

PATHS Curriculum for 2025-2026 School Year

Mondays: The PATHS lesson is introduced. If you do not have class on Monday, move everything one day. For example, if there is no school on Monday, September 1st, the PATHS lesson will be on Tuesday, September 2nd. The Solution Card would move to Wednesday, Thursday, Review, or extension activity, and Friday Extension activity.

Tuesday: Introduce/Review Solution Card (**Start Monday, September 16th**)

Wednesday: Review or reteach the PATHS Lesson or complete an extension activity as needed.

Thursday: Extension Activity

Friday: Extension Activity

*Extension Activities Listed in the PATHS Curriculum

Week 1 (first lesson 9/2)

- Monday- Lesson 1 Circle Rules
- Tuesday- Solution Cards
- **Extension Activities:** Books, Songs, Friendship Bracelets, Get to Know You BINGO, Things in Common (from Little Spot), musical games, go over rules, set rules and expectations for the classroom.

Week 2 (9/8-9/12)

- Monday- Lesson 2 PATHS Animals
- Tuesday- Solution Cards
- **Extension Activities:** PATHS Character Matching Game, Twiggle Paper-Plate Puppet, Books, Social Manner Cards, Story-Telling Kits, Social-Emotional Quickies

Week 3 (9/15-9/19)

- Monday- Lesson 3 PATHS Kid for Today
- Tuesday- Solution Card
- **Extension Activities:** PATHS Character Matching Game, Twiggle Paper-Plate Puppet, Books, Social Manner Cards, Story-Telling Kits

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Week 4 (09/22-9/26)

- Monday- Lesson 4 Compliments I
- Tuesday- Solution Card
- **Extension Activities:** *Wall of Fame, *Make a Crown, *Compliment Journals, Sneeze Pictures, Friendship Bracelets, Compliment circles with a ball, Songs, Books

Week 5 (9/29-10/3)

- Monday- Lesson 5 We All Have Feelings
- Tuesday- Solution Card
- **Extension Activities:** Books, *Friendship Mural, *Classroom Mural, *Banner, *Friendship Trees, Funny Faces Cards, Stack-A-Cake Game, Friendship Map, Sneeze Pictures, Jewel Floats, Friendship, Bracelets, PBS Games, Daniel Tiger: Guess the Feeling Game, EPIC Friendship Category, Story Bot Emotions Episode, Kids Feelings and Emotions SONG- Little Spot

Week 6 (10/6-10/10) Introduce Feelings Check-In (Tuesday, October 6th) with Happy and Sad,

- Monday- Lesson 6 Happy
- Tuesday- Solution Card
- Wednesday- Lesson 7 Sad
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

Week 7(10/13-10/17)

- Add Excited on Monday, and Tired on Wednesday to the feelings chart.
- Monday- Lesson 30 Excited
- Tuesday- Solution Card.
- Wednesday- Lesson 31 Tired
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

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Week 8 (10/20-10/24)

- Monday- Lesson 10 Mad or Angry I
- Tuesday-Solution Card
- Wednesday- Lesson 11 Scared or Afraid
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

Week 9 (10/27-10/31)

- Monday- Lesson 8 Twiggie Makes Friends
- Tuesday- Solution Card.
- **Extension Activities:** Books, *Friendship Mural, *Classroom Mural, *Banner, *Friendship Trees, Funny Faces Cards, Stack-A-Cake Game, Friendship Map, Sneeze Pictures, Jewel Floats, Friendship, Bracelets, PBS Games, Daniel Tiger: Guess the Feeling Game, EPIC Friendship Category, Story Bot Emotions Episode, Kids Feelings and Emotions SONG- Little Spot

Week 10 (11/3-11/7)

- Monday- Lesson 9 Compliments II
- Tuesday- Solution Card
- **Extension Activities:** *Wall of Fame, *Make a Crown, *Compliment Journals, Sneeze Pictures, Friendship Bracelets, Compliment circles with a ball, Songs, Books,

Week 11 (11/10-11/14)

- Monday- Lesson 12 My Feelings
- Tuesday-Solution Card
- Wednesday- Lesson 13 Mad II
- **Extension Activities:** Emotion Matching Game, Books, Songs, Dough Mats, Social-Emotional Quickies, *Feeling Flowers, *Copy the Feeling, *Musical Feelings.

