

It's Time For...

“Winter 2023 SHAPE Bingo!”

Your Name for Week 2 drawing:

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

If you complete any squares, submit your board to enter the weekly drawing.

NEW: Get more Bingos and earn up to 5 extra prize entries.

Submit your bingo board online or to your SHAPE rep. **by 3pm Friday each week** and get your new bingo board

Week 2 - Friday, January 27 - Friday, Feb. 3 (3pm)

of Bingos
(*Max: 5)

B	I	N	G	O
<p>“Me” Time Do something relaxing Date: _____ *Emotional Wellness</p>	<p>Turn In Early Go to bed a half hour early Date: _____ *Physical Wellness</p>	<p>Kindness Counts Perform 1 random act of kindness Date: _____ *Emotional Wellness</p>	<p>Cut the Clutter Get rid of some clutter at work or home Date: _____ *Emotional Wellness</p>	<p>Music to Your Ears Listen to a song that brings you joy Date: _____ *Emotional Wellness</p>
<p>Word of the Day Learn a new word today (Any Wordle fans?) Date: _____ *Intellectual Wellness</p>	<p>Best Laid Plans Plan your meals for the week Date: _____ *Physical Wellness</p>	<p>Winter Project Start a project you wouldn't want to do in the summer Date: _____ * Your Wellness Choice</p>	<p>Buddy System Check in with a BINGO friend today to see how they are doing Date: _____ *Physical and Social Wellness</p>	<p>Schedule It Schedule exercise plans for the week. Date: _____ *Physical Wellness</p>
<p>Fruit-City Eat 2 servings of fruit today Date: _____ *Physical Wellness</p>	<p>Watch an EAP video There are 1000s of videos on many topics. Register for your account and watch a helpful video. Date: _____ *Intellectual & Occupational Wellness</p>	<p>PLAY SHAPE BINGO & SMILE! FREE SPACE!</p>	<p>Wear Red (Feb. 3) Support Heart Health Awareness. Take a photo of you and your co-workers and send to SHAPE. Date: _____ *Social and Intellectual Wellness</p>	<p>Reach Up Arms to the side, Thumbs up, arms up 3x Date: _____ *Physical Wellness</p>
<p>One Step at a Time Take the stairs today or park at the end of the lot Date: _____ *Physical Wellness</p>	<p>Keep in Touch Contact 1 person you haven't in a while Date: _____ *Social Wellness</p>	<p>Veggie Delight Have two servings of vegetables today Date: _____ *Physical Wellness</p>	<p>Move It Go for 30 minutes of physical activity today Date: _____ *Physical Wellness</p>	<p>Time to Read Read something you enjoy Date: _____ *Intellectual Wellness</p>
<p>Get Ready Valentine's Day is coming. Take time to make, get, or set up something Date: _____ *Emotional Wellness</p>	<p>Close Your Eyes Take three deep breaths (long inhales and exhales) Date: _____ *Emotional Wellness</p>	<p>Healthy Snack Eat a healthy snack today Date: _____ *Physical Wellness</p>	<p>Winter Activity Snowshoe, sled, do something outside Date: _____ *Physical Wellness</p>	<p>Take a Nap Enjoy a little winter snooze. Not a napper? Try a calming app. in a quiet area. Date: _____ *Physical Wellness</p>