

'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](#))

April 17, 2016

Time: 2:00 pm – 4:00 pm

Stepping Stones Montessori School, 1110 College Avenue Northeast, Grand Rapids, MI 49503
(entrance is on Paris Ave. NE, not College)

April's Theme: Acceptance

Like life, the month of April can bring a burst of perfect sunshine followed immediately by a down-pouring of rain. Looking to nature, we're reminded to practice acceptance –to discover freedom in being, "without anxiety about imperfection," as seventh-century Zen master Seng-tsanonce taught.

Chelsea True, JoyfulMindProject.org



*"The best thing one can do when it is raining
is to let it rain."*

--Henry Wadsworth Longfellow

Welcome and Introductions

Short mindfulness practice

Personal Practice

- Practice this month can focus on noticing when our core conditioning of resistance and aversion arise. We will discuss the "Let it RAIN" mindfulness practice.
- What practice do you rely on when working with acceptance?

Student Lesson Ideas

- Projects might include making paper umbrellas or writing poetry using the letters A-C-C-E-P-T.
- Thich Nhat Hanh's "Beginning Anew" practice
- Do you have a favorite practice to share?

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/P1vTzz>

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