

# 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



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## June Suggestions:

1. Go see the movie, “Inside Out” by Pixar with your children/grandchildren. Starts June 18<sup>th</sup> at Celebration Cinema. (trailer: <https://www.youtube.com/watch?v=WIDYqBMFzfg>)
2. Listen to Rick Hanson’s podcasts: <https://www.rickhanson.net/category/podcasts/>
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. Check out my website for books to read about mindfulness: <http://www.mindfulmomentsinedu.com/my-readings.html>
5. For offerings/books on “How to teach Mindfulness in the Classroom”: <http://www.mindfulmomentsinedu.com/teaching-students-mindfulness---book-list.html>
6. Commit to 20 minutes of practice a day, try out the app: “Insight Timer”: <https://insighttimer.com/>

## Student Offerings for Summer:

- “Beginning Mindfulness and Ropes Challenge” for High School: June 15 – 19.
- “Learning to Breathe” (5/6<sup>th</sup> grade and 7/8<sup>th</sup> 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/>

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