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Week 12 (11/17-11/21)

All Solution Cards Need to Be Introduced by November 17th.

- Monday- Lesson 14 Twiggle Learns to Do Turtle Part 1
- Tuesday- Solution Card
- Wednesday- Lesson 15 Twiggle Learns to Do Turtle Part 2
- **Extension Activities:** *Musical Turtle, *Memory Games, *Cooking Activities, *Twiggle Prints, Social Manner Cards, Books, Friends and Neighbors Helping Game, Story-Telling Kits, Social-Emotional Quickies, Feather Play, Daniel Tiger- Katerina Gets Mad and Calms Down Story- YouTube, Sesame Street- Belly Breath Song

Week 13 (11/24-11/28)- NO PATHS LESSON

Week 14 (12/2-12/5)

- Monday- Lesson 16 Turtle Technique Review
- Tuesday- Solution Card
- Wednesday- Continue Lesson 16 if needed
- **Extension Activities:** Books, Social-Emotional Quickies, Story-Telling Kits,

Week 15 (12/8-12/12)

- Monday- Lesson 19 Calm or Relaxed
- Tuesday- Solution Card Review
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

Week 16 (12/15-12/19)

- Monday- Lesson 17 Appropriate Turtles I
- Tuesday- Solution Card Review
- Wednesday- Lesson 18 Appropriate Turtles II
- **Extension Activities:** *Bubbles, *Squishy Bags, *Coffee Filter Butterflies, *Cooking Activities, Social Manner Cards, Friends and Neighbors Helping Game, Books, Stress Reducers, Feather Play, A Little Spot of Calm

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Week 17 and 18 (December 24th- January 2nd)- NO PATHS LESSON

Week 19 (1/5-1/9)

- Monday- Lesson 20 Sharing and Caring I
- Tuesday- Solution Card Review
- **Extension Activities:** *Playing Together, *Sharing a Salad, Books, Stack-A-Cake game, Friends and Neighbors Helping Game, Social Manner Cards, Jewel Floats, Daniel Tiger- Sharing Strategy Song

Week 20 (1/12-1/16)

- Monday- Lesson 21 Sharing and Caring II
- Tuesday- Solution Card Review
- **Extension Activities:** *Playing Together, *Sharing a Salad, Books, Stack-A-Cake game, Friends and Neighbors Helping Game, Social Manner Cards, *Friendship Coloring, *Find a Feeling, Friendship Map

Week 21 (1/20-1/23)

- Monday- Lesson 22 Twiggie's Special Day
- Tuesday- Solution Card Review
- **Extension Activities:** Books, Songs, Social Manner Cards, *Musical Chairs, *Sticking to Our Feelings Puzzle, Social-Emotional Quickies,

Week 22 (1/26-1/30)

- Tuesday- Lesson 23 Advanced Compliments
- Wednesday- Solution Card Review
- **Extension Activities:** *Sorting Game, *Compliment Dictionary, Books, Social Manner Cards, Dough Mats, PBS Games

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Week 23 (2/2-2/6)

- Monday- Lesson 24 Feelings Review
- Tuesday- Solution Card Review
- **Extension Activities:** *Simon Says, *Silly Noodle Faces, Emotions Matching Game, Emoji Cubes, Dough Mats, Funny Faces Game, Story-Telling Kits, Social-Emotional Quickies

Week 24 (2/9-2/13)

- Monday- Lesson 25 Making Choices
- Tuesday- Solution Card Review
- **Extension Activities:** *Bubbles, *Squishy Bags, *Cooking Activities, Social Manner Cards, Friends and Neighbors Helping Game, Books, Stress Reducers, Feather Play

Week 25 (2/16-2/20)

- Monday- Lesson 26 Solving Problems
- Tuesday- Solution Card Review
- Wednesday- Lesson 27 Solving Problems with Friends
- **Extension Activities:** Social-Emotional Quickies, Stack-A-Cake Game, Funny Faces Game, Social Manner Cards, Make Yourself Happy, Introduce Calm Down Kit, *Go Fish, *Problem Pad, *Cooking Activities, Board Games

