

## The PATHS® Programme for Schools (UK Version) Curriculum Overview - Reception to Year Six

RECEPTION & YEAR ONE		YEAR TWO		YEAR THREE		YEAR FOUR		YEAR FIVE		YEAR SIX	
<b>Unit 1</b>	<b>Fostering positive Classroom Climate</b>	<b>Unit 1</b>	<b>Establishing a Positive Classroom Environment</b>	<b>Unit 1</b>	<b>Establishing a Positive Classroom Environment and</b>	<b>Unit 1</b>	<b>Getting Started and Introduction</b>	<b>Unit 1</b>	<b>Getting Started and Introduction</b>	<b>Unit 1</b>	<b>Getting Back into PATHS®</b>
Lesson 1:	Circle Rules	Lesson 1:	Formulating Classroom Rules	Lesson 1:	Enhanced Self-Esteem	Lesson 1:	Formulating Classroom Rules	Lesson 1:	Formulating Classroom Rules	Lesson 1:	PATHS® Review/PATHS® Pupil of the Day (Complimenting)
Lesson 2:	PATHS® Animals	Lesson 2:	PATHS® Readiness Lesson	Lesson 1:	Classroom Rules: Mr Jones' Class	Lesson 2:	PATHS® Review/PATHS® Pupil of the Day	Lesson 2:	PATHS® Review/PATHS® Pupil of the Day (Complimenting)	Lesson 2:	All about us
Lesson 3:	PATHS® pupil of the day	Lesson 3:	PATHS® Pupil of the Day - Complimenting	Lesson 2:	PATHS® Pupil of the Day - Complimenting	Lesson 3:	Co-operative Learning Skills	Lesson 3:	Co-operative Learning Skills	Lesson 3:	Reviewing the Problem Solving Chart
Lesson 4:	Compliments	<b>Unit 2</b>	<b>Introduction to Feelings</b>	<b>Unit 2</b>	<b>Using Emotions</b>	<b>Unit 3</b>	<b>Listening to Others</b>	<b>Unit 3</b>	<b>Listening to Others</b>	Lesson 4:	learning a Way to Calm Down
<b>Unit 2</b>	<b>Basic Feelings 1</b>	Lesson 4:	Introduction to Feelings	Lesson 3:	Introduction to Feelings - Happy, Sad and Private	<b>Unit 2</b>	<b>Feelings and Relationships</b>	Lesson 4:	The Golden Rule	Lesson 4:	More Ways to Calm Down - Handling Stress
Lesson 5:	We all have happy feelings	Lesson 5:	Happy, Sad, Private	Lesson 4:	Fine, Excited and Tired	Lesson 5:	Introduction to Feelings	Lesson 5:	Introduction to Feelings - Feelings Poster	Lesson 5:	Getting help from others
Lesson 6:	Happy	Lesson 6:	Activities on Happy and Sad	Lesson 5:	Scared/Afraid and Tired	Lesson 6:	Recognising and Controlling Anger	Lesson 6:	Recognising and Controlling Anger - 3 steps for Calming Down Poster	Lesson 6:	Study skills Part 1
Lesson 7:	Sad	Lesson 7:	Fine, Excited, Tired	Lesson 6:	Cross/Angrv I	Lesson 7:	Control Signals Poster 1	Lesson 7:	Feelings Dictionary	Lesson 7:	Study skills Part 2 HEY
Lesson 8:	Twioale makes friends	Lesson 8:	Activities on Excited and Tired and a Review of all Feelings	Lesson 7:	Cross/Angrv II - Reconisning Angrv	Lesson 8:	Control Signals Poster 2	Lesson 8:	My Own Feelings Story	Lesson 8:	Good Listening Skills
Lesson 9:	Compliments 2	<b>Unit 3</b>	<b>Feelings and Behaviours</b>	Lesson 8:	PATHS® Review Lesson 1	Lesson 9:	PATHS® Feelings Dictionary	Lesson 9:	Treasure Hunt: Problem-Solving Review	Lesson 9:	Story - Triple "T" S.E.T.
