



Wk	Lesson Objective	Parent Activity or Handout	Materials
1	<p>Lesson 1: Circle Rules To establish a physically and emotionally safe classroom environment Children will learn a set of core rules for Circle Time and classroom activities Children will discuss and generate possible consequences of not having rules in the class room Children will actively participate in Circle Time</p>	<p>Parent Letter 1- 9</p> <p>Parent Child Activity 1-11</p>	<p>Large cardboard circle Classroom rules displayed Story about children starting school Photos 1-1 to 1-6 Drawings 1-1 to 1-6</p> <p>Extension Activity: 1-25 to 1-31</p>
	<p>Lesson 2: PATHS Animals: To introduce children to the PATHS animals Children will understand how turtles use their shells for protection</p>	<p>Parent Child Activity 1-41 and 1-43</p>	<p>4 Puppets provided Cat and frog puppets/stuffed animals, Bag or box to put puppets in Extension Activities: 1-45 to 1-71</p>
2	<p>Lesson 3: PATHS Pupil for Today To establish the PATHS Pupil for Today activities as a fun daily routine Children will demonstrate responsibility as classroom helpers</p>	<p>For PATHS Pupil for Today Parent Letter 1- 89 and 1-91</p>	<p>Turtle puppet PATHS Pupil for Today Badge Two jars Cards with each child's name written on Compliment sheets 1- 93/ 1-95</p>
	<p>Lesson 4: Compliments To teach Pupils the meaning of the word 'Compliment' To enhance self esteem. To teach polite ways to respond to compliments Children will see how compliments are exchanged Children will express pleasure when receiving compliments</p>		
3	<p>Lesson 5: We All Have Feelings To help pupils understand other people's feelings To promote a sense of community Children will recognise that everyone experiences emotions</p>		<p>Turtle & Hedgehog Puppets Photos 5-1 to 5-6 Magazine pictures of facial expressions</p>
	<p>Lesson 6: Happy To define the feeling 'Happy' To help pupils recognise the facial expressions and body cues associated with these feelings. To present common situations that cause people to feel happy Children will be able to accurately identify visual representations of the feeling Happy</p>		<p>Turtle, Duck & Hedgehog Puppets Feelings Chart Yellow happy feelings face Photos 6-1 to 6-2 Drawings 6-1 to 6-4 Drawings of facial feature 2-25 to 2-29 cut apart</p>



	Children will be able to generate appropriate examples of things or situations that make them feel Happy.		Blank face template 2-23 Fake food item
4	<p>Lesson 7: Sad To define the feeling 'Sad' To help children recognise the facial expressions and body cues associated with these feelings. To present common situations that cause people to feel sad To help children understand other people's emotions</p> <p>Lesson 8: Twiggie Makes Friends To use a story to teach children several core pro-social behaviours associated with friendship and provide a visual representation of each. Children learn that playing together, sharing, helping each other are aspects of friendship</p>		<p>Puppets Blue sad feelings face Photographs 7-1 to 7-2 Drawings 7-1 to 7-4 Drawings of facial feature 2-49 to 2-53 cut apart Blank face template 2-47</p> <p>Parent Handout 2- 65</p> <p>Puppets Book: Twiggie Makes Friends Friendship Poster 2-73 Drawings 2-67 to 2-71 photocopied and cut them in half to make puzzle pieces</p>
5	<p>Lesson 9: Compliments II To develop pro-social skills. To enhance self esteem. To encourage children's support and respect for one another To help children recognize the positive feelings associated with giving and receiving compliments. Sharing Happy and Sad Feelings (Extension activity) (Emotion sharing 1) To provide children with an opportunity to share personal experiences Children will be able to generate an appropriate example of feeling Happy or Sad Children will share their experiences verbally with others</p>	Parent Handout 2-83	<p>Turtle Puppet Accessory for puppet eg glasses, scarf or hat 2 Compliments Posters 2-85 to 2-87</p> <p>Puppets – Turtle and Hedgehog Drawings 2-93 to 2-95</p>
6	<p>Lesson 10: Angry I To define the feeling 'Angry' To help children recognise the facial expressions and body cues associated with this feeling. To present common situations that cause people to feel Angry Children will accurately identify facial expressions and situational cause of the feeling Angry</p>	Parent Handout 3-9	<p>Hedgehog puppet Feelings Chart Blue Angry feelings face Drawings 10-1 to 10-3 Photos 10-1 to 10-2 Face template and facial features from Lesson 6</p>
7	<p>Lesson 11: Scared or Afraid To define the feeling "scared" To help children recognise the facial expressions and body cues associated with this feeling.</p>		<p>Turtle & hedgehog puppet Make a mask for the hedgehog puppet Blue scared feelings face</p>



