

Mindful Moments in Education

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

(sponsored by the Grand Rapids Center for Mindfulness)

February 22, 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/meditation practice

Student Lessons

- Steve Norman will walk us through an experiential mindfulness session

Personal Practice

- Video: Chris McKenna, Mindful Schools 'Teaching Compassion'
- Group 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: - \(30 minutes\) 1:30 – 2:00 pm](#)

The Way of Mindful Education by Daniel Rechtschaffen

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

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?

Feel free to share this information with others you know who may be interested.

Questions call Patti Ward at (616-204-2099) or email: pattiward@gmail.com or Cheryl Blackington cblackin@gmail.com