

Overview of PALS Lessons

1. Being Part of a Group

- Making rules
- Following agreements
- Responsibility to the group

2. Valuing Ourselves and Others

- Self-esteem
- Respecting difference

3. Doing the Right Thing

- Manners
- Compliments
- Sharing

4. Passive, Aggressive, Assertive

- Choosing the appropriate way to act
- "I" Statements
- How to ask for what you want

5. Communication

- Positive and negative communication
- Listening
- Having a conversation
- Non-verbal communication

6. Making Choices

- Positive and negative consequences
- Responsibility for choices

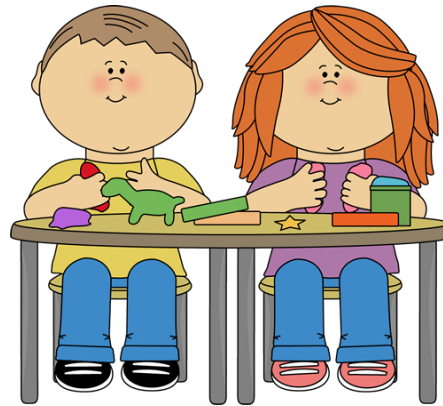
7. Making and Keeping Friends

- Developing friendships
- Friendship is give and take
- Compromising

8. Solving Problems

- Bullies
- Teasing

9. Saying Goodbye



The
PALS
Program

Contact Us

Brittany Zarcal, Program Coordinator
bzarcal@cityofchino.org

Nikki Hendricks, Program Supervisor
nhendricks@cityofchino.org

City of Chino Human Services

13201 Central Avenue
Chino, CA 91710
909.334.3259



Positive Actions for Life Success



What is the PALS Program?

The City of Chino's Positive Action for Success (PALS) program is an early intervention and prevention program, which enhances the educational experience and personal development of children who are having mild to moderate difficulty adjusting to school.

The goal of the PALS program is to help children get off to a good start in school by fostering positive social skills, a healthy self-concept, and a positive experience with the school itself.



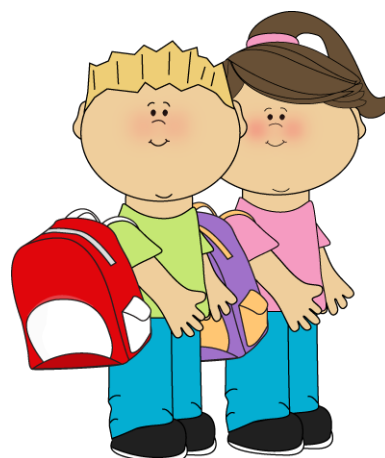
What Happens in PALS Groups?

Through instruction and practice, children learn skills that will help them to:

- Build a sense of self-control through stress management and positive self-talk
- Increase their self-esteem by valuing their personal uniqueness
- Accept personal responsibility for their own behavior
- Develop friendships
- Be assertive
- Solve problems and settle conflicts
- Communicate in a positive way
- Respect the rights of others
- Respect differences in others

How Does PALS Work?

Children who participate in PALS meet with a trained specialist in a small group of 3-4 children. The groups meet once a week for 30 minutes for 9 weeks. Each week the group will cover a topic pertaining to goals in the PALS Curriculum through a variety of crafts, puppetry, and activities.



How are Children Selected for PALS?

All students in kindergarten through the third grade are screened to help identify children who might benefit the most from this service. Additional input from teachers and principals is sought before a final decision is made to include a student. Participation is completely voluntary and once a child is selected for PALS, parents/guardian must sign a permission form.

Who are the PALS Specialists?

The PALS Specialists are carefully selected and well-trained individuals who have been chosen for their warmth and ability to relate well to other adults and children. They exhibit caring, empathetic qualities towards children, and experience and knowledge in the areas of child development, play activity, and effective communication.

PALS Program Schools

- Anna Borba Elementary Fundamental
- Alicia Cortez Elementary School
- Cal Aero Preserve Academy
- Doris Dickson Elementary School
- Edwin Rhodes Elementary School
- E.J. Marshall Elementary School
- Howard Cattle Elementary School
- Lyle Briggs Fundamental School
- Newman Elementary School
- Walnut Avenue Elementary School

A Cooperative Effort

The PALS program is a cooperative effort of the City of Chino and the Chino Valley Unified School District. Key staff at the school site are the school principal, teachers in grades K-3, and Program Specialists.