

Pre-School Blog

Pre-School Work

The Programme Team at Barnardo's are currently supporting 25 pre-school settings to implement *The PATHS® Programme for Schools (UK Version)*. 20 of these are situated in Wales between Bridgend, RCT and Pembrokeshire and 5 are situated in Renfrewshire in Scotland.

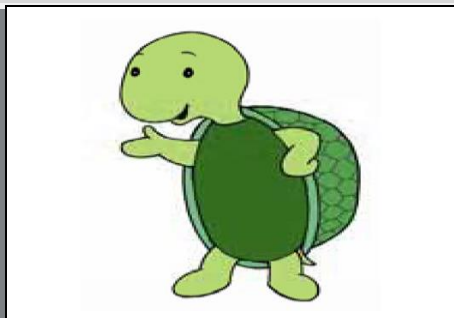
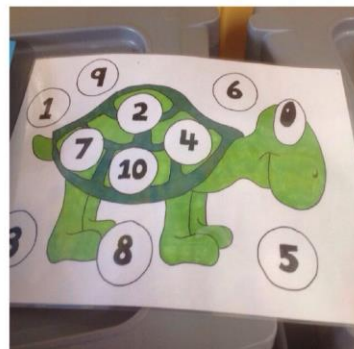
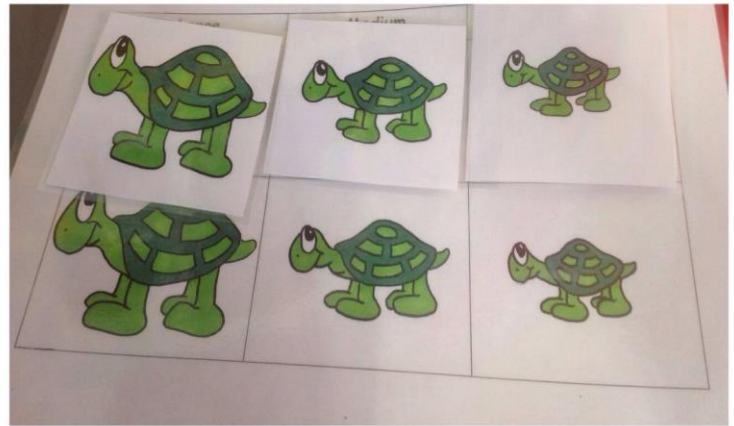
We are so grateful to the amazing nursery staff for supporting the implementation of the programme. They have welcomed us with open arms and have worked hard to make adaptations to the delivery of the programme (to ensure it was understood by a younger audience) while also ensuring to deliver with fidelity - which is not an easy feat!

They have created fantastic resources to support the children's learning, some of which are shown in the photographs opposite.

The purpose of this blog is to offer some more information about Social and Emotional Learning (SEL) and to give parents/carers some activity ideas to support the development of social and emotional skills at home.

We are continuing to work through this time so if you require any additional support please free to contact the team by emailing paths@barnardos.org.uk or you can contact your coach directly. We are also busy creating resources for parents/ carers to use at home so please follow us on social media (see the end of the blog for more information).

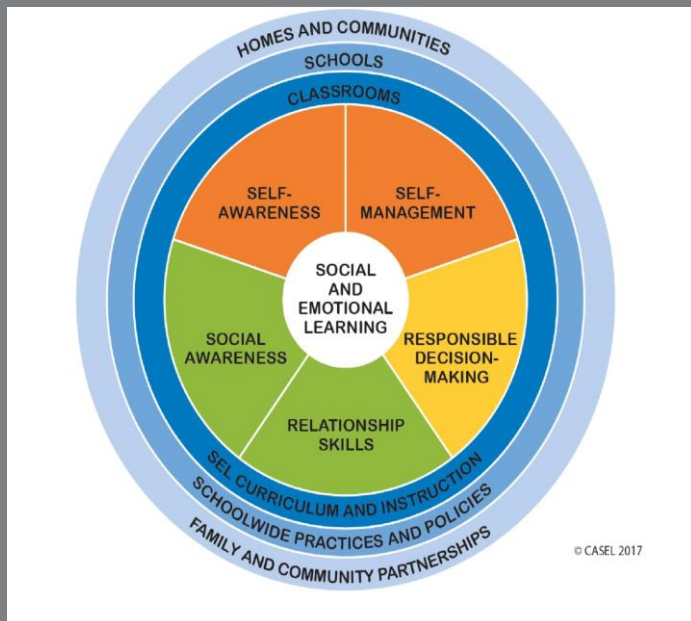
This article has been developed to support pre-schools in their implementation of Social and Emotional Learning (SEL) through the use of *The PATHS® Programme for Schools (UK Version)*; and to extend SEL beyond the nursery setting - reaching out to their whole setting, homes and community. In this article we want to explore how you as parents could develop social and emotional skills at home.



