

Believe in  
children



Barnardo's

# Why Choose *The PATHS<sup>®</sup> Programme* for Schools *(UK Version)*



# PATHS<sup>™</sup>

The PATHS<sup>™</sup> Programme for Schools (UK Version)  
Promoting Alternative THinking Strategies



SEL helps children and adults develop the fundamental social and emotional skills needed for life effectiveness.

# 1 IMPORTANCE OF SOCIAL & EMOTIONAL LEARNING

Barnardo's NI has adapted a proven international model of intervention on Social and Emotional Regulation (*The PATHS® Programme for Schools (UK Version)*) for a UK audience. Successful evaluations of the original *PATHS® Curriculum* have been carried out in 22 countries.



Social and Emotional Learning is the process of acquiring the competencies to recognise and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations effectively. Through robust empirical evidence, social emotional learning (SEL) has come to be recognised by educators and scholars as an essential ingredient in the formula for successful preparation of students to achieve in

school and throughout life (Cohen, 2006; Durlak & Weissberg, 2007; Schonert-Reichl & Hymel, 2007; Zins, Weissberg, Wang, & Walberg, 2004). Indeed, research now clearly shows that SEL provides the foundation for improved social, mental health, behavioural and academic outcomes. SEL helps children and adults develop the fundamental social and emotional skills needed for life effectiveness - the skills we all need to handle ourselves, our relationships and our tasks effectively and ethically.

For instance, in a systematic analysis of more than 700 studies conducted by independent researchers on a wide range of SEL programmes (some internationally although most in the United States), researchers found (Durlak & Weissberg, 2007; Payton et al., 2008):

- » Compared with students who did not receive SEL programming, students in SEL programmes demonstrated enhanced skills, attitudes, and positive social behaviours, experienced fewer conduct problems, and had lower levels of emotional distress. They also improved significantly on standardized achievement tests.
- » Improvements in SEL led to gains on standardised achievement tests that ranged from 11-17 percent for different student subgroups.
- » Classroom programmes conducted by teachers, compared with programmes taught by researchers who were not part of the regular teaching staff, were effective in all the outcome areas studied. The clear implication is that SEL programmes can become a part of routine school practice.

*The PATHS® Programme* will enable pupils to:

- ✔ Increase self-control
- ✔ Enhance self-esteem and self-confidence
- ✔ Improve communication about emotions and feelings
- ✔ Improve understanding of how one's behaviour affects others
- ✔ Enhance motivation and creativity
- ✔ Improve logical reasoning
- ✔ Improve problem solving skills
- ✔ Increase respect for others



## 2 DEVELOPMENTAL APPROACH

*The PATHS® Programme for Schools (UK Version)* has been designed to be developmentally appropriate for children as they progress through their school life. Teachers follow the programme methodically and consistently so that

children's emotional and social skills are built on and consolidated as they move through the school. It is recommended that teachers deliver between 40-60 minutes of *PATHS® Programme* lessons each week.

## 3 THE WHOLE-SCHOOL STRUCTURE

Adopting a whole-school approach to the programme provides the overall consistency of language and fosters student's skills that enable positive reinforcement of the learning outcomes within the programme. The whole school approach supports the fidelity of programme delivery and leads to greater impacts.

All adults (teaching and non-teaching staff) in the school are trained in the approach and methodology

adopted by *The PATHS® Programme*. These adults are supported to acquire the skills and, crucially, the language that the children learn about in their lessons. This provides a consistent message across the whole-school that reinforces techniques such as 'doing turtle', utilising control signals and strategies for self-control which are then evident both inside and outside the classroom.



## 4 BARNARDO'S SUPPORT

Barnardo's support is divided into three levels of programme support:

### Level 1:

**Teacher Manuals** are provided for each year group and include additional resources and aids to support the delivery of the programme:

- ✓ Posters
- ✓ Story Books
- ✓ Feeling face Cards
- ✓ Puppets
- ✓ CDs
- ✓ Feelings Dictionaries

PATHS® Manuals range from £280 - £550 in price.

### Level 2:

**Teacher Training** takes place over two days and is recommended for school leaders and teaching staff who will be delivering the lessons. Training is led by an experienced trainer who is accredited by SEL Worldwide (selworldwide.org). Schools can take a 'whole school' approach and train all staff and commence delivery in every year group or 'roll-up' implementation by commencing with two or three year groups and expanding delivery over a few years.

Two days of Teacher Training costs £3000, with additional travel expenses for the trainer where applicable.

### Level 3:

**Technical Assistance** is highly recommended and the level of support required will depend on the stage of implementation. *PATHS® Programme* lessons are delivered twice a week in every classroom by the classroom teacher and will be supported by the Barnardo's coach. Initially the coach will support teachers with planning and in-class support through modelled lessons, team teaching and peer-support sessions. Once classroom delivery is underway schools can then avail of additional coaching support to ensure the whole-school generalisation of SEL concepts through the following additional support:

- ✓ Parent Information Sessions
- ✓ Training for non-teaching staff on SEL language and themes, and delivering specialised training for playground supervisors on SEL playground games and activities for wet breaks
- ✓ Training older children to be Barnardo's Buddies to assist playground supervisors
- ✓ Creating assemblies for whole-school delivery on SEL themes and issues
- ✓ Advising on SEL displays
- ✓ Advising on delivering SEL messages through other areas of the curriculum
- ✓ Bespoke support for In-school coordinators and Senior Leaders to embed the SEL ethos at a whole-school level
- ✓ Access to the Teacher area on the UK Website [pathseducation.co.uk](http://pathseducation.co.uk)

The cost of coaching support varies depending on the size of school and numbers of classrooms. Please contact us directly for a quote.

## 5 PATHS® IMPACT

The Barnardo's SEL team works closely with SEL Worldwide to ensure fidelity to the programme and to keep updated with latest research and good practice. The team has experience of supporting over 200 schools across the UK. Results from our random controlled trial in Northern Ireland found greater empathy, co-operation and caring, better problem solving skills and reduced fighting and aggression (summary available [www.pathseducation.co.uk/paths-works/paths-research](http://www.pathseducation.co.uk/paths-works/paths-research)).

Outcomes data from Realising Ambition funded

schools in the UK also shows positive improvement in mental health and emotional regulation (key findings available <http://www.pathseducation.co.uk/paths-works/pathsr-plus-key-findings>).

Where schools avail of all three levels of Barnardo's SEL support, impact will be measured by the Barnardo's Team using a combination of Pre and Post Questionnaires, Pupil Voice Surveys, SLT and Teacher Feedback, Training Evaluations and Case Studies.

## 6 HOW CAN MY SCHOOL GET INVOLVED?



You can get in touch with the Barnardo's team to find out more about the programme:

**Phone:** 02890790133

**Email:** [paths@barnardos.org.uk](mailto:paths@barnardos.org.uk)

**Website:** [www.pathseducation.co.uk](http://www.pathseducation.co.uk)

**Facebook:** [www.facebook.com/pathseducationuk](http://www.facebook.com/pathseducationuk)

**Twitter:** @PATHSEdUK

# How to do Turtle

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## PATHS™

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