**MiSP Junior Ambassador - Activity Planner**

(Name of student):

(Year / Form):

As a **Junior Mindfulness Ambassador** your job is to help your mindfulness teacher(s) champion mindfulness at your school, supporting them with the following activities:

* Raising awareness of mindfulness activities taking place
* Acting as a positive role model, offering support and encouragement to others
* Inspiring others to access the benefits of mindfulness too

**Some ideas based on what has worked well in other schools:**

* Setting up a **mindfulness student committee** to meet regularly and plan mindfulness activities.
* Asking if there is a room or space you can use as your ‘**mindfulness base’**.
* Creating a **mindfulness noticeboard**. Add posters about what mindfulness is (and isn’t!), advertise any mindfulness-related events, pictures from activities etc. Use MiSP poster templates for this!
* Offering to run a school or year **assembly** on mindfulness.
* Contacting your **parent/carer association** to help fund any resources you need.
* Asking to do a brief **presentation / information session** to any of the following:
  + The Senior Leadership Team in your school
  + Parents at a school event, e.g. parents’ meeting
  + General school staff
  + School governors
* Setting up a **lunchtime mindfulness club** for anyone to come to. Help lead simple practices alongside your teacher.
* Offering to **go into classes to lead brief practices** regularly (maybe finger breathing, a .b or 7/11).
* **Contacting local businesses, newspapers, counsellors, your MP** and inviting them to come in and take part in a mindfulness session.
* Making a short **information film** about what mindfulness is and isn’t/ sharing your experience of mindfulness. See if your school will out it on the school website.

Use the **mindfulness planning table** on the next page to write down some of your ideas. You can **get creative**, and start planning what might be **possible** **and that you might enjoy doing**. Then arrange a meeting with your mindfulness teacher(s) to complete the **mindfulness activities timeline** to plan when these things might happen.

**Mindfulness Planning Table**

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| --- | --- | --- | --- | --- |
| **Task/Idea** | **Who is involved?** | **When might it take place?** | **To Do:** | **Who will do this?** |
| *For example:*  Offer a school/year assembly on what mindfulness is and what it isn’t | *For example:*  Staff: Miss X  Students: Year 5 | *For example:*  Beginning of summer term | *For example:*  Book an assembly slot  Design presentation and write script/ use resources provided by MiSP. |  |
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**Mindfulness Activities Timeline Term**

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| **What action needs to happen?** | **Who will do this?** |  | **Target completion day/date** |
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