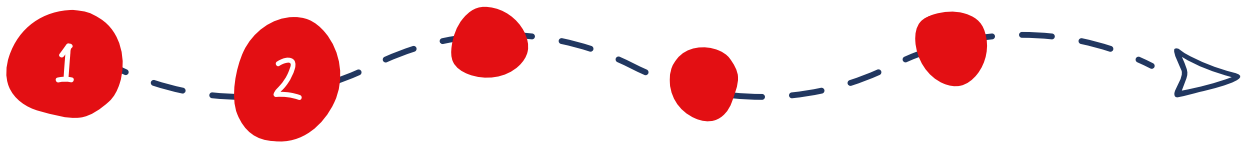


Pathways Portfolio Information

Step 2 - Introduce mindfulness to staff and/or students



Recommended Step 2 activities - keep a record of all activities undertaken in a MiSP portfolio (optional):

We have some recommended actions/activities that will support introducing 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 would like to keep a record of your development in introducing mindfulness to your setting/school, you could build a MiSP Portfolio and you might 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, artwork, 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:

Staff/adult focused taster:

- Staff group attend MiSP scheduled Information Webinar or request access to the online version to show in a staff meeting/inset day
 - Date of MiSP webinar attended or shown:
 - Which staff members attended this?
 - What was the feedback?
- Or a member of staff who has completed an 8-week mindfulness course delivers an 'Introduction to Mindfulness' session using Step 2 resources for colleagues/parents/governors
 - Date of session:
 - Who attended?
 - What was the feedback?
- Or access a map to find a local trained .b Foundations teacher who could offer a Taster session or an in-person 8 week .b Foundations course to staff in your school.
 - What was organised as a result of this contact?

Staff focused consultation:

- Meeting held with colleague(s) responsible for staff wellbeing programme to explore how mindfulness training may support this programme.
 - Date of meeting
 - What did you conclude?

Staff training, support and information:

- Staff member(s) attend(s) Teach .breathe training
 - Date of Teach .breathe attended:
 - Which staff members attended this?
 - Will you be teaching .breathe to students, and if so, when?

- Detail dates of .breathe group mentoring sessions attended by .breathe trained teachers:

- Please identify the names of staff members who have completed a recognised 8-week mindfulness course in your setting:
 - 1.)
 - 2.)
 - 3.)
 - 4.)

Please identify next to their names which 8-week mindfulness course staff member(s) have taken, who the mindfulness teacher was and the date the course was completed:

 - .begin
 - .b Foundations
 - Other recognised 8-week course, please specify.

- If more than one member of staff in school has completed an approved 8-week mindfulness course, consider setting up a Practice group in your setting. Play recordings (links to recommended practices are in the Step 2 resources folder) and afterwards share what you noticed.
 - Record the dates of sessions attended and who attended them

- Please share details with dates of any Practice Development support sessions staff have attended, ie School Practice group, MiSP One Day Retreats, MiSP Group Practice sessions, Step 2 Skills workshops, other organisation's practice support sessions
- Identify staff who have completed an 8-week course who are interested in taking a Train to Teach course i.e. dots, Paws b or .b
- Any other development work?

Student-focused mindfulness taster/teaching:

- Bring a class or group of students to a Schools Sit Together
 - Detail dates attended and which class or age group of students/young people, photographs (if taken and permissions to share gained)
- School Assembly about mindfulness presented by teacher/students using Step 2 resources
 - Date(s) of assembly:
 - Who attended this assembly?:
 - Description of assembly:
 - What are your next steps?:

- .breathe taught in school
 - Name of .breathe teacher:
 - Year group taught:
 - Number of pupils taught:
 - Dates of teaching:
 - Will your schools continue to teach .breathe? Please describe your plans

- External teacher brought in to teach dots/Paws b/.b across one or more age groups
 - Names of dots/Paws b/.b teacher:
 - Year group taught:
 - Number of pupils taught:
 - Dates of teaching:
 - Will you continue to teach .b or Paws b to pupils? Please describe your plans

Student-focused information sharing:

- Create a mindfulness notice board or display in school.
 - Please upload a photo of your display board(s) to your portfolio

- Staff member runs a meeting for students interested in finding more about mindfulness. Ideas and questions are discussed. N.B. This group could go on to become your student ambassadors/mindfulness student steering party (see Step 3)
 - Date of meeting(s):
 - Number of students attending:
 - Description of meeting:
 - What are your next steps?