	To present common situations that cause people to feel scared Children will be able to identify situations that cause fear and can give at least one appropriate example of something that would make them feel scared		Face template and facial features from Lesson 6 Drawings 11-1 to 11-3 Photos 11-1 to 11-2
Half Term			
8	Lesson 12: My Feelings To review the four basic feelings and to understand that all feelings are OK Children will begin to accept that all emotions are OK and important sources of information about their environment and themselves	Parent Child Activity 3-57	Turtle & dog puppets Drawings 12-1 to 12-4 Thumbs up 3-71
	Lesson 13: Angry II To provide additional examples of reasons for feeling angry. To reinforce the concept that all feelings are OK. To informally introduce the idea that there are different words for the same feeling To help children understand other people's feelings		Turtle & hedgehog puppet Toy for puppets to fight over such as a car Drawings 13-1 to 13-3
9	Sharing Angry and Scared Feelings (Emotion Sharing 2) To provide children with an opportunity to share personal experiences Children will be able to identify different situational contexts in which these feelings occur To illustrate similarity of feelings among different people To foster a sense of trust and cohesion by sharing personal experiences		Puppets
10	Lesson 14: Twiggle Learns to Do Turtle Part 1 To introduce key social and emotional concepts that will lay the foundation for the development of self-control To help children to identify a problem situation, learn that sometimes uncomfortable feelings get in the way of making good choices and learn that there may be negative consequences for poor choices.	Parent Child Activity 4-23 and copy of take home book 4-25 to 4-35	Turtle puppet Book "Twiggle Learns to Do Turtle", copy of Do Turtle Sequence Cards on page 4-45 for each child,
	Lesson 15: Twiggle Learns to Do Turtle Part 2 To teach children a technique for self-control and the appropriate times to use it To associate visual symbols with the three steps of doing Turtle to calm down		Turtle puppet Book "Twiggle Learns to Do Turtle" Drawings 15-1 to 15-4 Teacher Turtle Reminders Copy of Do Turtle Sequence Cards on page 4-45 for each child



11	Lesson 15: Extension activities Teaching Turtle reminders		
12	Lesson 16: Turtle Technique Review To teach children the appropriate times to use the Turtle Technique by using role play situations To reinforce the concept that thinking is difficult while one is experiencing strong, uncomfortable feelings To review the steps for doing Turtle and associate those steps with symbols To introduce the Turtle Reinforcement System	Parent Handout 4-59	Puppets Small pictures (3-25 from Lesson 10) Twiggle and Henrietta pictures Turtle Poster 4-63 Turtle stamp/stickers Do Turtle Sequence Cards - 4-65
13	Lesson 17: Appropriate Turtles I To help children associate a strong, uncomfortable feeling with starting to do Turtle To continue to practice the Turtle Technique Children will internalize the steps for doing Turtle		Wise Old Turtle Glasses (Lesson 16 4-61) or a pair of funny glasses Turtle & hedgehog puppets Toy pots or pans Drawings 17-1 to 17-5 and 17-1 to 17-12 Teacher Turtle Reminders 4-75
14	Lesson 18: Appropriate Turtles II To expand children's knowledge of appropriate times to do Turtle To reinforce children's awareness that doing Turtle is a signal to others Children with poor communication skills will begin to use Turtle appropriately in the classroom		Duck puppet Drawings 18-1 to 18-6 Turtle cut out of cardboard or small stuffed animal turtle for the transition activity Teacher Turtle Reminders 4-119
Christmas Holiday			
15	Lesson 19: Calm or Relaxed To define the feeling 'Calm or Relaxed' To help children recognise the facial expressions and body cues associated with this feeling. To present common situations that causes people to feel Calm or Relaxed and identify this as a comfortable feeling To connect the behaviour of calming down and doing turtle with feeling calm or relaxed. Sharing Feelings: Basic Emotions (Emotion Sharing 3) Extension session To provide children with an opportunity to share personal experiences and discuss situational contexts that cause these feelings To informally introduce the concept of comfortable and uncomfortable		Turtle puppet Small blanket or pillow Feelings Chart Yellow calm feelings faces Photos 19-1 to 19-2 Drawings 19-1 to 19-3 Turtle and Hedgehog Puppets Box or bag



