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[www.playistheway.com.au](http://www.playistheway.com.au)



Long Street  
Primary School



**PLAY IS THE WAY  
(PITW)**

*At Long Street Primary School*

***Information for  
Families***

***Behaviour education using  
wisdom, not force.***

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Respect Responsibility Honesty Excellence

# What is PITW?

PITW is a practical methodology for teaching social and emotional learning. There are 3 integral parts.

- guided play (games)
- key concepts (embedded through classroom activities)
- empowering language

Below is some broken down information about PITW as well as a breakdown of what each of the key factors are.

## Games

*“Games are the way children learn without the consequences of reality.”*

The games program is a cross-curricular tool for social and emotional learning. Typically, students participate in 4 x 20 minute game sessions per week. These games are planned and structured allowing students to fail and succeed and learn how to deal with all of these emotions. During these games the teacher will talk with the students and ask questions that allow the students to think about what is working and what isn't. And, why aren't they working? Playing these games allows the children to learn valuable life skills whilst having some fun. These games play a huge part in children self-regulation (self-soothing). These games help to encourage the skill of self-regulation by acknowledging the emotion but not acting upon it.

## Key Concepts

As with every idea their needs to be some key concepts and values behind what is being introduced and taught. PITW has five key concepts.

Students will be allowed to do and sit in certain areas depending on their level of trust. Please note that the whole class decides the level of trust. It is not based on friendships or favouritism. As a class we will discuss and see if that student has shown behaviours that are 'the right thing because it's the best thing to do'. Students nominate each other to be placed into their next section and students can also nominate themselves but have to be acknowledged by other members of the class.



## Empowering Language

PITW has created a *Self-Mastery Checklist*, which is comprised of six questions that initially teachers will ask students in order to help them reflect on their behaviour. The long-term goal is that students will ask these questions of themselves.

When dealing with inappropriate behaviour, the first assumption is that the emotions are more in charge of what's being said and done than thinking and reasoning.

The first step is to take the student from the "feeling state" to the "thinking state" by asking a closed question. (The questions from the *Self-Mastery Checklist*.) Getting the student to pick from two different options allows them to transfer themselves from emotionally motivated actions to rationally controlled behaviour. The more emotional the student, the more closed questions that need to be asked, allowing them to re-join the thinking state and become in control of their behaviour.

## SELF-MASTERY CHECKLIST

- Am I doing the right thing or the wrong thing?
- Am I making a strong decision or a weak decision?
- Are my feelings in charge of my actions or is my thinking in charge?
- Am I running away from the problem or am I dealing with it?
- Am I being my own boss or am I inviting my teacher to be my boss?
- Is my teacher trying to help me or hurt me?

**BE THE MASTER, NOT THE VICTIM OF YOUR FEELINGS**