SEL Skills

The PATHS® Programme for Schools (UK Version) has been proven* to develop children's SEL skills. The 5 SEL skills are self-management, self-awareness, social awareness, relationship skills and responsible decision making and are displayed on the wheel below.

* The programme has been nationally and internationally recognised. More information can be found here - www.pathseducation.co.uk



The three blue circles on the outside of the wheel highlight the ways in which the 5 SEL competencies can be taught and reinforced.

Classrooms = direct teaching time.

Children need to be taught SEL skills and this happens in the delivering pre-school settings through a 10/15 minute daily circle time session.

Schools = whole-school ethos.

It is important that children are learning SEL skills throughout the day and this happens when the staff model and generalize the strategies and language from the programme.

Homes and Communities = parent support.

We offer parent sessions which enables parents to gain a greater understanding of the programme and SEL. We have also created these blogs to help parents support SEL at home.

The boxes below give short descriptions of the 5 SEL skills.

Self-Awareness

Managing emotions and behaviours to achieve goals.

Self-Management

Recognizing one's emotions and values and one's strengths and limitations.

Social Awareness

Showing awareness and empathy for others

Relationship Skills

Forming positive relationships, team work, resolving conflict

Responsible Decision Making

Making healthy choices about behaviour.

All of the above skills are of equal importance but we begin with self-awareness. The pre-school children learn the above SEL skills in the following ways:

Self-Awareness is taught through feelings lessons.

Self-Management is taught through the self-control strategy, Turtle.

Social Awareness is taught through the rules, feelings lessons and the Child of the Day process.

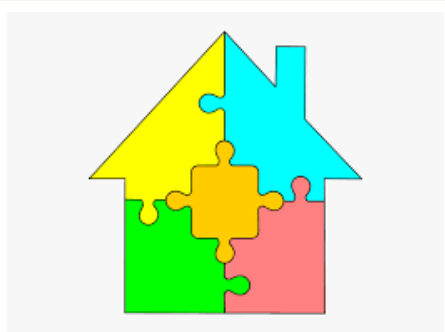
Relationship Skills are taught through the *Twiggle Makes Friends* story and the Child of the Day process.

Responsible Decision Making is taught by discussing OK and NOT OK behaviours.

Home Activities

Self-Awareness Activities

- Role play – this enables children to take on a different role and explore a variety of feelings.
- Share stories and discuss the characters' feelings (search for us on Twitter and Facebook to see some novel study guides or use any stories you have at home).
- Create feelings pictures using a variety of resources – paint, pencils/ pens, playdough, pasta, craft resources, etc.
- Have 'check in's' (ask your child how they are feeling and discuss) throughout the day. This will help you to understand how your child is feeling and it will also help your child to become more aware of their own feelings.
- Play 'guess the feeling' by taking it in turns to display feeling faces while your family members/ friends guess what the feeling is.