	To reinforce the behavioural cues associated with for basic feelings and calm		
16	Review of lessons 14 and 15 Twiggle learns to do Turtle Continue reinforcement of the Turtle Technique Review of lesson 17 and 18 Appropriate Turtles 1 and 11 and Sharing Feelings		
17	Lesson 20: Sharing & Caring 1 To provide children with an opportunity to share something meaningful To relate the concept of sharing to the concept of caring about others To define sharing in a positive context To provide situational contexts in which sharing occurs	Parent Handout 5- 9	Turtle & Hedgehog puppets Real or artificial flower A joke, story or poem to share with the class Flower cut outs (one per pupil) for the transition activity
18	Lesson 21: Sharing & Caring II To help children understand that sharing is an important part of friendship To help differentiate between pleasure in greed and pleasure in sharing with others To provide children with an opportunity to experience the positive feelings associated with sharing		Turtle & Dog puppets Back of sticker, erasers Set of PATHS Character Cards 5-19 to 5-21 for each child
19	Lesson 22 :Twiggle’s Special Day To teach children that it is possible to have more than one friend To use a story to teach children the importance of letting other children join in play		Turtle puppet Story ‘Twiggle’s Special Day’ Small soft ball cups and a box
20	Lesson 23: Advanced Compliments To teach children how to give compliments that reflect quality of friendship or behavioural skill To use illustrations from a story to help children understand this more advanced type of complement Children will be able to give a peer a compliment that reflects their experience with that child		Turtle & Hedgehog puppets Friendship Poster Bean bag
Half Term			
21	Lesson 24: Feelings Review To review the facial expressions and body postures associated with the four basic feelings To review the common situations that make people feel happy, sad, mad/angry, and scared		Turtle puppet Twiggle and Henrietta (T24-1 to T24-2) game pieces Bean bags Drawings 24-1 to 24-12



22	<p>Lesson 25: Making Choices To help children understand the process of making choices Use the Twiggle Learns to do Turtle story to illustrate the behaviour choices that children have Introduce the idea that when we are calm we are more likely to make good choices Children will recognise doing Turtle as a good first choice in a any problem situation</p>	Parent Handout 6-9	Turtle puppet Toys Story: 'Twiggle Learns to Do Turtle'
23	<p>Lesson 26: Solving Problems To encourage children to evaluate their problem-solving ideas by distinguishing between OK and not OK choices To encourage children to think about the consequences of their behaviour To teach children the meaning of the word 'solution'.</p>	Parent Handout 6-19	Turtle & Hedgehog puppets Props for puppet show Drawings 26-1a to 26-1c & 26-2a to 26-2c Thumbs up/thumbs down drawings 6-33 Small drawings of OK and Not OK behaviours (6-35 to 6-41) Optional chart divided into two columns marked "OK" & "Not OK"
24	<p>Lesson 27: Solving Problems with Friends To review the distinction between OK choices and not OK choices To reinforce the idea that children have the ability to solve their own problems To teach adaptive solutions to solving typical peer conflicts To encourage children to consider the feelings of others</p>		Turtle, Duck, Hedgehog puppets Drawings 27-1a to 27-1d and 27-2a to 27-2d
25	<p>Lesson 28: Comfortable and Uncomfortable To teach children the meaning of the words Comfortable and Uncomfortable</p>		Turtle puppet Photos 28-1 to 28-4 Drawing 28-1 to 28-16 Timer Props: cutting board/wooden block and pillow
Easter Holidays			
26	<p>Lesson 29: Different Types of Feelings To review the concept that all feelings are OK To introduce the concept that people can experience different emotions from one another To explain the colour coding of the Feeling Faces</p>		Hedgehog & dog puppets Bandage
27	<p>Lesson 30: Excited</p>		Turtle & Duck puppet Excited feelings faces



