

PATHS Nightingale Scheme of Work 2021/2022



Wk	Lesson Objective	Parent Activity or Hand-out	Materials
1	Lesson 1 Classroom Rules: To introduce children to PATHS To help children internalize the importance of having rules and structures within a group To orient children towards becoming attentive listeners To allow children to participate in the process of creating rules and structures.	Home activity sheet Home Letter	Mrs. Brown's rules poster Pictures 1A -1B Paper felt pens, markers
2	Lesson 2: PATHS Readiness To create an atmosphere that emphasizes PATHS as a special and fun time To provide practice in paying attention to others To review same and different To review IS and IS NOT To review rules during PATHS time		Chart listing class rules 9 x Animal Pictures Actor/Actress Badge
3	Lesson 3: PATHS Pupil for Today - Complimenting To introduce the concepts of Complimenting and Compliment To review the different feelings when receiving a compliment To practise what to do or say when receiving a compliment	PATHS Pupil for Today home letter – for child chosen For all pupils Home letter Home Activity Sheet	Two jars Strips of paper for each child Compliment list PATHS Pupil for Today Poster Felt tip pens
4	Lesson 4: Introduction to feelings To introduce the concept of feelings To illustrate that we can experience more than one feeling at a time To show feelings are inside but can show on the outside		Finished happy and sad faces For each child - Happy faces and feeling rings
5	Lesson 5: Happy, Sad, Private To introduce children to basic emotions and to a paradigm for thinking about them To introduce the ideas that we can guess how people from facial expressions, body postures and situational cues. To help children associate feeling labels and feeling expressions	Home activity sheet lesson 6	Feelings chart – comfortable and uncomfortable Picture 5A - 5F Photographs 1-4 Feeling faces for happy, sad, and private Examples of finished faces
	Lesson 6: Activities on Happy, Sad, Private		



6	<p>Lesson 7: Fine, Excited, Tired</p>		<p>Feelings Chart – comfortable and uncomfortable Picture 7A -7G Photographs 5 -10 Feeling faces & examples of finished faces</p>
	<p>Lesson 8: Activities on Fine, Excited, Tired and a review of all Feelings To role play feeling excited and tired To make a drawing of excited and tired Review all feelings</p>		
7	<p>Lesson 9: Scared/Afraid, and Safe To introduce the concepts of Afraid and Safe</p>		<p>Feelings Charts Picture 9A-9H Photographs 11-14 Feeling faces examples Taylor’s visit to the dentist.</p>
	<p>Lesson 10: Activities on Scared/Afraid and Safe To role play Scared/Afraid and Safe. To read and discuss stories with Scared/Afraid and Safe situations</p>		
	<p>Half Term</p>		
8	<p>Lesson 11: Cross/Angry (Feelings vs Behaviours) To explore what one can do when one is cross – which alternatives are OK and which ones are not OK To provide practice in thinking ahead before taking action</p>		<p>Feeling Charts – comfortable and uncomfortable Pictures 11A -11H Photographs for cross/angry Cross/angry feeling face</p>
9	<p>Lesson 12: PATHS Review lesson To review Happy, Sad, Private, Fine, Excited, Tired, Cross/Angry, Scared/Afraid and Safe To provide practice in role-playing and in observing emotional cues To review the idea that facial expressions and body cues communicate feelings</p>		<p>Box or bag with 3x5 cards which have printed happy, sad, private, fine excited, tired mad or angry scared or afraid, safe. Optional Activity sheet -12</p>
10	<p>Lesson 13: Self Control 1 To explore different ways for gaining self-control To introduce the concept of calming down To discuss the Red Light</p>		<p>Control Signal Poster 3 Steps for Calming Down Poster (red light) Teacher’s Manual for the Control Signals Poster</p>
11	<p>Lesson 14: Self Control 2 To review the steps for calming down To provide practice in using these steps – stating the problem and feelings</p>		<p>Control signal poster 3 Steps for Calming Down Poster (red Light)</p>
12	<p>Lesson 15: Self Control 3 To provide a model of controlling one’s temper by using the 3 steps for Calming Down</p>		<p>Control Signals Poster 3 Steps for Calming Down Poster (red Light)</p>



