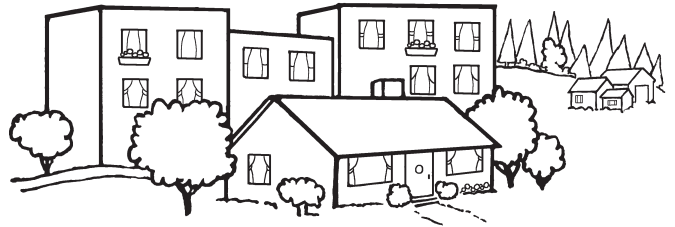


PATHS[®] Parent/Caregiver Handout

Endings & Transitions

Purpose

We are now ending PATHS lessons for the school year. It's important for students to look back on what they learned this year. This can help make the move to the next grade a positive one.



Skills

Children may have various feelings about ending the school year and starting summer break. It is one of many transitions children face. Feelings might include worry about the unknown, excitement about something new and sadness at losing something familiar. Though we know it is important to address feelings at times of change, we often overlook how difficult changes can be. To handle change well, it's important to recognize feelings and be able to say goodbye.

What You Can Do At Home

1. Remind your child to use his or her PATHS skills at home.
2. Encourage family members to give compliments at dinner and at other times.
3. Now and then, ask your child how he or she is feeling. Share your own feelings (as appropriate) with your child.
4. Continue to use the Control Signals Poster when needed.
5. Encourage your child to treat others with kindness. (This includes you, his or her siblings, other relatives, friends, pets, and so forth.)
6. Compliment your child when he or she uses good manners. Point out when he or she does not.
7. Read books with your child and discuss the feelings of the characters. Talk about why they behaved as they did, how they solved their problems, and so on. Do the same thing when watching TV or movies together.
8. Enjoy a great summer with your child!