

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

PATHS PROGRAMME – UK VERSION (BARNARDO'S UK)

WHAT?

PATHS (Promoting Alternative Thinking Strategies) is a universal, evidence-based Social and Emotional Learning (SEL) programme for primary-aged children (approx. 4–11). It teaches emotional understanding, self-regulation, empathy, and social problem-solving through structured lessons and daily classroom practice.

The UK version has been adapted for British schools (supported by Barnardo's) and evaluated in UK trials, including by the Education Endowment Foundation (EEF).

PATHS aims to help children understand feelings, manage behaviour, and make thoughtful choices, supporting both wellbeing and readiness to learn.

WHY?

- Strong focus on emotional literacy and regulation
- Clear structure and teacher guidance
- Preventative and inclusive
- Supports behaviour, relationships, and learning readiness
- Aligns well with:
 - CASEL SEL competencies
 - PSHE outcomes
 - Trauma-informed and relational practice
 - Executive functioning development

SEL?

It is a planned whole school programme based on CASEL competencies with a suite of tools / training (at cost). It offers a structured curriculum and opportunities to reinforce across the school day. There are detailed teaching materials and classroom resources

Therein lies both its strengths & limitations. It requires training, 2 of 3 lessons of curriculum time per week, works best when delivered across the whole school and requires consistency and commitment in delivery.

FIND OUT MORE

- www.pathseducation.co.uk (UK version offered by Barnardo's)
- [PATHS UK Trial](#) - Education Endowment Foundation
- [PATHS CASEL Programme Guide](#)

