

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)

April 26, 2015

General Meeting 2:00 pm – 4:00 pm
(Book club will meet from 1:30 pm – 2:00 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, Introductions, and Sharing

Short mindfulness practice

Personal Practice

- Video: Megan talks about the role of intentions in our life and how to use them as an entry point to practice.
- Group discussion: How do you use intentions in your practice?

Student Lessons

- Mindful Listening
- Discussion

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?*

Close with 1 minute of silence

Mindfulness Book Club: 1:30 – 2:00 pm

The Way of Mindful Education by Daniel Rechtschaffen
Read Part III: Begin with Yourself (pages 87 – 135)

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?

Questions call *Patti Ward* (616-204-2099) email: mindfulmomentsinedu.com