

## The Pathways Model

### Training / Actions

### MiSP Support

Free or discounted for Hub members

#### Starter options:

- Starter Resources Pack
- Free Information Webinar
- Sample lesson
- 'In person' taster session
- An introductory wellbeing course for students: **.breathe** (9-14)

#### Beginners staff 8-week mindfulness course options:

- From MiSP **.begin** **.b** Foundations
- Alternative recognised 8-week mindfulness course

#### Introducing students to mindfulness options:

- Train to teach MiSP curricula: **.dots** (3 - 6), **.b** (7 - 11), **THE PRESENT** (3 - 12), **.b** (11 - 18)
- Invite an external MiSP-trained teacher to deliver the curricula

#### School mindfulness lead options:

- Train as a School Mindfulness Lead to teach staff / parents / governors the **.b** Foundations introductory course
- Invite an external MiSP-trained teacher who can deliver to adults and students, to provide ongoing support as a School Mindfulness Lead

#### Whole school approach options:

- Submit a MiSP Pathways Portfolio to become a MiSP Beacon School/Setting; a centre for good practice
- Explore options for working with the wider community and other schools to look at ways mindfulness can support whole school culture

### STEPS

1

1. 'Schools Sit Together'
2. .breathe support session

2

1. Ongoing support for Step 1
2. Hub practice group sessions
3. One-day mindfulness retreat
4. Skills workshops 1 & 2

3

1. Ongoing personal and teaching practice support for Steps 1 and 2
2. Skills workshops 3-6 for teaching students
3. Group mentoring sessions

4

1. Ongoing personal and teaching practice support for Steps 1-3
2. Skills workshops 7-9 for teaching adults

5

1. Ongoing personal and teaching practice support for Steps 1-4
2. Ongoing support from MiSP, with possible Train the Trainer options

Find out more about 'The Pathways':

[www.mindfulnessinschools.org/the-pathways](http://www.mindfulnessinschools.org/the-pathways)