

Grounding Activity

Dept Chair/Lead Teacher Meetings

Grounding Activity A.M.: Name a new activity/hobby you engaged in during the COVID-19 pandemic?

Meeting Guide

Taking long walks with friends and family	Raising a puppy!	Reading graphic novels and art collecting.	Reading; playing with my baby
House projects!- Bathroom reno, painting, electrical work!	Bought our first house & updated the bathroom/ little projects	I took a few online classes on topics that I'm interested in that I typically don't have time to research in detail.	Meditating
Helping my daughter with College Virtual Visits and applications!	Biking! Since I am not back at the gym yet!	More and more crocheting.	Gourmet cooking Long walks
Organizing all of my children's clothes!!!! Season switch!	Reading beach books for pleasure-never have time to read for myself ; also bought a beach house	Lots of reading!	Frisbee golf with family

Grounding Activity A.M.: Name a new activity/hobby you engaged in during the COVID-19 pandemic?

Meeting Guide

Becoming a mom!	Running! Lots of running!	Training a puppy!	
Started playing pickleball	Learning gardening	Cooking	Home Edit!
Lots of walking	Gardening		
Gardening!	Paint by Number	Repainted upstairs and downstairs.	Bought our first home and adopted a puppy!
Reading all the books on my To Read list	Adopting a Kitten		
Mandala painting! So relaxing			
Lots of gardening and walking		Becoming a better cook!	

Grounding Activity P.M.: Name a new activity/hobby you engaged in during the COVID-19 pandemic?

Meeting Guide

<p>Hydrow rowing machine - I've rowed almost 500,000 meters! Way to go, Nancy!! (Jenn. S)</p>	<p>I refinished my dining room table..reconnected with old friends and dropped my oldest baby off at college last week</p>	<p>I've read about 25 books!</p>	<p>Teaching my son how to ride his bike without training wheels has been exciting. Otherwise running, reading a ton of books and cooking 3 meals a day. Also my cat is very popular with my students :)</p>
<p>Exercising more and learning how play My Restaurant on Roblox with my son. Of course, i tie in math skills when we play.</p>	<p>Reading more books for pleasure which I normally do not do during the school year. Plus binge watching shows I have missed over the years</p>	<p>Puzzles and exercising more</p>	<p>Bike riding. My whole family finally learned how to ride.</p>
<p>Peloton Me, too!</p>	<p>Gem art</p>	<p>Watching LOST again (this time the ENTIRE</p>	<p>Meditation</p>

Grounding Activity A.M.: Name a new activity/hobby you engaged in during the COVID-19 pandemic?

[Meeting](#)

Guide

Water coloring books & needle point; adopted our foster dog	We bought a john boat to take new adventures	I had a baby and he's my new hobby	ATTEMPTING to grow veggies.
Yoga, planted a garden, canned our own cucumbers	Digital art	Figuring out motherhood :)	Flowers and Gardening
Family Game Nights, long walks around Burke Lake.	Beating my daughters in monopoly	Enjoying my own home.	Baking
Getting 10,000 steps in a day.	Got back to biking, family games	Chalk painting furniture	Taking care of a puppy
Weightlifting	Peeling wallpaper and painting	Discovering new places to hike/walk that weren't crowded	Searching for beach houses to buy