting II: School Transitions	Lesson 19 Best Friends Story - Part 3	Lesson 18 Setting a Goal: A Class Project To Improve the School	Lesson 19 Stating the Problem
Lesson 18 Appropriate Turtles 2	Lesson 17 Control Signals Poster (Anger Management)	Unit 5 Friendship, Getting along With Others 1	Lesson 20: Best Friends Story - Part 4: Making Up	Lesson 19 Setting a Goal and Making a Plan	Unit 4A Novel - Number the Stars Respect
Lesson 19 Calm or Relaxed	Lesson 18 Problem Discussion – Angry Arthur	Lesson 18 Listening to Others	Unit 3: Making Good Decisions	Lesson 20 Overcoming Obstacles - Biography of Jim Abbott	Lesson 21 Number the Stars
Unit 5 Sharing, Caring and Friendship	Lesson 19 Problem-Solving Meeting	Lesson 19 Fair Play Rules	Lesson 21 Making Good Decisions 1- Deressa's Choice	Unit 4 Making and Keeping Friends	Lesson 22: Number the Stars
Lesson 20 Sharing and Caring 1	Lesson 20 Surprised, Expect	Lesson 20 Introduction to Manners: Why Are They Important?	Lesson 22 Making Good Decisions 2 - Refusal Skills	Lesson 21 Making New Friends	Lesson 23 Number the Stars
Lesson 21 Sharing and Caring 2	Lesson 21 Problem Discussion On Surprised	Lesson 21 Shy and Lonely	Lesson 23 Making Good Decisions 3 -Loni's Challenge	Lesson 22 Joining In With Others	Lesson 24 Number the Stars
Lesson 22 Twiggle Special Day	Lesson 22 Problem-Solving/ Privacy and Telling Your Feelings	Lesson 22 Making Friends (Baxter Makes a New Friend)	Lesson 24 Making Good Decisions 4 - Thinking Ahead	Lesson 23 The Eagles and the Championship Cup Final: Part 1	Lesson 25 Number the Stars/Problem solving steps
Lesson 23 Advanced Compliments	Unit 6 Friendship and Feeling Lonely	Lesson 23 Frustrated	Lesson 25 Making Good Decisions 5 - Alfie Learns a Lesson	Lesson 24 The Eagles and the Championship Cup Final: Part 2	Lesson 26 Our Presentation 1
Lesson 24 Feelings Review	Lesson 23 What Is A Good Friend?	Lesson 24 Being a Good Winner/Loser	Unit 4 Being Responsible and Caring for Others	Lesson 25 The Eagles and the Championship Cup Final: Part 3	Lesson 27 Our Presentation 2

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Unit 6 Basic Problem Solving	Lesson 24 Lonely	Lesson 25 Problem-Solving Meeting III – Friendship/Playtime	Lesson 26 Being Responsible	Lesson 26: Dealing With Teasing	Or Unit 4B - Respect
Lesson 25 Making Choices	Lesson 25 Making Friends	Unit 6 Feelings In Relationships 1	Lesson 27 Being Responsible and Creating Change	Lesson 27 Self-Concept - Our Feelings and Friendships	Lesson 21 What is respect?
