



MINDFULNESS in SCHOOLS PROJECT CONFERENCE 2021

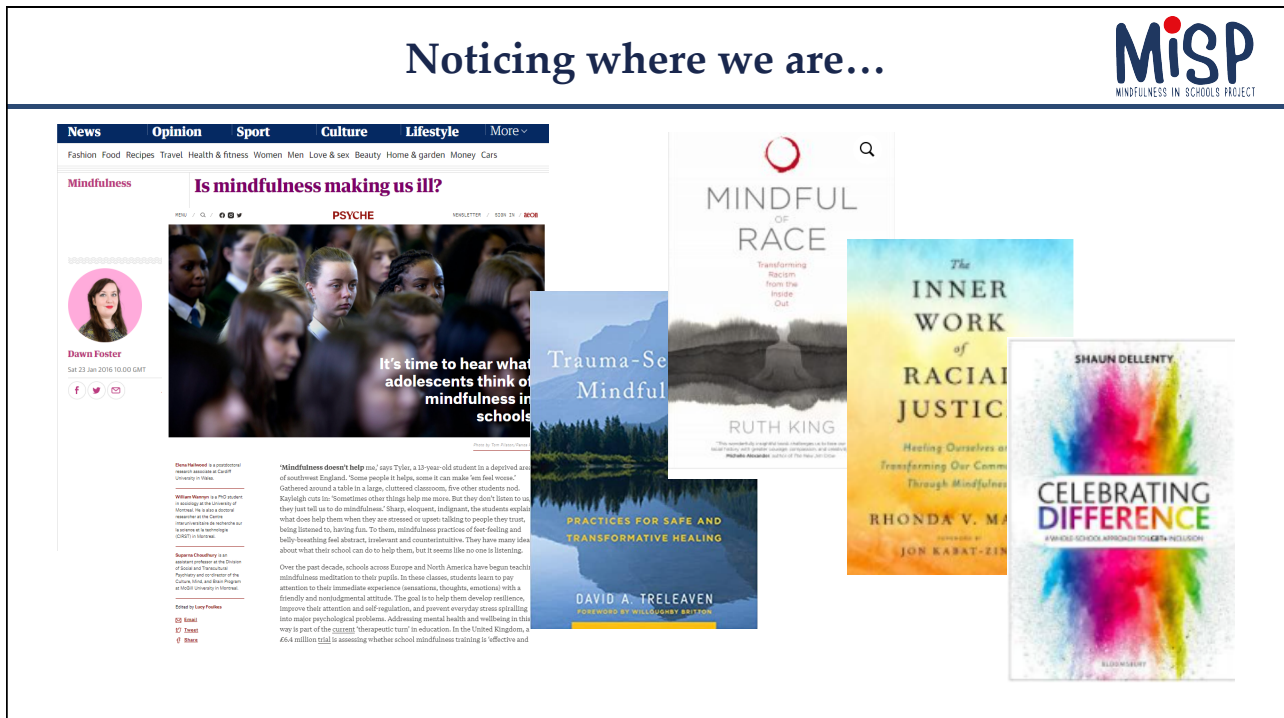
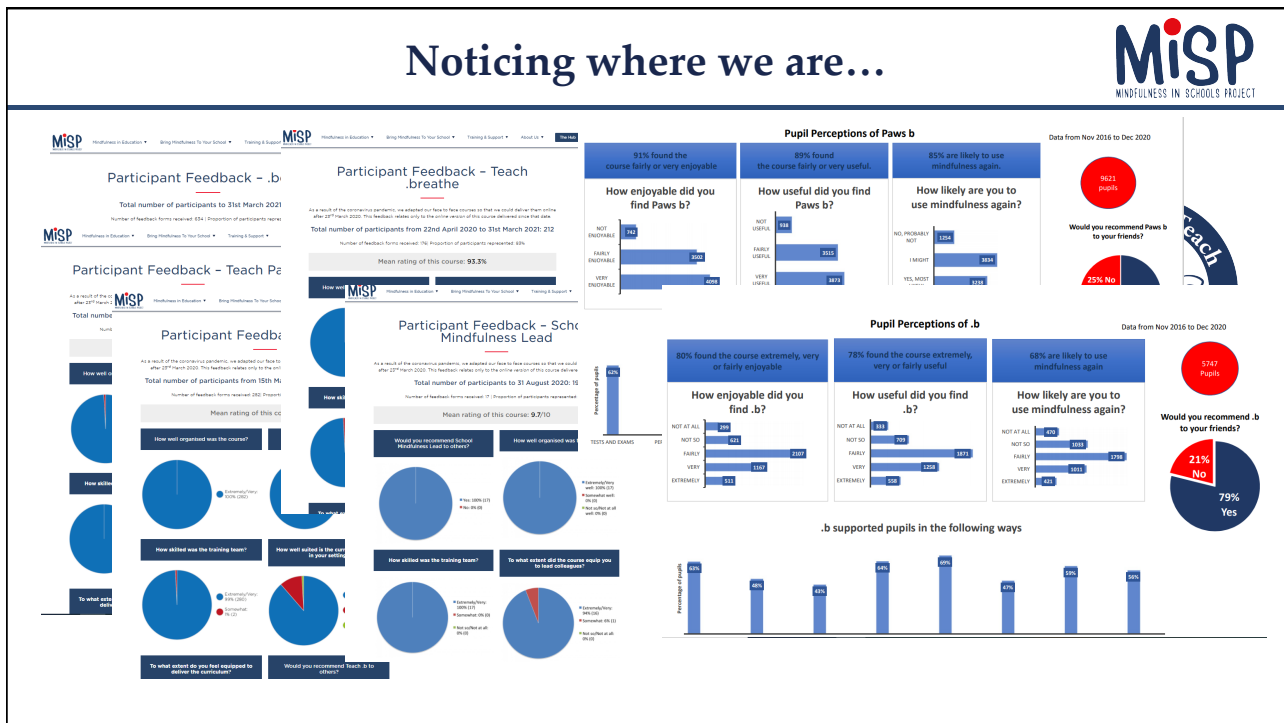
**Including ALL**  
TEACHERS & LEARNERS

