

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):

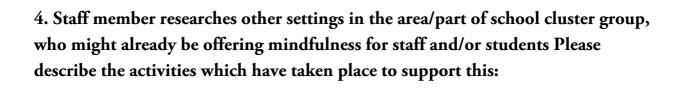
- We have some recommended actions/activities that will support exploring mindfulness in your setting. These ideas are just a suggested starting point and we welcome settings choosing other ways of getting things started. If you want to keep a record of your development in introducing mindfulness to 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. Google Drive, 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 1	the
setting.		





5. Staff display information in staffroom/other staff areas

Please include a photo of your display board(s) in your portfolio.