**PATHS Programme in St. Catherine’s**

**(Promoting Alternative Thinking Strategies)**

**PATHS Quote of the\_Month June**



**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**