**Chivonne Preston**

Inclusion at MiSP

**.begin dots b.b**

[illegible]



# Being curious...



## MiSP Inclusion and Support Groups

Mindfulness in Schools Project educational settings and our children and young people. We want our work to be inclusive and Support Groups aim to facilitate mutual learning and

Our groups are open to anyone who has completed the following MiSP courses: begin, Teach b Foundations or Teach breathe. Each group will meet once per school term.



### BAME

For members who identify as Black, Asian, or from minority ethnic backgrounds.

2020/2021 Group meeting dates:

- 10 Nov 2020, 7pm - 8.30pm
- 9 March 2021, 7pm - 8.30pm



### Men

For members who are men.

2020/2021 Group meeting dates:

- 19 Nov 2020, 7.30pm - 9pm
- 18 March 2021, 7.30pm - 9pm
- 17 June 2021, 7.30pm - 9pm



### SEND

For members working predominantly SEND/SENH children whether in special or mainstream schools.

2020/2021 Group meeting dates:

- 12 Nov 2020, 7pm - 8.30pm
- 11 March 2021, 7pm - 8.30pm

## Please help us monitor diversity

### 2021 MiSP Community Diversity Audit

Mindfulness in Schools Project aims to create a culture that respects and values each other's differences. We see these differences as an asset to our culture and our work, as they improve our ability to meet the needs of the organisation and people we serve.

