



## Promoting Alternative Thinking Strategies

**PATHS** PROGRAM An award-winning SEL program designed to create a positive and effective learning environment for the entire school community.

### How PATHS Helps Schools

Increase Academic Performance  
Adapt & Fit into any Schedule  
Increase Emotional Well-being & Regulation



### How PATHS Helps Families

Increase vocabulary for emotions  
Reduce behavior problems, such as aggression  
Increase cognitive skills  
Significantly improve the ability to tolerate frustration plus the ability—and willingness—to use effective conflict-resolution strategies.



### DESIGNATED BY CASEL AS A RECOMMENDED PROGRAM FOR SOCIAL AND EMOTIONAL LEARNING

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. The program meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.





PREVENTION • EMPOWERMENT • TRANSFORMATION

# 24 TIPS TO FOSTER SEL AT HOME

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

## SELF-AWARENESS

- Pay attention to your thoughts & emotions
- Pay attention to your body
- Pay attention to your triggers

## SELF-MANAGEMENT

- Carve out time to be alone
- Practice mindfulness
- Spend time in nature

## SOCIAL AWARENESS

- Talk with your child(ren) about real life
- Role play scenarios with your child(ren)
- Model appropriate social behaviours

## RELATIONSHIP SKILLS

- Create spaces for healthy communication
- Listen to your child(ren)
- Apologize

## GOAL DIRECTED BEHAVIOUR

- Talk often about your goals and your child(ren)'s goals
- Talk about how it feels to accomplish a goal
- Talk about resilience & perseverance

## PERSONAL RESPONSIBILITY

- Allow your child(ren) to help
- Avoid the "blame game"
- Model responsibility & accountability

## DECISION MAKING

- Give your child(ren) choices
- Let your child(ren) make mistakes
- Evaluate results of choices made

## OPTIMISTIC THINKING

- Practice gratitude
- Praise your child(ren)'s effort rather than success
- Model positive self-talk



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