Course Title: Exploring Creative Mindfulness
Course Code: PDV 106
Instructor: Suzanne Taylor

Course Summary:
Join us for an exploration into mindfulness with creative reflections, exercises, and projects. Along the way, we will cover a variety of topics including gratitude, increasing energy, clarity, letting go, and kindness.

The required textbook for our class is *A Book That Takes Its Time*, by Irene Smit and Astrid von der Hulst. We will be going through topics and projects in the book including the chapters, Time to Breathe, Time to Learn, Time to Create, Time to Reflect, and Time to Let Go.

At each class session we will have some conversation, reflection, practice, and creative activities. My intention is to offer you some beneficial ideas and practices to experiment with, both on your own and with a group of like-minded people.

I’ll also give you resources to investigate after each class since there are so many worthwhile sources online and in the Bay Area. I look forward to traveling on this journey with you.

*Please see course page for full description and additional details.*

Grade Options and Requirements:
No Grade Requested (NGR)
This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.

Credit/No Credit (CR/NC)
Students must attend at least 80% of class sessions.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Tentative Weekly Outline:

Class 1: Time to Breathe. Topics may include:

- gratitude
- mindful tasting
- research by WellMD.Stanford.edu
- 5 happiness strengths  
- coloring mandalas  
- reflections on screen time  
- reflection questions on trying new things

Class 2: Time to Learn. Topics may include:

- shifting from expectations to intentions  
- values reflection  
- mindful smelling  
- mindset  
- painting slate  
- body scanning  
- Greater Good Science Center ‘Boost Your Happiness’ tips

Class 3: Time to Create. Topics may include:

- lists clear the mind reflection  
- reframing and resilience  
- mindful seeing  
- expressing gratitude to others  
- transforming origami  
- how to be happy with yourself  
- forest bathing

Class 4: Time to Reflect. Topics may include:

- fill-in lists  
- visioning exercise and my dreams  
- allow life to be just as it is  
- mindful listening  
- collage  
- navigating change  
- thoughts about happiness

Class 5: Time to Let Go. Topics may include:

- don’t try so hard  
- simplifying  
- mindful touching  
- Tree of Life drawing reflection  
- vocabulary of emotions  
- support  
- loving kindness for ourselves

Please contact the Stanford Continuing Studies office with any questions  
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