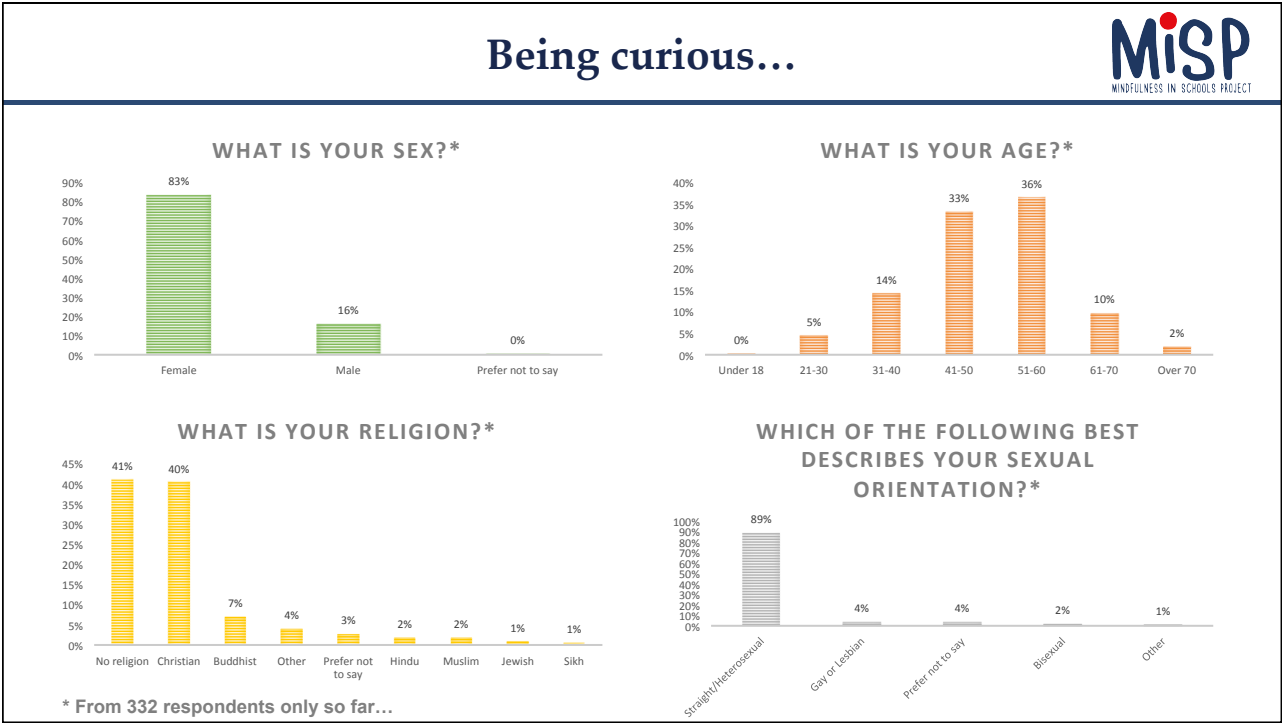
We aim to welcome everyone, and recognise and develop the potential of all individuals in our community. The information you provide on this form will help us to monitor and assess how we are doing in terms of equality, diversity and inclusion.

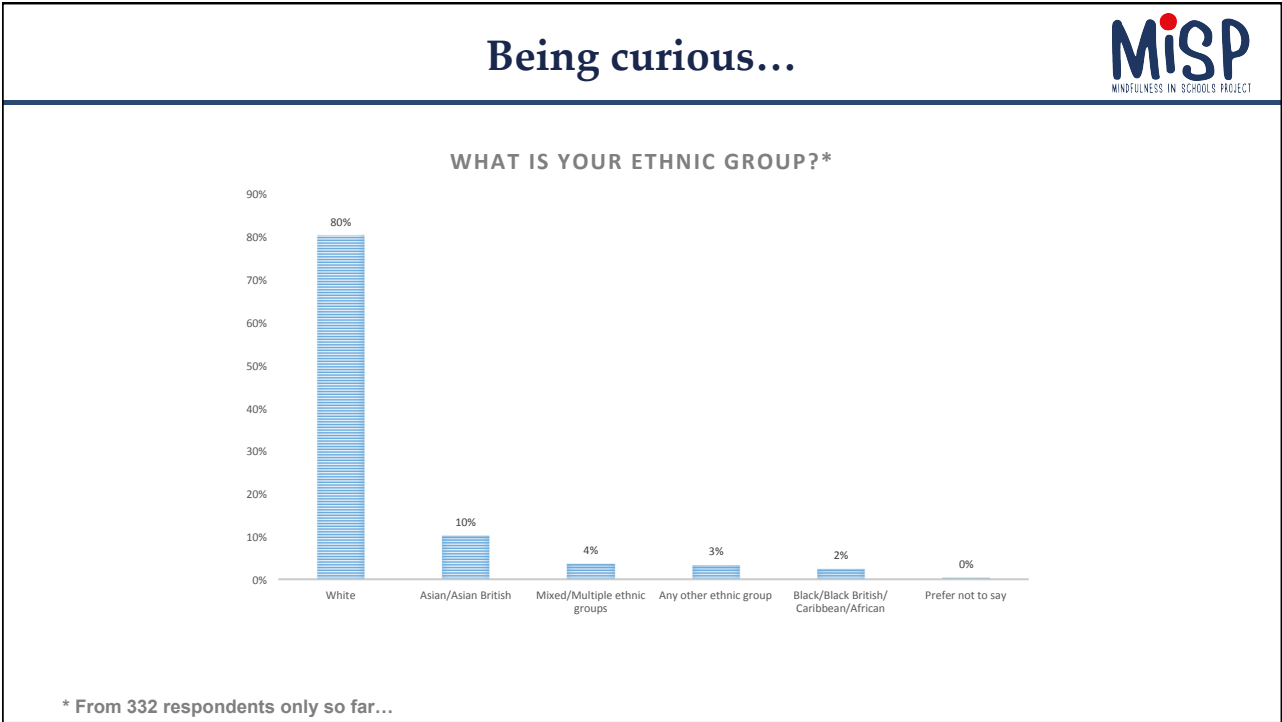
The questions below are modelled on the Census 2021 which underwent wide consultation with stakeholders. The data you provide will be anonymous and treated confidentially in accordance with our Data Protection Policy.