	<p>To define the feeling 'Excited' and to help children recognise the facial expressions and body cues associated with this feeling. To present common situations that cause people to feel excited To explain that Excited is a comfortable feeling To provide visual representation of the feeling Excited</p>		<p>Photos 30-1 to 30-2 Drawings 30-1 to 30-4</p> <p>Clean empty container and double cream and salt</p>
28	<p>Lesson 31: Tired To define the feeling 'Tired' and to help children recognise the facial expressions and body cues associated with this feeling To provide examples of different reasons for feeling Tired To explain that Tired is an uncomfortable feeling Provide a visual representation of the feeling Tired present common situations that cause people to feel tired</p>		<p>Hedgehog puppet Photographs 31-1 to 31-3 Drawings 31-1 to 31-2 Blue tired feelings face</p>
29	<p>Lesson 32: Frustrated To define the feeling 'Frustrated' To help children recognise the facial expressions and body cues associated with this feeling To provide examples of things that make people feel Frustrated To explain that Frustrated is an uncomfortable feeling and provide visual representation of this.</p>	<p>Parent Handout 7-57</p>	<p>Hedgehog puppet Props: toy, shoe Photos 32-1 Drawings 32-1 to 32-2, 32-3a to 32-3c, 32-4 Blue frustrated feelings face</p>
30	<p>Lesson 33: Proud To define the feeling 'Proud' To help children recognise the facial expressions and body cues associated with this feeling To provide examples of things that make people feel Proud To explain that Proud is a comfortable feeling and provide visual representation of this</p> <p>Emotion Sharing Session 4 Sharing Feelings: Intermediate Emotions To provide children with an opportunity to share personal experiences about any of the feelings presented so far To discuss situations that cause feelings To reinforce the facial and behavioural cues associated with different feelings</p>	<p>Parent Child Activity 7-77 & Parent Handout 7-79 to 7-89</p>	<p>Turtle puppet Photos 33-1 to 33-3 Drawings 33-1 to 33-3 Yellow proud feelings face Proud Awards 7-97 Prize ribbon 7-99</p> <p>Hedgehog puppet</p>
31	<p>Lesson 34: Love To help children better understand the feeling 'Love' To informally discuss cues for understanding how other people feel</p>	<p>Parent Handout 8-9</p>	<p>Hedgehog & Duck puppets Photos 34-1 to 34-3 Yellow love feelings face</p>



	<p>To introduce the idea that people can have two conflicting feelings at the same time (i.e. love and anger)</p> <p>To encourage children to ask other people about their feelings</p> <p>To illustrate that imagining something doesn't make it real</p>		<p>Print the words "Love is Strong" on a large sheet of paper</p>
32	<p>Lesson 35: Worried</p> <p>To define the feeling 'Worried' and to help children recognise the facial expressions and body cues associated with this feeling</p> <p>To use a story to illustrate the meaning of the word Worried</p> <p>To informally introduce the idea of changing feelings</p> <p>To provide visual representations of the feeling Worried</p>		<p>Turtle & Dog puppets</p> <p>Photos 35-1 to 35-2</p> <p>Story "Tamara Feels Worried"</p> <p>Blue worried feelings face</p>
Half Term			
33	<p>Lesson 36: Disappointed</p> <p>To define the feeling 'Disappointed' and to help children recognise the facial expressions and body cues associated with this feeling. To describe situational contexts in which disappointment occurs</p> <p>To provide visual representations of the feeling Disappointed</p> <p>To promote cause and effect thinking and elementary problem solving</p> <p>To illustrate that different people have different feelings</p>		<p>Turtle & Dog puppets</p> <p>Photos 36-1 to 36-2</p> <p>Drawings 36-1 to 36-3</p> <p>Blue disappointed feelings face</p>
34	<p>Lesson 37: Jealous</p> <p>To define the emotion 'Jealous' and to help children recognise the facial expressions and body cues associated with this feeling.</p> <p>To provide situational contexts in which Jealousy occurs</p> <p>To provide visual representation of feeling Jealous</p> <p>To practice continuity by listening to a story over several days</p>	<p>Parent letter 8- 39</p>	<p>Turtle & Hedgehog puppets</p> <p>Photos 37-1 to 37-2</p> <p>Drawings 37-1 to 37-3</p> <p>Blue jealous feelings face</p> <p>Story: The Hidden Toy</p>
35	<p>Lesson 38: Furious</p> <p>To define the feeling 'Furious' and to help children recognise the facial expressions and body cues associated with this feeling</p> <p>To provide situational contexts in which feeling Furious occurs</p> <p>To provide visual representations of feeling Furious</p> <p>To demonstrate that feelings can change</p> <p>To practice continuity by listening to a story over several days</p>		<p>Turtle & Hedgehog puppets</p> <p>Photos 38-1 to 38-2</p> <p>Drawings 38-1 to 38-2</p> <p>Blue furious feelings face</p> <p>Story :The Hidden Toy</p>
36	<p>Lesson 39: Guilty</p> <p>To define the feeling 'Guilty' and to help children recognise the facial expressions and body cues associated with this feeling.</p> <p>To present common situations that cause people to feel Guilty</p>		<p>Turtle & hedgehog puppets</p> <p>Photos 39-1 to 39-2</p> <p>Drawings 39-1 to 39-3</p> <p>Story: The Hidden Toy</p>



