

# PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

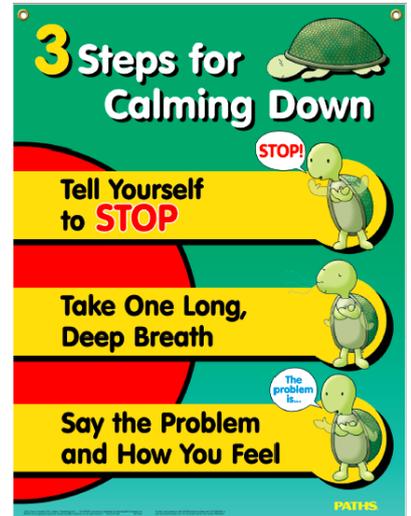
## PATHS Quote of the Month May



There are comfortable and uncomfortable feelings. Remember all feelings are okay

Now is a good time to use your Control Signals and Three Steps for Calming Down if you have uncomfortable feelings

Be kind  
Listen to your  
Parents/Guardians  
Show love



Listening is one of the loudest forms of kindness.

