



GROUNDING BUCKET LIST:

How many can you do by the end of summer?

- Visit a local body of water: lake, waterfall, river, stream, ocean
 - Star Gazing
 - Heart Spotting in nature
 - Cloud Watching — spread a blanket out and enjoy, digital free
 - Bug Hunting — ground until you find a bug you have to look up!
 - Bird Watching — watch birds until you find one you have to look up!
 - Fire Gazing: backyard fire, candle, campsite/park fire pit
 - Picnic Outside: ___ Breakfast ___ Lunch ___ Dinner
 - Pedicure — fun to do with a friend or family member too!
 - Photo shoot outdoors — fun with a friend or partner!
 - Bath or Hot Tub grounding soak
 - Watch a morning sunrise, distraction & digital free
 - Watch an evening sunset, distraction & digital free
 - Find a petting zoo and ground through petting and feeding animals
 - Blow bubbles outside — this is a fun breathwork session!
 - Plant something outside — a flower, herb, pollinator, or tree — and tend it daily
 - Visit a farmers market and buy seasonal produce to cook with that night
 - Find a u-pick farm and gather strawberries, blueberries, sunflowers, pumpkins etc.
 - Hydrate outside all day — take every glass of water you drink outside to drink
 - Brew tea in the sun and enjoy it grounded
 - Eat an ice pop or frozen juice bar outside, grounded
 - Find cool shade and relax with a cold pack over your forehead or eyes for 10 grounded minutes
 - Listen to music grounded — close your eyes and feel it in your body
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