

Index of Lessons by Topic

	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

*If you ordered the Grade 1-Grade 5/6 Counselor's Package, the Preschool/Kindergarten classroom module can be purchased separately from PATHS® Program Holding, LLC, by calling 1-877-71-PATHS (1-877-717-2847) or visiting PATHSProgram.com.

	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						13-19

Index of Lessons by Topic

How to use this index

This index provides an overview of the feelings and skills that are covered in each of the grade level Curriculum Manuals found in your Counselor's Package.

While we recommend that you teach PATHS lessons in the order in which they appear in the Curriculum Manuals, we also acknowledge the importance of making modifications based on the needs of your individual classroom or group of students. It's important to stay alert to and take advantage of "teachable moments" and the many opportunities for "real-life" applications of PATHS skills and knowledge. You can use this index to help identify lessons that can best meet the needs of your students at a particular time.

You can also use the index to help select lessons that best meet the developmental needs of students. For example, if you are working with a group of second-graders on understanding the basic feeling "angry," you may want to consider using the lessons from grade 1 if they will better fit the needs of the students.

Key to abbreviations

"Opt" indicates an optional lesson. You will find these on the CD for the designated grade level.

"J-S" indicates a jump-start lesson. These can be found at the back of the Curriculum Manual for grade 3. Jump-start lessons are used with grade 3 students who did not have PATHS classes in prior grades. The lessons cover some of the basic feelings and advanced/complex feelings taught in preschool through grade 2.