

Overview of PATHS Programme

Reception	Unit 1 Lessons 1–4 Fostering A Positive Classroom Climate	Unit 2 Lessons 5-9 Basic Feelings 1	Unit 3 Lessons 10-13 Basic Feelings 2	Unit 4 Lessons 14-19 Introduction to Self-Control & EmotionSharing	Unit 5 Lessons 20-24 Sharing, Caring and Friendship Unit	Unit 6 Lessons 25-27 Basic Problem-Solving Unit	Unit 7 Lessons 28-30 End of Year Review		
Year 1	Unit 1 Lessons 1–4 Fostering A Positive Classroom Climate	Unit 2 Lessons 5-9 Basic Feelings 1	Unit 3 Lessons 10-13 Basic Feelings 2	Unit 4 Lessons 14-19 Introduction to Self-Control & EmotionSharing	Unit 5 Lessons 20-24 Sharing, Caring and Friendship Unit	Unit 6 Lessons 25-27 Basic Problem-Solving Unit	Unit 7 Lessons 28-33 Intermediate Feelings Unit	Unit 8 Lessons 34-40 Advanced Feelings Unit	Unit 9 Lessons 41-44 PATHS Foundation Plenary Unit
Year 2	Unit 1 Lessons 1-3 Establishing A Positive Classroom Climate	Unit 2 Lessons 4-8 Introduction to Feelings	Unit 3 Lessons 9-12 Feelings and Behaviours	Unit 4 Lessons 13-16 Self-Control and Anger Management	Unit 5 Lessons 17-22 Anger Management and Problem-Solving	Unit 6 Lessons 23-29 Friendship and Feeling Lonely	Unit 7 Lessons 30-37 Manners and Listening to Others	Unit 8 Lessons 38-46 Feelings, Emotions, Behaviours	Unit 8 Lesson 46 End of Year Review
Year 3	Unit 1 Lessons 1-2 Establishing A Positive Classroom Climate & Enhancing Self-Esteem	Unit 2 Lessons 3-9 Basic Emotions	Unit 3 Lessons 10-13 Improving Self-Control and Anger Management	Unit 4 Lessons 14-17 Using Our Thinking Skills	Unit 5 Lessons 18-25 Friendship, Getting along With others	Unit 6 Lessons 26-31 Feelings in Relationships	Unit 8 Lessons 35 –37 Feelings and Expectations	Unit 9 Lessons 38-40 Feelings About School	Unit 10 Lessons 41-44 Feelings in Relationships 2
						Unit 7 Lessons 32-34 Getting Along With Others			Unit 11 Lessons 45-46 Endings and Transitions
Year 4	Unit 1 Lessons 1-5 Getting Started	Unit 2 Lessons 6-9 Self Control and Anger Management			Lessons 10-20 Feelings and Relationships	Unit 3 Lessons 21-25 Making Good Decisions	Unit 4 Lessons 26-28 Being Responsible and Caring for Others	Unit 5 Lessons 29-40 Problem-Solving	Unit 5 Lessons 41-42 PATHS Reaction and Review
Year 5	Unit 1 Lessons 1-8 Getting Started	Appendix A Self-Control Control Signals Poster	Unit 2 Lessons 9-16 Problem-Solving	Unit 3 Lessons 17-20 Goals and Identity	Unit 4 Lessons 21-29 Making and Keeping Friends	Unit 5 Lessons 30-39 Being Responsible and Caring for Others		Unit 5 Lessons 39-41 PATHS Reaction and Review	
Year 6	Unit 1 Lessons 1-7 Getting Back Into PATH	Unit 2 Lessons 8-14 Study and Organisational Skills		Unit 3 Lessons 15-20 Conflict Resolution	Unit 4 Lessons 21-27 Respect, Ourselves and Others	Optional Unit 4 Lessons 21-27 NOVEL: Number The Stars	Unit 5 Lessons 28-32 Ending and Transitioning		

	Classroom Rules; Positive Classroom Climate		Self Control; Anger Management		Friendship; Relationships		Good Manners		Respect
	Feelings		Thinking Skills; Problem-Solving		Responsibility; Caring		Setting Goals		Self Management
									Plenary