Social Awareness Activities

- Board games to help develop a number of skills such as listening, turn taking, team work and patience.
- Eat dinner together. This will develop conversational skills.
- Discuss how others (friends and family) might be feeling at this time and create a picture or a card to help cheer them up.
- Look through old newspapers and magazines, cut out faces displaying a variety of facial expressions and sort the photographs into two groups – comfortable and uncomfortable feelings.
- Play "Simon says" and similar games to enhance listening skills.
- Role play with puppets. This type of play helps to develop children's social skills.
- Play 'feelings bingo'. You will be able to find these games on line or you can make your own.

Self-Management Activities

- Discuss Turtle (the programme's self-control strategy) and ask your child to teach you how to do it (the full story can be found on YouTube using the following link <https://youtu.be/PUf2CgdRtKY>).
- Share stories and discuss which characters need to do Turtle.
- Watch a children's TV programme together and discuss who needs to do Turtle.
- Spend some time playing age appropriate electronic games with your children that encourage self-management, such as *Breathe, Think, Do with Sesame Street*.
- Model good self-management – as you know, children learn from the people around them so the best way to teach self-management is to demonstrate it.



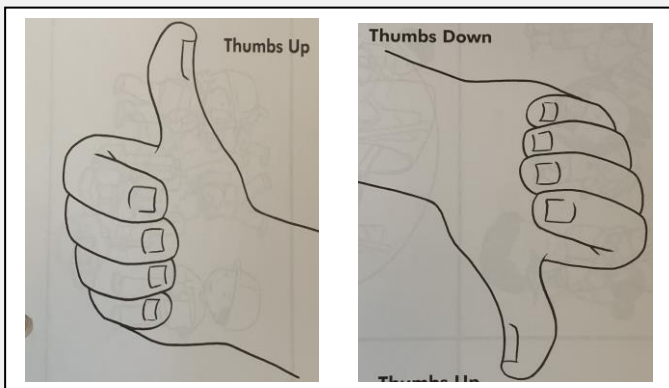
Relationship Skills Activities

- Introduce a 'family member of the day' and give compliments.
- Share books about friendship and discuss.
- Spend time each day talking to your children without distractions.
- With help, create a picture or card for a friend and send it to them.
- Play games that encourage face to face communication and team work.
- Ask a parent/ carer if you can video call a family member or friend.
- Spend time helping your children work through disputes with their siblings. Discuss feelings and behaviours and help them to problem solve.
- Remind them what good friends do – play together, help each other and share.

Home Activities

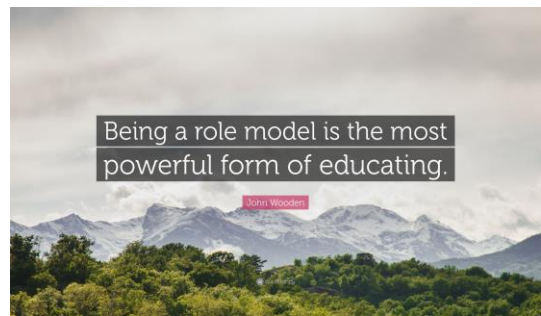
Responsible Decision Making Activities

- Share books and discuss the characters behavior, was it OK or NOT OK?
- Watch an age appropriate TV programme together and discuss the characters behavior, was it OK or NOT OK?
- If your child completes Turtle at home, once they have finished discuss their behaviours with them and ask them to decide whether they're behavior was OK or NOT OK. This will help them to make responsible decisions in the future.



We hope that you find the information in this blog useful.

In the extraordinary circumstances that we all find ourselves in we as adults can also feel very overwhelmed. Many of us are currently feeling enormous pressure to care for and educate our children while also dealing with work pressures. It is important to ensure that we are also taking care of our own emotional needs and remembering that we can only do so much.



<https://quotefancy.com/quote/845257/John-Wooden-Being-a-role-model-is-the-most-powerful-form-of-educating>

We certainly hope that these ideas will be both inspiring and helpful in exploring SEL and pre-school home activities.

Please do get in touch with us via our Social Media if you have used any of these and remember to follow us on our Facebook and Twitter accounts for many more ideas from participating schools.



www.facebook.com/pathseducationuk



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Special thanks to our coach Christine and the team, and to our schools for their contributions to this article.