

# 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)

**March 29, 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: Chris McKenna, Mindful Schools 'Teaching Compassion'
- Group discussion

## Student Lessons

- "Soaking in the Good. Loving Things" – Middle School/High School Lesson

## 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 II: Begin with Yourself (pages 41 – 86)

#### 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?

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Questions call *Patti Ward* (616-204-2099) email: [pattiward@gmail.com](mailto:pattiward@gmail.com) or  
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