

'Mindful Moments in Education' - Meet Up

Special Edition: How to start a 'Mindful Meet up' in your area

---Building communities of compassion through the practice and support of Mindfulness at school and at home.

(Sponsored by the [Grand Rapids Center for Mindfulness](#))

Monday June 20, 2016 1pm – 3 pm

Lake Michigan Academy 2428 Burton St SE, Grand Rapids, MI 49546

June's Theme: Non-doing for Summer

"As summer solstice draws near, nature invites us to slow down. Now the sun finishes a cycle and we can begin a month of non-doing, a state of intentional yet effortless being. While demanding school schedules come to a close, we can practice dropping out of our busy heads and into the quiet refuge of nature."

---Chelsea True, JoyfulMindProject.org



Welcome and Introductions

Short mindfulness practice

Personal Practice

- Video: Megan delves into the ways we justify or judge "practicing" and "not practicing."
- With an abundance of active nature sights and long sunny days practice this month can focus lovingly on mindful seeing. Take walks in nature and as Thich Nhat Hanh says, "Walk as if you are kissing the Earth with your feet."
- Perhaps creating a June Picture Book, snap shots or drawings of some of your favorite sightings, no words, just pictures.

Student Lesson Ideas

- Mindful Schools (Elementary) Lesson 8: Mindful Seeing
- Make a nature jar. Place your child's nature walk findings in a small mason jar put a decorative lid on top. Check out this website for more ideas: [LINK](#)
- Do you have a favorite practice to share?

Community Sharing and Caring

- ***How to start a Mindful Meet Up in your area"***
 - History of how we got started here in Grand Rapids
 - How to get organized for one meeting
 - How to get organized for the whole year
 - Web sites, newsletters, getting the word out
 - Realities and perseverance

Close with 1 minute of silence

RSVP at: <http://goo.gl/sEMRB4>

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