**PATHS Programme**

**In**

**St. Catherine’s**

**PATHS Quote of the Month - October**

**(Promoting Alternative Thinking Strategies)**

***Remember that there are many kinds of compliments.***

***Compliments can be about how***

***a person looks,***

***the things they have,***

***the things they do,***

***and the way a person is.***

***Challenge yourself***

***to give at least one of***

***each of these***

***compliments today***