<b>Unit 3</b>	<b>Basic Feelings 2</b>	Lesson 9:	Scared or Afraid, Safe	<b>Unit 3</b>	<b>Improving Self-Control, Self-Awareness and Anger Management</b>	Lesson 10:	My Own Feelings Story	Lesson 10:	Making Good Decisions - My Choice	<b>Unit 2</b>	<b>Study/Organisation skills</b>
Lesson 10:	Mad or Angrv I	Lesson 10:	Activities on Scared, Afraid and Safe	Lesson 10:	Self-Control I: Steps for Calming Down	Lesson 11:	Playing by the Rules	Lesson 11:	Identifying Problems - Feelings, Goals and Solutions	Lesson 10:	What Might Happen Next?
Lesson 11:	Scared or Afraid	Lesson 11:	Cross or Angrv	Lesson 11:	Self-Control II: Learning Self-Control	Lesson 12:	Avoiding Gossip	Lesson 12:	What Might Happen Next?	Lesson 11:	Study Skills - Being Organised
Lesson 12:	My Feelings	Lesson 12:	PATHS® Review Lesson	Lesson 12:	Control Signals Poster 1: Anger Management	Lesson 13:	We are all Unique, Biography of Wilma Ruolph	Lesson 13:	Making a Good Plan	Lesson 12:	Biography - Food from the Hood
Lesson 13:	Mad 2	<b>Unit 4</b>	<b>Self Control and Anger Management</b>	Lesson 13:	Control Signals II: Using the Control Signals Poster	Lesson 14:	Best Friends Story - Part 1	Lesson 14:	Trying Your Plan and Evaluating What Happens	Lesson 13:	What is conflict?
<b>Unit 4</b>	<b>Self Control</b>	Lesson 13:	Self-Control I (Anger Management)	<b>Unit 4</b>	<b>Using our Thinking Skills</b>	Lesson 15:	Best Friends Story - Part 2	Lesson 15:	Trvino Aoain: Obstacles	Lesson 14:	What is conflict?
Lesson 14:	Twioale learns to do Turtle part 1	Lesson 14:	Teachers Manual on the Control Signals Poster and teaching Self-Control and Problem Solving	Lesson 14:	Cross/Angrv III (Baxter and His Temper)	Lesson 16:	Best Friends Story - Part 3	Lesson 16:	Solving Problems - Dear Problem Solvers	Lesson 15:	Conflict on the Court
Lesson 15:	Twioale learns to do Turtle part 2	Lesson 15:	Self-Control III	Lesson 15:	Problem-Solving Meeting, Biography of Mother Teresa	Lesson 17:	Best Friends Story - Part 4: Friendship - Making Up	Lesson 17:	Setting Goals and Reaching Your Goal - Biography of Harriet Tubman	Lesson 16:	Conflict Resolution
Lesson 16:	Turtle Technique review	Lesson 16:	Calm or Relaxed and Relaxation Practice (For Reinforcement see Lesson 35)	<b>Unit 5</b>	<b>Friendship, Getting along with Others I</b>	<b>Unit 3</b>	<b>Making Good Decisions</b>	Lesson 18:	Setting a Goal: A Class Project To Improve the School	Lesson 17:	Resolving Conflict
Lesson 17:	Appropriate Turtles 1	Lesson 17:	Control Signals Poster (Anger Management)	Lesson 17:	Listening to Others	Lesson 21:	Making Good Decisions 1 - Deresa's Choice	Lesson 18:	Setting a Goal: A Class Project To Improve the School	Lesson 18:	Stating the Problem
Lesson 18:	Appropriate Turtles 2	Lesson 18:	Problem Discussion - Angry Abiqal	Lesson 18:	Listening to Others	Lesson 22:	Making Good Decisions 2 - Refusal Skills	Lesson 19:	Setting a Goal and Making a Plan	Lesson 19:	Listening thoughtfully
Lesson 19:	Calm or Relaxed	Lesson 19:	Problem-Solving Meeting	Lesson 19:	Fair Play Rules	Lesson 23:	Making Good Decisions 3 - Lon's Challenge	Lesson 20:	Overcoming Obstacles - Biography of Jim Abbott	<b>Unit 4A</b>	<b>Theme of Respect (Choose Unit A or B)</b>
