

Mindfulness in Education (M.inE.)

Grand Rapids, MI

...supporting and sharing: a personal practice, student lessons, and our community

(Affiliated with Grand Rapids Center for Mindfulness)

January 25, 2015

2:00 pm – 4:00 pm

Stepping Stones Montessori School, 1110 College Avenue Northeast, Grand Rapids, MI 49503
(Driveway is on Paris Ave., even though the address says College:-)



Welcome and Introductions – Patti Ward

Short mindfulness/meditation practice – April Hadley

Personal Practice – (20 - 30 minutes)

- April Hadley – “The Importance of a Personal Practice when teaching Mindfulness”
- Group discussion

General Information about Student Lessons – (30 - 40 minutes)

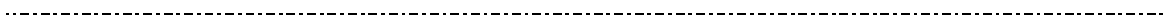
- Cheryl Blackington – will share her teaching of .b (dot-be), the name for courses created by the Mindfulness in Schools Project
- Jill Mc Cann – will share the use of Mindful Schools Curriculum at Grand Rapids Montessori Schools
- Steve Norman – will discuss his use of the ropes course and mindfulness practices and share a demonstration activity
- Others who would like to share their mindfulness practice with children and youth

Refreshment break (10 – 15 minutes)

Community Sharing and Caring: - (15 - 30 minutes)

- *What can we do (or are we doing) to support Mindfulness in Schools?*
- *What are we doing to support our teachers?*
- *Share iBeme Teen Retreat info – Kathleen Neuman*

Close with 1 minute of silence



Next Meeting: February 22, 2015 2 pm – 4 pm Stepping Stones Montessori
Questions call Patti Ward (616-204-2099) or email: pattiward@gmail.com

Mindfulness Book Club begins: *The Way of Mindful Education* by Daniel Rechtschaffen.
Read Part 1: Why Mindful Education Matters, (see page 2 for details).

Mindfulness Book Club: - (30 minutes) 3:30 – 4:00 pm

February 22, 2015

The Way of Mindful Education by Daniel Rechtschaffen

Guiding Questions:

- What is your favorite quote or passage?
- What did you learn that you didn't know before?
- How would you summarize this section?
- What was your most important take away?

Part 1: Why Mindful Education Matters (pages 3 – 38)

- The Way of Mindfulness
- The Mindful Education Revolution
- The History of Mindful Education
- Mapping the Movement
- The Science of Mindfulness
- The Origins of Mindfulness