With this online meeting, members will:

- Everyone shares how they are feeling or answers a fun question.

- Finish the meeting on a positive note, ask if anyone wants to share what they are looking forward to, and share reminders for the next meeting.

Activity 1: Check-in
Everyone shares how they are feeling or answers a fun question.

Activity 2: _______ (approx. ___ min)

Break time/ Stretching: (approx. 10 min):

Activity 3: _______ (approx. ___ min)

Activity 4: Check-out and reminders (approx. 10 min)
Finish the meeting on a positive note, ask if anyone wants to share what they are looking forward to, and share reminders for the next meeting.