	<p>To provide visual representations of feeling Guilty</p> <p>To demonstrate changes of feelings</p> <p>To practice continuity by listening to a story over several days</p>		Blue guilty feelings face
37	<p>Lesson 40 Generous</p> <p>To define the feeling 'Generous' and to help children recognise the facial expressions and body cues associated with this feeling.</p> <p>To provide examples of things that might make people feel Generous</p> <p>To associate feeling Generous with other comfortable feelings, such as Happy and Proud</p> <p>To show that caring for our friends can result in feeling generous</p>	<p>Parent Handout 8-81 to 8-97</p>	<p>Turtle & Hedgehog puppets</p> <p>Photos 40-1 to 40-2,</p> <p>Drawings 40-1 to 40-2</p> <p>Yellow generous feelings face,</p>
38	<p>Emotion Sharing Session 5</p> <p>Sharing Feelings: Advanced Emotions</p> <p>To provide children with an opportunity to share personal experiences about any of the feelings presented so far</p> <p>To discuss situations that cause emotions</p> <p>To reinforce the facial and behavioural cues associated with feelings</p>		Dog puppet
39	<p>Choose two lesson from 41- 44</p> <p>Lesson 41 Review</p> <p>To review all the feelings vocabulary learned in PATHS</p> <p>To practice using long term memory</p> <p>To provide an opportunity for children to list additional feelings vocabulary</p> <p>To provide and illustration of how much easier something can be when people work together rather than alone</p>	<p>Parent Letter-amended version</p>	<p>Turtle and Dog puppet</p> <p>Paper and pens</p> <p>Feeling faces sets for each child</p>
	<p>Lesson 42 Saying Goodbye</p> <p>To help children to think about the concept of loss</p> <p>To help children understand the complex feelings associated with loss</p> <p>To help children actively problem-solve coping with the loss of an attachment</p> <p>To informally introduce the concept of simultaneous feelings</p>		Turtle, Hedgehog and Duck puppet
	<p>Lesson 43: Ending and Transitioning</p> <p>To help children about the concepts of endings and transitions and with the complex feelings of saying goodbye</p> <p>To informally review the idea that people can feel two opposing feelings at the same time</p>		<p>Turtle and Hedgehog puppet</p> <p>Excited , Sad and Proud feeling faces</p> <p>Great PATHS Child Award for all pupils</p>



<p>To help children actively problem solve a healthy way to buffer uncomfortable feelings</p> <p>To informally introduce steps for planning</p> <p>To help children plan ahead and actively seek information for anticipating the future</p> <p>To review the concept that sharing with each other helps us to feel happier</p>		
<p>Lesson 44: PATHS Party</p> <p>To review what has been learned in PATHS</p> <p>To recall favourite experiences during PATHS</p> <p>To think about the future and what the children are anticipating</p> <p>To help children be aware of multiple feelings</p> <p>To say goodbye to one another</p>		