#### MiSP Community Diversity Monitoring

## "If you don't know where you've come from, you don't know where you're going"


Maya Angelou





### Engaging in dialogue...

MiSP  
MINDFULNESS IN SCHOOLS PROJECT



“You were never my age, none of ya!  
And the sooner you creeps get hip to  
that, the sooner you'll dig us!”

# Continuous development





THE HUB NEWSLETTER

**.b** SEND-supportive versions of .b now available

In line with our aim to make our curricula as accessible as possible, we are creating special educational needs and disabilities (SEND) supportive versions of student-facing materials.

[Click here to find out more](#)

### SEND-supportive Materials

 <p>Introduction - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 1 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 1 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 2 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>
 <p>Lesson 2 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 3 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 3 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 4 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>
 <p>Lesson 4 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 5 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 5 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 6 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>
 <p>Lesson 6 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 7 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 7 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>	 <p>Lesson 8 - Slideshow (SEND)</p> <p><a href="#">Download</a></p>



Lesson 2 - Slideshow


[For PC](#) [For Mac](#)




Lesson 2 - Slideshow (No Animation)

[Download](#)

# Supporting your teaching...






## Teaching Skills Workshops

Continue to develop your mindfulness teaching with this series of free, 90-minute, structured workshops providing rich ongoing training for our .b and Paws b teachers to:


- Explore core themes and skills
- Develop mindfulness teaching competencies
- Build connections with others in this sector
- Access expert guidance on implementing mindfulness in schools



## Teacher Surgeries

Drop in to these regular 60 - 90-minute 'surgery' sessions with your specific questions on teaching a particular practice or lesson, or to discuss key aspects of teaching MiSP curricula. Everyone is welcome whether you are new to teaching our curricula or have been teaching it for years! We will be running separate surgeries for:


- Paws b
- .b
- Alternative Provision



## SLT Presentations

Why not get MiSP to speak to your headteachers, senior leaders, governors, and any other staff at school who would benefit from hearing from us direct? A free webinar could include:

- What mindfulness is and isn't
- The research evidence around potential benefits
- What it looks like in a school context
- The steps to bringing mindfulness to your school



## Information Webinars

We now offer free 45-minute live, online, Information Webinars to support those interested in finding out how to bring mindfulness to their school, this will be followed by a 15 minute Q & A session.

# Supporting your practice...






## Hub Sits


Exclusively for Hub members (including those who have completed **.begin**) these Sitting Groups are a chance to sit together and share practice. Hosted on Zoom, Hub Sits occur roughly every two weeks and are usually in the evening. The sessions last for about an hour.

To register for a Hub Sit you will need to [sign into your Hub account](#) and click on the appropriate link on the [Hub Sits page](#).



## Teacher Retreats


We provide regular one-day online weekend retreats to anyone who is working in an education or a schools-related context, and has completed a recognised eight-week adult mindfulness course. These five-hour retreats will be a day of coming together as educators to reconnect with and/or deepen practice, we hope you can join us!



MiSP SML Sits are an online group mindfulness practice and discussion for MiSP Hub members who have completed the School Mindfulness Lead course.



**#SchoolsSitTogether**  
MiSP #SchoolsSitTogether events bring our national and international community together online for a group mindfulness practice.



Every so often, we invite the worldwide educational community to join us in a series of free online daily practices. These drop-in sessions are intended to nourish, support and connect us with each other, and everyone is welcome.

# Hosting experts...



## Guest Workshops

### Autumn 2021 Series

**We are delighted to host a series of workshops exploring themes relating to mindfulness and inclusion.**

Our Guest Workshops are led by experts from around the world and will provide a rich opportunity for you to explore a variety of topics and reflect on how mindfulness supports you and your teaching.

## Inviting the Experts ...

### CPD Webinar Series

**In this series of free webinars, Mindfulness in Schools Project invites specialist speakers to bring expertise and insight to our community of educators.**

Themes are on topics relevant to our community of teachers and those working in and alongside schools and other educational establishments. Sessions will be delivered live, and will usually last approximately 60 minutes each. We will provide certification for CPD records, and webinars will be recorded and available to watch again as videos in our Hub.



MiSP Conference 2021  
**Including All**  
TEACHERS & LEARNERS

**Thank you**