PATHS (Promoting Alternative THinking Strategies) Preschool/Kindergarten

TARGET AUDIENCE

This program is for children who are 3 to 6 years old and are in preschool and kindergarten.

SUMMARY

PATHS® (Promoting Alternative THinking Strategies) Preschool/Kindergarten is a universal prevention program that is designed to improve children's social competence and reduce problem behavior. The curriculum assists educators and counselors in creating an educational environment that helps children develop specific skills to reach program goals.

EVIDENCE

Results from pre- and post-tests of a randomized controlled trial indicate that children exposed to the PATHS curriculum had higher emotion knowledge skills, were rated by their parents and teachers as more socially competent than peers, and were rated by teachers as less socially withdrawn.

COMPONENTS

The PATHS Preschool/Kindergarten curriculum includes lessons and activities that intend to instill self-control, positive self-esteem, emotional awareness, basic problem-solving skills, and social skills in participants. This curriculum is delivered by teachers and targets four domains:

- Pro-social friendship skills;
- Emotional understanding and emotional expression skills;
- Self-control of arousal and behavior; and
- Problem-solving skills.

Lessons include the use of puppet characters, books, and picture cards to illustrate and demonstrate a variety of emotions and include accompanying scripts for teachers. Optional extension activities are also suggested (e.g., singing, cooking) to help teachers promote and encourage the use of pro-social behaviors and problem-solving techniques during the school day.

PREVIOUS USE

PATHS Preschool/Kindergarten has been used with Hispanic, African American, and Caucasian children living in rural and urban communities.
PATHS (Promoting Alternative THinking Strategies)  
Preschool/Kindergarten

**TRAINING**

Training is not required but is recommended for teachers and counselors. The PATHS training model depends on organizational needs and is tailored to each individual program site. However, two models of trainings are offered, on-site or online. Technical assistance, booster visits, and retraining are also available. The 2-day, on-site training is $5,000 plus travel expenses. Online training costs vary depending on the number of participants. For information on training, please visit [www.pathstraining.com/main/training/](http://www.pathstraining.com/main/training/).

**CONSIDERATIONS**

Considerations for implementing PATHS Preschool/Kindergarten include integrating lessons into a program’s existing learning environment, adapting the timing and frequency of lessons to fit the needs of the individual classroom, and obtaining strong administrative and parent support.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing PATHS Preschool/Kindergarten, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

Typically, teachers implement two PATHS lessons and two extension activities twice every week for 2 years. Implementation time and frequency of sessions vary depending on the individual classroom.

**COST**


**EVALUATION PLAN**

To move the PATHS Preschool/Kindergarten program to the Effective category on the Clearinghouse Continuum of Evidence, at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu.

You may also contact Dorothy Morelli, CEO of PATHS Education Worldwide, by phone 1-615-364-6606, email dorothy@pathseducation.com, or visit [www.pathseducation.com/learn-more/contact-paths](http://www.pathseducation.com/learn-more/contact-paths).

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