

It's Time For...

“September 2022 SHAPE Bingo!”

Week 4: Sept. 24 – Sept. 30, 2022
Bingo runs from: 9/1/22 - 9/30/22

Directions: Each time you complete a square, date it, and put an “X” over it! **Aim for a Bingo a week!**

If you complete any squares, turn in your board to enter in the weekly drawing. If you BINGO, you get 2 entries!

Submit your bingo board to your SHAPE rep. **by 3pm Friday weekly** and get your new bingo board

A weekly random prize winner will be announced!

Your Name for **Week 4** drawing:

Prizes – 1 random winner weekly: \$25 Wegmans, Tops, Quiklees & Kwik Fill gift cards

B	I	N	G	O
<p>Move It Take a 10 minute walk/stretch break Date: _____ <small>*Physical Wellness</small></p>	<p>Treat 4U Enjoy a treat - pumpkin latte, hot bath, snuggle your pet, etc. Date: _____ <small>*Emotional Wellness</small></p>	<p>Reach Out Connect with someone you haven't talked to in a while Date: _____ <small>*Social Wellness</small></p>	<p>Release Sit quietly to clear your mind for 1-5 minutes Date: _____ <small>*Emotional Wellness</small></p>	<p>Go for H2O Stay hydrated – aim for 8 cups (64 ounces) Date: _____ <small>*Physical Wellness</small></p>
<p>“Me” Time Do something relaxing Date: _____ <small>*Emotional Wellness</small></p>	<p>Brain Power Try a crossword, Sudoku, math challenge, card game, etc. Date: _____ <small>*Intellectual Wellness</small></p>	<p>Get-rrrr-Done Complete a task you put off at work Date: _____ <small>*Occupational Wellness</small></p>	<p>Sleep Well No screen time an hour before bed for better rest Date: _____ <small>*Physical Wellness</small></p>	<p>Attitude of Gratitude Write 5 things/moments/people that make you feel grateful Date: _____ <small>*Emotional wellness</small></p>
<p>Healthy Snack Eat a healthy snack today Date: _____ <small>*Physical Wellness</small></p>	<p>Positive Post-It Give a co-worker a positive note or quote on a Post-It today Date: _____ <small>*Emotional/Occupational Wellness</small></p>	<p>PLAY SHAPE BINGO & SMILE! FREE SPACE!</p>	<p>Schedule It Schedule exercise plans for the week. Date: _____ <small>*Physical Wellness</small></p>	<p>Savor the Moment Watch the sunrise or sunset for 5 mins. Date: _____ <small>*Environmental/Emotional Wellness</small></p>
<p>Creative Time Do a craft, paint, wood-work, make something Date: _____ <small>*Emotional/Intellectual Wellness</small></p>	<p>An Old Fashion Note Write a note (thank you, hello, birthday, etc.) and send/give it Date: _____ <small>*Emotional Wellness</small></p>	<p>Move It Go for 30 minutes of physical activity today Date: _____ <small>*Physical Wellness</small></p>	<p>Kindness Counts Perform 1 random act of kindness Date: _____ <small>*Emotional Wellness</small></p>	<p>Floss Like a Boss Get that floss out and give your teeth some TLC Date: _____ <small>*Physical Wellness</small></p>
<p>Fruit-City Eat 2 servings of fruit today Date: _____ <small>*Physical Wellness</small></p>	<p>Blink-Blink-Blink Blink hard and hold eyes closed 3 times to moisten your eyes Date: _____ <small>*Physical Wellness</small></p>	<p>Spice Up Autumn Do an autumn activity (hike, bake, archery, decorate, archery, get warm clothes out, etc.) Date: _____ <small>*Emotional/Physical Wellness</small></p>	<p>Neck Stretches Turn your neck to the left, hold for 5 seconds, repeat on right Date: _____ <small>*Physical Wellness</small></p>	<p>Veggie Delight Have two servings of vegetables today Date: _____ <small>*Physical Wellness</small></p>