

'Mindful Moments in Education' - Meet Up

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)

September 27, 2015

General Meeting 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

(Driveway is on Paris Ave., even though the address says College:-)

September Theme: Equanimity for Equinox

The autumn equinox, when the daylight is equal to the night, teaches us to come into balance with ourselves. As leaves begin to fall, we let go of difficulties and attachments. In doing so, we become open to the gifts all around us and restored by autumn's beauty.

--Chelsea True, JoyfulMindProject.org



Welcome, Introductions, and Sharing and a short mindfulness practice.

Personal Practice

- Find a round, smooth stone that fits in the palm of your hand and bring it to our first sharing.

Student Lesson Ideas

- Student led Heartfulness lesson - video
- (Pretend) bonfire ritual
- Stacking Stones
- Lesson 1 from Mindful Schools Curriculum: Mindful Bodies/Mindful Listening

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

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