Lesson 26 Solving Problems	Lesson 26 Shy	Lesson 26 Jealous and Content/Satisfied	Lesson 28 Social Responsibility – A Class Project	Lesson 28 Managing Our Feelings	Lesson 22 Respect in the Community
Lesson 27 Solving problems with Friends	Lesson 27 Story/Activity on Shy and Problem-Solving Activity	Lesson 27 Like/Love and Dislike/Hate and Tolerance	Unit 5 Problem-Solving	Lesson 29: Forgiving and Resentful	Lesson 23 Respecting musical differences in the world
Unit 7 Intermediate Feelings	Lesson 28 Embarrassed	Lesson 28 Different Points Of View	Lesson 29 Problem 1 – Identifying Problem	Unit 5 Being Responsible and and Caring for Others	Lesson 24 Respecting food differences in the world
Lesson 28 Comfortable and Uncomfortable	Lesson 29 PATHS Review Lesson	Lesson 29 Guilty	Lesson 30 Problem 2 – Smart Vs Confused	Lesson 30 Dealing With Gossip	Lesson 25 Respecting differences- clothes
Lesson 29 Different Types of Feelings	Unit 7 Manners and Listening to Others	Lesson 30 Proud and Ashamed	Lesson 31 Problem 3 – Different Points Of View	Lesson 31 Rejected and Excluded	Lesson 26 Our Presentation 1
Lesson 30 Excited	Lesson 30 By Accident, On Purpose	Lesson 31 Feelings Review 2: Guessing Game	Lesson 32 Problem 4 – Why Things Happen	Lesson 32: Stereotypes and Discrimination	Lesson 27 Our Presentation 2
Lesson 31 Tired	Lesson 31 Manners 1	Unit 7: Getting along With Others 2	Lesson 33 Goals – Identifying Individual Goals	Lesson 33: Being Responsible and Creating Change - Biography	Unit 5 Endings and Transitioning
Lesson 32 Frustrated	Lesson 32 Manners 2	Lesson 32: Keeping a Friend (Baxter's Challenge)	Lesson 34 Setting Positive Goals	Lesson 34 Caring For Others - Dr Martin Luther King Jr Speech	Lesson 28 Looking Back, Looking Forward
Lesson 33 Proud	Lesson 33 Manners 3	Lesson 33 Making Up With Friends	Lesson 35 Reaching His Goal	Lesson 35 Authority I	Lesson 29 Wall of Worries – Building a Foundation
Unit 8 Advanced Feelings	Lesson 34 Manners 4	Lesson 34 Greedy/Selfish and Generous	Lesson 36 Reaching Our Goals – Homework	Lesson 36 Authority II	Lesson 30 PATHS Reactions and Review
Lesson 34 Love	Lesson 35 Fair Play Rules	Unit 8 Feelings and Expectations	Lesson 37 Generating Solutions 1	Lesson 37 Commemorating Others: The Titanic	Lesson 31 Planning a PATHS Party
Lesson 35 Worried	Lesson 36 Listening To Others	Lesson 35 Surprised, Delighted and Disgusted	Lesson 38 Generating Solutions 2	Lesson 38 Honouring Others: Biography of Ray Davey	
Lesson 36 Disappointed	Lesson 37 Sharing	Lesson 36 By Accident, On Purpose	Lesson 39 Thinking Takes Time	Lesson 39 Being Responsible: A Class Project	

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Lesson 37 Jealous	Unit 8 Feelings / Emotions / Behaviours	Lesson 37 Disappointed and Hopeful	Lesson 40 Coping With Difficult Problems	Lesson 40 PATHS Reactions and Review	
Lesson 38 Furious	Lesson 38 Decision Wheel	Lesson 38 Fair/Not Fair	Lesson 41 PATHS Reactions and Review	Lesson 41 Planning a PATHS Party	
Lesson 39 Guilt	Lesson 39 Curious, Interested, and Bored	Lesson 39 Curious/Interested, Bored, Confused and Confident	Lesson 42 Planning a PATHS Party	Appendix A	
Lesson 40 Generous	Lesson 40 Proud, Ashamed	Lesson 40 Trying Harder/Overcoming Obstacles		Lesson 1 Optional Lesson 1: Control Signals Poster 1	
Unit 9 Wrap Up	Lesson 41 Story/Activity on Proud	Unit 10 Feelings In Relationships 2		Lesson 2 Optional Lesson 2: Control Signals Poster 2	
Lesson 41 PATHS review	Lesson 42 Frustrated	Lesson 41 Malicious and Kind			
Lesson 42 Saying Goodbye	Lesson 43 Hopeful, Disappointed	Lesson 42 Rejected and Included			
Lesson 43 Ending and transitioning	Lesson 44 Story/Activity on Hopeful	Lesson 43 Teasing			
Lesson 44 PATHS Party	Lesson 45 Problem Discussion on Frustrated or Disappointed	Lesson 44 Problem Solving Meeting IV: Bullying			
	Lesson 46 PATHS End of Year Review	Unit 11 Endings and Transitions			
	Lesson 47 Planning a PATHS Party	Lesson 45: PATHS Review Lesson 2			
		Lesson 46: Planning a PATHS Party			