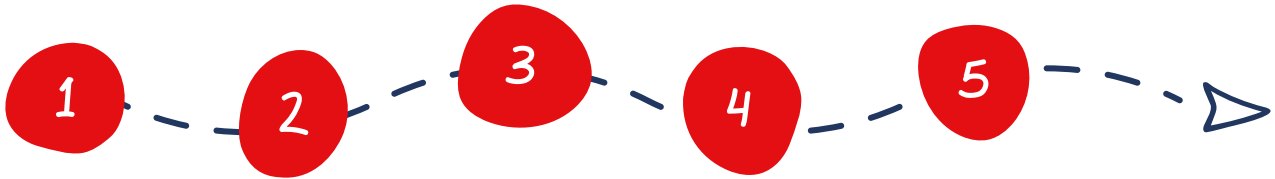


Pathways Reflection Sheet

This is an optional tool, which can be used as a setting moves from one step on the Pathways to the next, to reflect on the development of mindfulness in the setting at this point and then determine what would work in the setting next.



1. Name some high points of this step of the Pathways development. Consider why these elements of the work have been effective.

2. What have been barriers or challenges in the development at this stage? How have you worked with these challenges?

3. What learning has emerged from both the highs and the lows?

4. How has the journey so far informed the approach you are taking to continue the process of developing mindfulness in your setting?

5. What do you feel the natural next steps are in developing further?

6. What might you need to support you on the next step on the Pathways? SLT support, MiSP support, training etc.