

'Mindful Moments in Education' - Meet Up

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

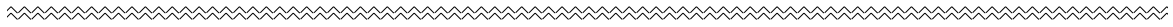
(Sponsored by the [Grand Rapids Center for Mindfulness](#))

January 17, 2016

Time: 2:00 pm – 4:00 pm

Bring your own drink (coffee, tea, water, etc.)

Stepping Stones Montessori School, 1110 College Avenue Northeast, Grand Rapids, MI 49503



January Theme: Beginner's Mind

“In January, when the year is just beginning, children can learn to practice with an open, clear mind. This mind emptied of preconceptions is sometimes called, Beginner’s Mind. As an empty cup is a useful metaphor for beginner’s mind, projects this month might include handcrafting paper bowls or modeling clay pinch pots. A favorite story illustrating beginner’s mind is, “The Two Teachers and Tea,” in which the old monk Nan-in helps us cultivate this attitude of openness and curiosity.”

--Chelsea True, JoyfulMindProject.org



Welcome and Introductions (your name and your connection to Mindfulness)

Personal Practice

- Bring a picture of someone you know very well.

Student Lesson Ideas

- Bring your favorite “Beginner’s Mind” student lesson or any favorite lesson that fits within our theme.

Community Sharing and Caring

- *What can we do (or are we doing) to support Mindfulness in Schools?*
 - Be ready to share what you are doing. Write it on a 3 x 5 notecard.
- *What are we doing (or could be doing) to support our teachers?*

Close with 1 minute of silence

RSVP at: <http://goo.gl/0Dp7hs>

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