

FEBRUARY 2018

News & Events



Circles of learning

The Importance of the Garden Circles

Nature is our best teacher. At the Garden Circles, children discover the cycle of life through observation of the plants – the seasons, lack of water, too much sun and how life is affected by the seasons. Fussy eaters enjoy tasting and eating fresh fruits and vegetables that they have grown themselves.

Arts and crafts from nature empower children to explore their creativity and see how a simple pod can become a new toy.

Hands and feet on the ground brings the body into balance, it earths us all and improves physical and mental health.



Garden Circles

Garden Circles start Week commencing 5th February 9.30-11am

Tuesday at Waverley Community Garden, Bondi Junction

Wednesday at Rose Bay Community Garden, Elanora Heights and Holdsworth Communal Garden (**commencing 14th Feb**)

Join us in the garden at a location near you - for days and venues [Click here](#)

EMR & Health Report

Every day we face the effects of Electric Magnetic Radiation through our mobile phones, towers, smart meters, the internet and more. The February issue of EMR & Health Report highlights many of the issues and ways you may be able to help offset them.

If you or your friends are in Adelaide on 10th February, from 2pm-4pm Lynn McLean, Director of EMR Australia, is speaking on Wireless Radiation Topic: Children and Health. Details in EMR newsletter, [click here to download](#)

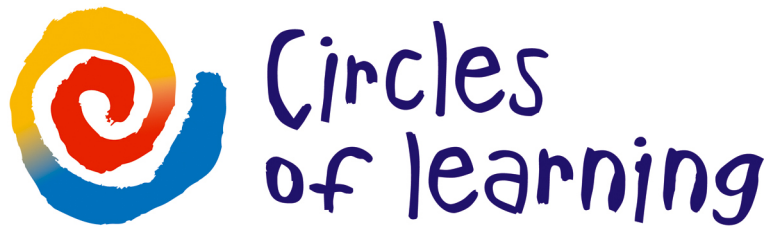
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Education

Health

Environment

Community

Creativity

Worth a Moment - Your Reaction is your Choice

Though not a new idea, it is certainly worth remembering that while we do not choose what happens around us, we do choose our reactions to each situation and there will always be a variety of choices available.

The same event can affect different people in a variety of ways Interpretations will vary.

Feelings and emotions will be different.

Remembering this simple truth can go a long way to helping us deal with difficult times more effectively. Appreciating the role our choice can play in every reaction can make our path easier as well as helping us become less judgemental of others and of course of ourselves.

As with so many ideas and strategies, it is often much easier to theorise and appreciate the value of analysing our behaviour, than to put it into practice. Notwithstanding this, it is something to aim for as we navigate our way through each day.

Another Choice

A useful way of delaying what may be an unhelpful reaction, or of generally calming our emotions is the age old yoga practice of focusing on the breath.

It can be like flicking a switch. Make the decision even for a few breaths to be 100% focused on breathing in and breathing out: the longer and the slower the better.

Experiment and enjoy. HRK

When you wake each morning - ask yourself – what can I do to help others today

We can create a wonderful year... let's create a year of changes for the greatest good for all

☺ Judith & the CoL Team

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