

## M.in E. - Mindfulness in Education 2015

4<sup>th</sup> Sunday of the Month

| <b>DATE</b>  | <b>TOPICS</b>     | <b>AGENDA</b>   |
|--------------|-------------------|---|
| January 25   | General           | <ul style="list-style-type: none"> <li>• Personal Practice – April Hadley</li> <li>• General Overview of Programs</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul> |
| February 22  | Heartfulness      | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| March 22     | Mindful Listening | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| April 26     | Mindful Breathing | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| May 24       | General           | <ul style="list-style-type: none"> <li>• Personal Practice– April Hadley</li> <li>• General Overview of Programs</li> <li>• Discuss Community</li> </ul>                        |
| June 28      | Mindful Eating    | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| July 26      | Mindful Seeing    | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| August 23    | Mindful Walking   | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| September 27 | General           | <ul style="list-style-type: none"> <li>• Personal Practice– April Hadley</li> <li>• General Overview of Programs</li> <li>• Community Sharing</li> </ul>                        |
| October 25   | Gratefulness      | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| November 22  | Mindful Emotions  | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |
| December 13  | Mindful Thoughts  | <ul style="list-style-type: none"> <li>• Personal Practice</li> <li>• Student Lessons</li> <li>• Community Sharing</li> <li>• Book Study</li> </ul>                             |

## NOTES:

- 3 times a year we will host a 'General' session where the emphasis will be on spot lighting the variety of Mindfulness in Education offerings. Cheryl will share .b, Steve will share Ropes Course, Rita can share her work with Forest Hills, etc.
- April will lead our 'Personal Practice' session at the three meetings highlighted in green. We will start with a short 'sit' and then April will teach us something about cultivating a practice. The Personal Practice session will always be first to emphasize the need to have a personal practice as we share Mindfulness with students.
- The other meeting times we will use my Mindful Schools teaching videos or if someone else has some other sharing/video they would like to share that is great too.
- The topics can change at any time; I just filled them in to represent the idea of changing the focus of the conversation each month.
- Community Sharing can be anything really, probably in the beginning it will represent what teachers/parents/providers are doing right now around Mindfulness but I also would love to hear/talk about some projects that children can do that will impact their own communities, e.g. "Pay it Forward", "Doing Good Together", etc.
- Suggested time frame:
  - Personal Practice – 15 minutes
  - General Overview/Student Lessons – 30 minutes
  - Community Sharing – 30 minutes
  - Book Study – 30 minutes
- The time adds up to 1 hour 45 min. which should give us 15 minutes to add to any area that comes up with a lot of discussion.