

'Mindful Moments in Education'

serving the greater Grand Rapids area

*...supporting and sharing: a personal practice, student lessons, and our community
(Sponsored by the Grand Rapids Center for Mindfulness)*

Next Meet Up: January 17, 2016

General Meeting 2:00 pm – 4:00 pm

November Theme: Gratitude

After taking a deep look at impermanence, a sense of appreciation for our precious lives often begins to arise. It feels natural to practice with gratitude this month of November. During this time of harvest, we can also receive the great bounty of our own lives. So many conditions for our happiness are already present: the coolness of the air, people we love, the sweet taste of pumpkin pie. When we practice to intentionally generate a quality of gratitude, a great joy comes with it.

--Chelsea True, JoyfulMindProject.org



What if today, we were just grateful for everything?

Personal Practice

- Words of Wisdom from Rick Hanson, Ph.D. "Taking in the Good" [LINK](#)
- "Four Great Gratitude Strategies", By [Juliana Breines](#) | June 30, 2015 Here are the key research-based principles for turning gratitude into a lasting habit, drawing from the GGSC's new website, Greater Good in Action. [LINK](#)

Student Lesson Ideas

- "How Parents Can Foster Gratitude in Kids": At the Greater Good Gratitude Summit, Dr. Andrea Hussong explores the role that parents can play in fostering the development of children's gratitude. (Short video: [LINK](#))

Community Sharing and Caring

- *What can we do (or are we doing) to support Mindfulness in Schools?*
- *What are we doing to support our teachers?*

If you would like to be involved with our group in anyway, please contact:
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