

## '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](#))

**May 22, 2016 Time: 5:00 pm**

84th Street Pub & Grille, 8282 Pfeiffer Farms Dr. SW, Byron Center, MI 49315



### May's Theme: Heartfulness

"As May is the month of mothers, practice this month can focus on metta --also known as heartfulness and sometimes described as the unconditional love that a mother has for her children."

---Chelsea True, JoyfulMindProject.org



Welcome and Introductions  
Short mindfulness practice

#### Personal Practice

- Practice this month can focus on varying forms of heartfulness or metta practice. Compassion for self, for you and someone else and then for others.
- Bring your favorite Heartfulness, Gratitude or Metta practice to share.

#### Student Lesson Ideas

- Heartfulness foldable activity.
- 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:

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