Pathways Portfolio Information

Step 1 – Exploring the possibilities for introducing mindfulness in your setting

Recommended Step 1 activities - keep a record of all activities undertaken in a MiSP portfolio (optional):

- We have some recommended actions/activities that will support exploring mindfulness in your setting. These ideas are just a suggested starting point and we welcome settings choosing other ways of getting things started. If you want to keep a record of your development in introducing mindfulness to your setting/school, you could build a MiSP portfolio and you could collect evidence of the suggested activities or a record of your own ideas.
  If at some point you apply to Step 5 of the Pathways, the Portfolio can be submitted to support the application.

- We would suggest you build the Pathways Portfolio on whichever platform is most suited to/already used by your setting, ie. Googledrive, Microsoft, Thinkific, Padlet etc

- Feel free to use a range of different ways of recording evidence of the work you are doing; for example, photos, videos, audio interviews, written work, art work, displays, Class Impact survey results, staff questionnaires, research, policy documents (please get permissions for sharing any photographs or videos of students or staff).

Suggested actions/activities could include:

1. Nominating a member(s) of staff to explore mindfulness as an option within the setting.

   - Name of staff member

   - Email address of staff member

2. Staff member(s) develop understanding of mindfulness and how it might work in their setting.

- Please describe the activities which have taken place to support this

3. Staff member(s) outlines initial action plan for mindfulness in their setting.

- Please describe the activities which have taken place to support this:

- Please include a copy of an action plan in your portfolio

4. Staff member researches other settings in the area/part of school cluster group, who might already be offering mindfulness for staff and/or students
   Please describe the activities which have taken place to support this:

5. Staff display information in staffroom/other staff areas
   Please include a photo of your display board(s) in your portfolio.