			Story - Baxter and his Temper Pictures 15A – 15G
13	Lesson 16: Calm/Relaxed and Relaxation Practice To discuss internal bodily cues related to certain feelings To practise calming down when upset or excited	Home activity sheet 16	Feelings chart – comfortable and uncomfortable Pictures 16A -16b Photographs 17&18 Feeling faces calm/relaxed Pictures of relaxing scenes seascapes, mountain meadows or imagined places.
14	Lesson 17: Control Signals Poster To discuss the idea of what to do after we calm down To introduce the Control Signals Poster To discuss the Yellow (make a plan) and Green (Go) on the Control Signals Poster		Control Signals Poster 3 Steps for calming down
Christmas Holidays			
15	Lesson 18: Problem Discussion – Angry Abigail To explore how angry feelings can escalate To explore the importance of self control To practise solving a problem using the Control Signals Poster		Control Signals Poster 3 Steps for calming down. Story – Angry Abigail
16	Lesson 19: Problem Solving Meeting To provide practice in problem solving in a group situation using the Control Signals Poster	Home activity sheet 20	Problem box or bag Problem selected from the problem box
	Lesson 20: Surprised and Expect To introduce the concept of Surprised and Expect To introduce the difference between feelings and thoughts		Feelings chart – comfortable and uncomfortable Picture 20A-20C Photographs 19-22 Feeling faces surprised
17	Lesson 21: Problem discussion on Surprised To discuss things one can do when there is an uncomfortable surprise To introduce the format for Problem Discussions		Feelings Charts Control signal poster
18	Lesson 22: Problem Solving - Privacy & Telling Your Feelings To discuss the meaning of Privacy		Private feeling faces.



	To discuss when it is appropriate to keep your feelings private versus share them with others		
19	Lesson 23: What is a good Friend? To introduce the concept of a friend and friendship To introduce children to critical thinking	Home activity sheet 24	Large sheet of poster paper Blank drawing paper
	Lesson 24: Lonely To informally present the problem-solving paradigm To introduce the concept of Lonely		Feelings chart Pictures 24A - 24J Photographs 31&32 Feeling faces for Lonely Finished faces Story – Martin feels lonely
20	Lesson 25: Making Friends To help children make friendship making skills To encourage positive social interaction skills To introduce informally thinking about alternatives for solving problems		Feelings chart Picture 26A-26B
	Lesson 26: Shy To further recognise uncomfortable emotions related to social situations and interactions To introduce the concept of shy		Photographs 49 & 50 Feeling faces for Shy
Half Term			
21	Lesson 27: Poem and Problem Solving Activity on Shy To discuss further painful emotions To discuss things you can do when you feel shy		Poem: New Girl at School Feelings chart
	Lesson 28: Embarrassed To discuss further painful emotions		Feelings chart Picture 28A -28D Photographs 47 & 48 Feeling faces for embarrassed Clay (optional)
22	Lesson 29: Review lesson To review the emotions learned so far To provide practice with sharing emotional experiences in front of the class		Feelings Chart



