

Index of Lessons by Topic

	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
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	Lessons					
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Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						
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	Lessons					
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Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful				32		
Frustrated	32	35, 37	24	31		
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
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	Lessons					
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Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
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Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopetful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26				28, 29, 30	15
Anticipating Consequences						16
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						
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Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						13-19

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						13-19

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						
						13-19

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						
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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Self-Control & Emotion Regulation						
Do Turtle	14-18, 25	9-13				
Self-Control & Calming Down		22-24	7, 8, 18	6, 7, 8, 11	8	4-6, 20, 21, 29, 32, Opt 2
Control Signals Poster		23, 24	9, 10	6	1, 5, 6	
Basic Feelings						
Calm or Relaxed	19	20	16	12, J-S 7	9	5
Content or Satisfied		46	27			
Curious or Interested/Bored		34	42			
Dislike/Hate		45	28			
Excited	30	16	12	J-S 4		
Fine		16	12	J-S 4		
Happy	6	15	11	J-S 3		
Like/Love	34	45	28			
Mad or Angry	10, 13	18, 19	14, 15, 18	11, J-S 6	8, 28-30, 32	29
Private		15, 50	11	J-S 3		35
Sad	7	15	11	J-S 3		
Safe		17	13			
Scared or Afraid	11	17	13			
Surprised		31	37	J-S 9		
Tired	31	16	12	J-S 4		
Advanced/Complex Feelings						
Anxious						20, 21, 32
Ashamed		47	31			
Confident or Sure		32	42	29		
Confused		32	42	29		
Delighted			37	J-S 9		
Disappointed	36	36, 37	39	J-S 11	28	
Disgusted		45	37	J-S 9		
Embarrassed or Humiliated		33	40			
Forgiving/Resentful					32	
Frustrated	32	35, 37	24		31	
Furious	38					
Generous	40		35, 36			
Greedy or Selfish			35			
Guilty	39	48	30	13		22, 30
Hopeful		36	39	J-S 11		
Jealous	37	46	27	14		
Kind		49	45			
Malicious		49	45			

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	Lessons					
	PreK/K*	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5/6
Advanced/Complex Feelings (continued)						
Proud	33	47	31			
Rejected/Included/Excluded			46		34	
Sorry						31
Tense/Stressed				12	9	4-6, 20, 21
Worried	35	20	16	J-S 7		
Feelings-Related Concepts						
General	5	14		10, 15, 16, Opt 5	10, 11	8-12, Opt 2
Comfortable/Uncomfortable	28, 29	14		15	7, 10	8, 9, 16
Feelings Intensity			28	17, Opt 2, 3, 4		4, 9
Feelings vs. Behaviors		19, 35	14, 24			31, Opt 4, 8
Review of Feelings	12, 24, 41	21, 38, Opt 1-5	17, 32, Opt 1-5	Opt 1	7, 12	8
Using Emotional Cues						33-35
Problem Solving						
Common Problems		Opt 6-9	Opt 6-9	Opt 6-9	21	
Generating Solutions	27	24	9, 10, 19, 26	7, 34-37	6, 15	7
Making Choices	25, 26, 27		19		14	22
Identifying Problems	26			28, 29, 30	15	
Anticipating Consequences					16	
Problem-Solving Meetings		25, 26	20, 21, 26, 48	9	6	3
Problem-Solving Process and Poster					13-21	1, 3, 4, 7, 20-25
Setting Goals			43, 44	31, 32, 33	15, 22-25	19
Situations Beyond One's Control					31	
Understanding Intentions		27	38	J-S 10	32	Opt 3, 7
Prosocial Skills						
Classroom Rules	1, 3	1, 3, 8	1, 5	1, 2, 4, 24	1	Opt 1
Understanding Differences			29	26	25, 33-35	
Fairness		8	5, 25, 33, 41	4, 24	33	Opt 3-8
Listening		6	4	5		13-15, 29
Manners		28, 29, 30	6	23		
Respect				4, 25, 27	5, 6	25, 29
Responsibility				38, 39, 40	23, 33, 38, 39	24, 30
Sharing	8, 20, 21	7				
Using "I" Messages					30	28
Teamwork		5		3	4, 23, 28-30, 39	
Friendship Skills						
Basic Skills	8, 22	39-44	22, 33	18-22, 25	28-30, 36	
Complimenting	4, 9, 23	3, 4	2	2	2	2
Lonely/Shy		41, 43	22	J-S 8		
Making Friends		40, 42	23		26, 27	
Resolving Conflict						24, 25-29
Making Up		44	4	22		
Handling Bullying or Teasing		50	40, 47, 48		37, 38	22-24
Refusal Skills/Handling Peer Pressure					19	22
Study/Organizational Skills						13-19