

## PATHS to Success Project

- The PATHS to Success project worked with every elementary school in the Harrisburg School District from 2008 – 2012.
- We worked with children in kindergarten and 1<sup>st</sup> grade to help kids learn how to be good friends, do well in school, and solve problems when they are angry or sad.
- In this project, we looked at how children's minds and bodies react to different kinds of feelings to better understand how different children benefit in different ways from the PATHS project.



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## Twiggle's Spaceship

How do we look at children's minds and bodies?

- Think about a time when you were very excited. You may have felt your heart beating faster or your hands start to sweat. Your body changes when you have different feelings. With special sensors, we can see those kinds of changes even when they are small and you don't feel them. This helps us see how children feel when they may not be able to tell us.
- With these sensors we can look at three different things
  - How the heart is beating
  - How much sweat is in the skin
  - How the brain is using information



Is it safe?

- All of these sensors are very safe and are the same as the ones doctors use. These sensors are safe for everyone and are used even with new born babies. They do not cause any pain.



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## What are we Learning?

The information we are learning from this project is telling us more about why different kids do better in different situations.

Knowing what a child's brain is doing when he or she is playing a game in kindergarten helps identify which kids have an easier time learning in 1<sup>st</sup> grade. This helps us think about what teachers can do to help kids build learning skills early



We can also see that kids are very different in how they react to different feelings. Kids who feel more fear or sadness seem to benefit a lot from getting extra time with friends in small groups with a grown up leading the play. We are helping the counselors at your school use this approach with kids who may have a harder time making friends.



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