

Learning Circle Resources for Community Advisors

Below are the materials that will be posted on our hidden page in order to support Advisors in starting their Learning Circles: /advisorresources

Will write a few lines for introducing the materials here.

Resources for Organizing & Hosting Your Learning Circle:

- Learning Circle Toolkit (pdf)
- How to Start a Learning Circle 101 (This one is only available in a powerpoint, so we'll have to figure how else to share this since it's too big to upload.)
- Learning Circle Start Up Notes (pdf)
- Sample Outline of a Learning Circle (pdf)
- Discussion Questions for Learning Circles (pdf)
- Sample Group Agreements (pdf)
- Copies of Aspiration/Dedication Cards—how to post?
- Learning Circle Snapshot Outline (pdf)

Webinars, Exercises & Meditations to Use with Your Circle:

- Mindful Eating Webinar: <https://www.youtube.com/watch?v=xaEO03M5Qik>
- Honor Your Plate Exercise for Mindful Eating (pdf)
- Intention Webinar: no link, only ppt
- Spring Renewal Webinar: <https://www.youtube.com/watch?v=Eu23AWqrb7U&feature=youtu.be>
- Power of Play Webinar: <https://www.youtube.com/watch?v=kg5eM5rHkwA>
- Tsomo's Gratitude Recording that Keegan made—audio only, e-mailed to Hilary separately
- Mindful Teen Guided Meditations (great for adults too!): <http://mindfulnessforteens.com/guided-meditations/>
- Sacred Object Exercise-TBD

Note: The links to all webinars are live recordings posted on the Namchak Community YouTube page. If you would like just a Powerpoint without the audio to use and explore some of the exercises shared there, please e-mail anuradha@namchak.org your request and she will send you the slides. Thanks!

Handouts for Your Circle:

- 'The Brain on Meditation' handout (pdf)
- Shasta Practice Sheet handout (pdf)
- Tangled Practice Sheet handout (pdf)
- Namchak Meditation Resources Handout (pdf)

Additional Resources/Misc:

- Academy Learning Model (png)
- Compassion Cards by Pema Chodron, recommended purchase to use with your Learning Circle
- Recommended Reading List from Always Smiling book (Jess is looking for it)

Links:

- Intro Video on Using Zoom (for virtual circles): <https://www.youtube.com/watch?v=wPBh2P6PWu0>

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Hard Copy Materials that can be mailed as needed:

- Inspiration Cards
- Stickers
- Mindfulness Dots
- Mandalas for mindful coloring
- Bookmarks
- Namchak Flyers