

PATHS Programme in St. Catherine's

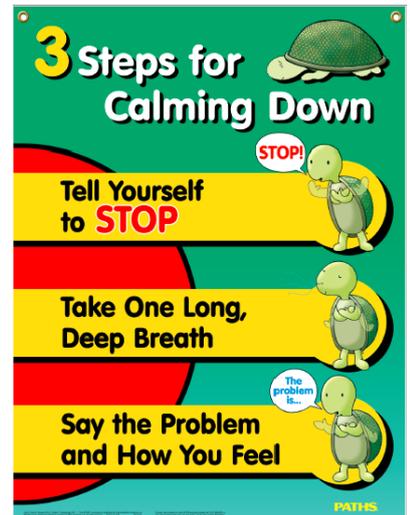
(Promoting Alternative Thinking Strategies)

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.