<b>Unit 5</b>	<b>Sharing Caring and Friendship</b>	Lesson 20:	Surprised, Expect	Lesson 20:	Introduction to Manners: Why are they Important?	Lesson 24:	Making Good Decisions 4 - Thinking Ahead	Lesson 21:	Making New Friends	Lesson 21:	Number the Stars
Lesson 20:	Sharing and Caring 1	Lesson 21:	Problem discussion on Surprised	Lesson 21:	Shy and Lonely	Lesson 25:	Making Good Decisions 5 - Alfie Learns a Lesson	Lesson 22:	Joining in With Others	Lesson 22:	Number the Stars
Lesson 21:	Sharing and Caring 2	Lesson 22:	Problem-Solving - Privacy and Telling Your Feelings	Lesson 22:	Making Friends (Baxter Makes a New Friend)	<b>Unit 4</b>	<b>Being Responsible and Caring for Others</b>	Lesson 23:	The Eagles and the Championship Cup Final: Part 1	Lesson 23:	Number the Stars
Lesson 22:	Twioale Social Day	<b>Unit 6</b>	<b>Friendship and Feeling Lonely</b>	Lesson 23:	Frustrated	Lesson 26:	Being Responsible	Lesson 24:	The Eagles and the Championship Cup Final: Part 2	Lesson 24:	Number the Stars
Lesson 23:	Advanced Compliments	Lesson 23:	What is a Good Friend?	Lesson 24:	Being a Good Winner/Loser	Lesson 27:	Being Responsible and Creating Change, Biography of Auno San Suu Kvi	Lesson 25:	The Eagles and the Championship Cup Final: Part 3	Lesson 25:	Number the Stars
Lesson 24:	Feelings Review	Lesson 24:	Lonely	Lesson 25:	Problem-Solving Meeting III: Friendship/Playtime	Lesson 28:	Social Responsibility - A Class Project to Improve the School	Lesson 26:	Dealing with Teasing	Lesson 26:	Number the Stars
<b>Unit 6</b>	<b>Basic Problem Solving</b>	Lesson 25:	Making Friends	<b>Unit 6</b>	<b>Feelings in Relationships I</b>	Lesson 29:	Making Good Decisions 1 - Deresa's Choice	Lesson 27:	Self-Concept - Our Feelings and Friendships	Lesson 27:	Number the Stars
Lesson 25:	Making Choices	Lesson 26:	Shy	Lesson 26:	Like/Love and Dislike/Hate and Tolerance	Lesson 30:	Making Good Decisions 2 - Refusal Skills	Lesson 28:	Managing Our Feelings	Lesson 28:	Number the Stars
Lesson 26:	Solving Problems	Lesson 27:	Story/Activity on Shy & Problem-Solving activity	Lesson 27:	Different Points of View	Lesson 31:	Making Good Decisions 3 - Lon's Challenge	Lesson 29:	Forgiving and Resentful	Lesson 29:	Number the Stars
Lesson 27:	Solving Problems with Friends	Lesson 28:	Embarrassed	Lesson 28:	Guilty	Lesson 32:	Problem Identification 3 - Different Points of View	Lesson 30:	Rejected and Excluded	Lesson 30:	Number the Stars
<b>Unit 7</b>	<b>Intermediate Feelings</b>	Lesson 29:	PATHS® Review Lesson	Lesson 29:	Proud and Ashamed	Lesson 33:	Problem Identification 4 - Why Things Happen	Lesson 31:	Stereotypes and Discrimination	Lesson 31:	Number the Stars
Lesson 28:	Comfortable and Uncomfortable	<b>Unit 7</b>	<b>Manners and Listening to Others</b>	Lesson 30:	Feelings Review 2: Guessing Game	Lesson 34:	Goals - Identifying Individual Goals	Lesson 32:	Being Responsible and Creating Change - Biography of Dr Martin Luther King Jr	Lesson 32:	Number the Stars
