

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)*

We will be on **VACATION** for the summer months☺

Look for monthly summer suggestions and our first fall meeting September 27th



July Suggestions:

FOR TEENS:

1. Read: “How to Help Teens Find Purpose”, By [Patrick Cook-Deegan](#) | April 16, 2015 . Teens are naturally driven to seek new experiences—and that may be the key to helping them develop a sense of purpose in life. (http://greatergood.berkeley.edu/article/item/how_to_help_teens_find_purpose)
2. High School Students: **Add Your Voice to an Emotion Revolution Announcement** Complete a short survey to help create positive school climates--and win a chance to meet Lady Gaga! <http://ei.yale.edu/what-we-do/emotion-revolution/>

FOR ADULTS:

1. Join the Greater Good Action Center: <http://ggia.berkeley.edu/> Research is clear: Happiness, resilience, connection, and kindness are skills that can be taught and developed over time—with practice. That’s why UC Berkeley’s [Greater Good Science Center](#), in collaboration with [HopeLab](#), launched **Greater Good in Action**. Synthesizing hundreds of scientific studies, Greater Good in Action collects the best research-based methods for a happier, more meaningful life—and puts them at your fingertips in a format that's easy to navigate and digest.
2. Subscribe to Rick Hanson’s “Wise Brain Bulletin”: <http://www.wisebrain.org/tools/wise-brain-bulletin>
3. Attend a meditation group: Expressions of Grace, Wednesday from 7:15 – 8:30 pm. Address: 5270 Northland Dr. NE, Grand Rapids, MI 49525
4. Commit to 20 minutes of practice a day, try out the app: “Headspace”: <https://www.headspace.com/>

Student Offerings for Summer:

- “Learning to Breathe” (5/6th grade and 7/8th grade): August 4, 6, 11, 13, 18, 20.
- “Mindfulness Based Anxiety Reduction for Teens”: August 18, 19 & 20, 2015

Registration: <http://grandrapidscenterformindfulness.com/events/registration/>

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

Notes and news

Our first Teen Mindfulness and Ropes Course Retreat was a success! We had 6 wonderful high school students. Thank you to Cheryl Blackington and Steve Norman for doing so much to make it a success for the students.



Student Comments:

What is the main thing you've learned in this mindfulness course?

- *When you listen and walk in silence you pay attention more*
- *Thoughts are just thoughts*
- *To stay calm and breathe*
- *How to stay in the moment and focus during stressful and anxiety filled moments*
- *How to control my mind more*

What is something you learned that you will use in the future?

- *Be mindful to others because you don't know what they are going through*
- *Finger breathing, mindful listening, DNA, the idea that thoughts are just thoughts.*
- *To breath when you need to*
- *A lot. Finding a focus point when stressed, mediation techniques, and some yoga poses.*
- *Maybe awareness*