

BEST/VTmtss Summer Institute “Ease-in Time” Activities

Monday “Ease-In Time” Activity Options Please select an activity you’d like to do on Monday morning from 8:15 - 9:00 am. Feel free to jump between activities!		
Activity	Materials	Location
Coloring	Materials provided	Owner’s Lounge
Yoga with Adriene (starts @ 8:30)	Bring yoga mat	Snowshed Ballroom
Walk & Talk	Bring walking shoes	Outside (weather permitting)
Group games	Materials provided	Outside (weather permitting), Prefunction Northwest if raining
Bullet journaling	Materials provided, feel free to bring your own	Northstar II
Button-making & Happy jar decorating	Materials provided	Northstar I
Fishing	Bring pole and bait	Outside (on your own)
Board games	Some provided, feel free to bring your own	Escapade I & II
Anything else of your choosing (i.e. read a book, play an instrument, mindfulness/meditation, knitting, etc.)		