Lesson 29:	Different Types of Feelings	Lesson 30:	By Accident, On Purpose	Lesson 31:	Getting along With Others 2	Lesson 35:	Reaching His Goal, Biography of Benjamin Carson	Lesson 33:	Being Responsible and Creating Change - Biography of Dr Martin Luther King Jr	Lesson 33:	Number the Stars
Lesson 30:	Excited	Lesson 31:	Manners 1	Lesson 32:	Keeping a Friend (Baxter's Challenge)	Lesson 36:	Reaching Our Goals - Completing Homework	Lesson 34:	Caring for Others - Dr Martin Luther King Jr Soeoch	Lesson 34:	Number the Stars
Lesson 31:	Tired	Lesson 32:	Manners 2	Lesson 33:	Making Up with Friends	Lesson 37:	Generatino Solutions 1	Lesson 35:	Authority I	Lesson 35:	Number the Stars
Lesson 32:	Frustrated	Lesson 33:	Manners 3	Lesson 34:	Greedy/Selfish and Generous	Lesson 38:	Generatino Solutions 2	Lesson 36:	Authority II	Lesson 36:	Number the Stars
Lesson 33:	Proud	Lesson 34:	Manners 4	Lesson 35:	Surprised, Delighted and Disusted	Lesson 39:	Thinking Takes Time	Lesson 37:	Commemorating Others: The Titanic	Lesson 37:	Number the Stars
<b>Unit 8</b>	<b>Advanced Feelings</b>	Lesson 35:	Fair Play Rules	Lesson 36:	By Accident, On Purpose	Lesson 40:	Coping with Difficult Problems	Lesson 38:	Honouring Others: Biography of Ray Davey	Lesson 38:	Number the Stars
Lesson 34:	Love	Lesson 36:	Listening to Others	Lesson 37:	Disappointed and Hopeful	Lesson 41:	PATHS® Reactions and Review	Lesson 39:	Being Responsible: A Class Project of Commemoration	Lesson 39:	Number the Stars
Lesson 35:	Worried	<b>Unit 9</b>	<b>Feelings/Emotions/Behaviours</b>	<b>Unit 8</b>	<b>Feeling About School</b>	Lesson 42:	Planning a PATHS® Party	<b>Appendix A</b>		Lesson 40:	Number the Stars
Lesson 36:	Disappointed	Lesson 38:	Decision Wheel	Lesson 38:	Fair/Not Fair	<b>Unit 10</b>	<b>Feelings in Relationships II</b>	Lesson 1:	Optional Lesson 1: Control Signals Poster 1	Lesson 41:	Number the Stars
Lesson 37:	Jealous	Lesson 39:	Curious, Interested and Bored	Lesson 39:	Curious/Interested, Bored, Confused and Confident	Lesson 41:	Malicious and Kind	Lesson 2:	Optional Lesson 2: Control Signals Poster 2	Lesson 42:	Number the Stars
Lesson 38:	Furious	Lesson 40:	Proud, Ashamed	Lesson 40:	Trying Harder/Overcoming Obstacles: Attributions of Success/Perseverance	Lesson 42:	Rejected and Included	Lesson 3:	Problem Solving Meeting	Lesson 43:	Number the Stars
Lesson 39:	Guilt	Lesson 41:	Story/Activity on Proud	<b>Unit 11</b>	<b>Endings and Transitions</b>	Lesson 43:	Teasing	Lesson 4:	Solving Problems - Dear Problem Solver	Lesson 44:	Number the Stars
Lesson 40:	Generous	Lesson 42:	Frustrated	Lesson 44:	PATHS® End of Year Review	Lesson 44:	Problem Solving Meeting IV: Bullying			Lesson 45:	Number the Stars
<b>Unit 9</b>	<b>Wrap Up</b>	Lesson 43:	Hopeful, Disappointed	Lesson 45:	PATHS® Review Lesson 2	Lesson 45:	PATHS® Review Lesson 2			Lesson 46:	Number the Stars
Lesson 41:	PATHS® review	Lesson 44:	Story/Activity on Hopeful	Lesson 46:	Planning a PATHS® Party	Lesson 46:	Planning a PATHS® Party			Lesson 47:	Number the Stars
Lesson 42:	Saying Goodbye	Lesson 45:	Problem Discussion on Frustrated or Disappointed								
Lesson 43:	Ending and transitioning										
Lesson 44:	PATHS® Party										

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