Week 26 (2/23-2/27)

- Monday- Lesson 28 Comfortable and Uncomfortable
- Tuesday- Solution Card Review
- **Extension Activities:** *Day @ the Beach, *Cloud Gazing, *Beach in a Bottle, *Fluffy Cloud Potato Sculptures, Emoji Cubes, Emotions Matching Game, Funny Faces Games, Stress Reducers, Feather Play

Week 27 (3/2-3/6)

- Monday- Lesson 29 Different Types of Feelings
- Tuesday- Solution Card Review
- **Extension Activities:** Books, Songs, Dough Mats, Emoji Cubes, Emotion Matching Game, Funny Faces Game, Story-Telling Kits

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Week 28 (3/9-3/13)

- Monday- Lesson 32 Frustrated
- Tuesday- Solution Card Review
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

Week 29 (3/16-3/20)

- Monday- Lesson 33 Proud
- Tuesday- Solution Card Review
- **Extension Activities:** *Ribbon Races, *Picture Awards, Books, Songs, Question of the Day, Friends and Neighbors Helping Game, Social-Emotional Quickies, Daniel Tiger Trolly Tunes: I'm Proud of You

Week 30 (3/23-3/27)

- Monday- Lesson 34 Love
- Tuesday- Solution Card Review
- **Extension Activities:** Sharing Ways to Feel Love, Make Cards, Heart Scavenger Hunt, Loving Charades (act out ways to feel love), Books, Songs, A Little Spot of Love

Week 31 (3/30-4/3)- NO PATHS LESSON

Week 32 (4/6-4/10)

- Monday- Lesson 35 Worried
- Tuesday- Solution Card Review
- **Extension Activities:** Question of the Day, create a Worry Monster to Scare Worries Away, Social-Emotional Quickies, Books, PBS Games, A Little Spot of Worry

Week 33 (4/13- 4/17)

- Monday- Lesson 36 Disappointed
- Tuesday- Solution Card Review
- **Extension Activities:** Feeling's Buddies Teacher Guide (required)

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Week 34 (4/20-4/24)

- Monday- Lesson 37 Jealous
- Tuesday- Solution Card Review
- **Extension Activities:** Role-Play Scenarios, Video: Daniel Tiger Feels Jealous, Acknowledge Differences and Make a List, Books, Social Manner Cards, Emotion Matching Game

Week 35 (4/27-5/1)

- Monday- Lesson 38 Furious
- Tuesday- Solution Card Review
- **Extension Activities:** Books, Discussion on Ways to Calm Down, Video: Sesame Street Explains Furious, Practice Ways to Calm Down, Emoji Cubes, Question of the Day

Week 36 (5/4-5/8)

- Monday- Lesson 39 Guilty
- Tuesday- Solution Card Review
- **Extension Activities:** Role-Play/Discussion Scenarios, Books, Social Manner Cards, Songs, PBS Games

Week 37 (5/11-5/15)

- Monday- Lesson 40 Generous
- Tuesday- Solution Card Review
- **Extension Activities:** Acts of Kindness Game*, Gems*, Books, Role-Play Scenarios, Emoji Cubes, Story-Telling Kits, Board Games, Make Pictures/Cards for a Friend, Friends, and Neighbors Helping Game

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Week 38 (5/18-5/22)

- Monday- Lesson 41 PATHS Preschool-Kindergarten Review
- Tuesday- Solution Card Review
- Wednesday- Lesson 42 Saying Goodbye
- **Extension Activities:** Thumbprint Book*, Books, Social-Manner Cards, Emoji Cubes, Story-Telling Kits, Emotion Matching Game, Dough Mats, Social-Emotional Quickies, Sharing Session (share the favorite part about preschool), Take a Walk Around the School

Week 39 (5/25-5/29)

- Monday- Lesson 43 Ending and Transitioning
- Tuesday- Solution Card Review
- Wednesday- Lesson 44 PATHS Party
- **Extension Activities:** Books, Songs, Question of the Day, Discussion (what they are most excited about), Emoji Cubes, Social-Manner Cards, Friends, and Neighbors Helping Game, CELEBRATE! Board Games, Dance Party, Cooking Activities, PBS Games