23	<p>Lesson 30: By Accident, On Purpose To introduce the distinction of assessing situations which occur by accident and those where something was done on purpose</p>		Picture 30A - 30D
24	<p>Lesson 31: Manners 1 To introduce the concepts of Manners, Polite, Rude, Nice To teach simple manners To distinguish between feelings and behaviours</p>		Two large pieces of poster paper Pens
25	<p>Lesson 32: Manners 2 To discuss why good manners are important To remind children that their behaviour affects the way other people feel To informally introduce the concepts of Please, Thank-you , You're Welcome, Excuse me and I'm Sorry</p>		Manners hierarchies made during previous lesson 5x8 cards with example scenarios typed on each side.
Easter Holidays			
26	<p>Lesson 33: Manners 3 To continue the development of perspective-taking skills To help the children accept more responsibility for their behaviours To help the children learn to attend to various types of cues when evaluating affect.</p>		Story Mary and her Manners Pictures 33A-33E
27	<p>Lesson 34: Manners 4 To emphasise the importance of tone of voice, facial expressions and body language To demonstrate that the same words can have different meanings and connotations To work on the concepts of Please, Thank-you , You're Welcome, Excuse me and I'm Sorry</p>		
28	<p>Lesson 35: Fair Play Rules To introduce concepts of fairness in peer relations To help children take the perspective of others To discuss the concepts of Fair Play Rules (taking turns, following rules, refraining from teasing and boasting)</p>		Fair Play Rules Poster
29	<p>Lesson 36: Listening to Others To emphasise the importance of communication in solving peer conflicts To help children take the perspective of others To discuss the ideas of listening to others as an important part of the Yellow Light in problem solving</p>		Control signal Poster



30	Lesson 37: Sharing To emphasise the importance of communication in solving peer conflicts To illustrate the effort necessary to maintain self-control when upset To discuss the importance of sharing and negotiation in solving conflicts To discuss the importance of taking into account others' points of view		Story: Sometimes its hard to share Picture 37A – 37H
31	Lesson 38: Decision Wheel To provide solutions for solving peer conflicts To promote co-operation in the classroom To introduce the Decision Wheel To discuss alternative solutions to the problem of deciding “who goes first”		Control signal poster Decision Wheel – create a blank one before the lesson
32	Lesson 39: Curious/Interested, Bored To emphasise the motivational aspects of emotion To continue to discuss contrasting feelings		Feelings Chart Picture 39A-39G Photographs 33-36 Story: The Curious Rabbit Feeling faces Curious/Interested and Bored and finished examples One large apple and knife. Puppets (optional)
Half Term			
33	Lesson 40: Proud, Ashamed To emphasise the importance of responsibility and self-evaluation To discuss contrasting feelings To help children take another’s perspective To introduce the concept of Proud and Ashamed	Home activity sheet lesson 40	Feelings chart Picture 40A-40 J Photographs 37 & 40 Feeling faces Proud & Ashamed
	Lesson 41: Story and Activity on Proud To provide practice in the understanding and use		Story: Finn McCool
34	Lesson 42: Frustrated To introduce emotions on a more differentiated level To review hierarchical thinking with regard to feelings and behaviours To introduce the concepts of Frustrated To discuss appropriate vs inappropriate	Home activity sheet 42	Feelings chart Picture 42A - 42M Photographs 41 & 42 Feeling faces for frustrated
35	Lesson 43: Hopeful and Disappointed To introduce more complex emotions		Feelings chart Picture 43A - 43D



	To discuss informally the idea that we can change the way we feel To introduce the concepts of Disappointed, Hopeful and Hope		Photographs 43 - 46 Disappointed and Hopeful feeling faces Activity sheet 43
36	Lesson 44: Story and Activity on Hopeful To provide practice in the understanding and use of feeling vocabulary related to self-esteem To make a drawing of a time when the children felt hopeful		
37	Lesson 45: Problem Discussion on Frustrated or Disappointed To discuss thing one can do when one feels frustrated or disappointed To further integrate problem solving and the Control Signals Poster into the discussion of feelings		
38	Lesson 46: End of Year Review To review some of the emotions learned so far To provide practice in role playing and in observing emotional cues.		Feelings Charts Bag or box 3x5 cards which are printed with the words happy, sad or disappointed, scared or afraid, bored, curious or interested, proud, ashamed, frustrated, hopeful, shy.
39	Lesson PATHS Party To practice applying problem-solving skills to a realistic, fun problem solving situation To develop a plan for an end of year PATHS celebration		Award Certificates for each child created prior to the lesson.