

It's Time For...

“Winter 2023 SHAPE Bingo!”

Your Name for Week 3 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 weekly** and get your new bingo board.

of Bingos
(*Max: 5)

Week 3 - Friday, February 3 - Friday, February 10 (3pm)

B	I	N	G	O
<p>Eye Stretches Move only your eyes-look up, down, left, right- do 5x Date: _____ *Physical Wellness</p>	<p>Accountability Partner Do an activity on this board with a buddy (a work or home buddy) Date: _____ *Physical Wellness</p>	<p>Upbeat Write down something positive about your day Date: _____ *Emotional Wellness</p>	<p>A Fresh Start Start a new project or activity Date: _____ *Emotional Wellness</p>	<p>Sweet Dreams Get off your cell phone 1 hour before bed Date: _____ *Physical Wellness</p>
<p>Do Something Goofy Easy to do with kids or SnapChat filters – have fun! Date: _____ *Emotional Wellness</p>	<p>Clean the Fridge Winter is a good time for projects like this. Date: _____ *Emotional & Environmental Wellness</p>	<p>Looking Ahead Make plans to see a friend or family member Date: _____ *Social Wellness</p>	<p>Move It Take a 10-minute walk/stretch break/exercise video break Date: _____ *Physical Wellness</p>	<p>Germs be Gone Clean your cell phone, keyboard, or a used surface Date: _____ *Physical Wellness</p>
<p>Quiet Time Close your eyes, and be in silence for 1 min. Date: _____ *Emotional Wellness</p>	<p>Your Pick Your choice of activity: _____ Date: _____ ? Dimension of Wellness</p>	<p>PLAY SHAPE BINGO & SMILE! FREE SPACE!</p>	<p>Schedule It Schedule exercise plans for the week. Date: _____ *Physical Wellness</p>	<p>New Place Go to a place in your building you rarely go to say hello, get some steps, etc. Date: _____ *Emotional Wellness</p>
<p>Feb. Theme Try a Liv. Co. Training & Dev. Program activity Date: _____ *Emotional Wellness</p>	<p>Kindness Counts Perform 1 random act of kindness Date: _____ *Emotional Wellness</p>	<p>Move It Go for 30 minutes of physical activity today Date: _____ *Physical Wellness</p>	<p>You Have Time Archive time, clean up email, files (home or work) Date: _____ *Emotional Wellness</p>	<p>Fresh Air Take a few minutes to breathe in some brisk winter air. Date: _____ *Physical/Environmental Wellness</p>
<p>Veggie Delight Have two servings of vegetables today Date: _____ *Physical Wellness</p>	<p>Breathe Take three deep breaths (long inhales and exhales) Date: _____ *Emotional Wellness</p>	<p>Create a Mantra Use or create a slogan to repeat to help with mindfulness. Date: _____ *Emotional Wellness</p>	<p>Fruit-City Eat 2 servings of fruit today Date: _____ *Physical Wellness</p>	<p>Game/Puzzle Time Do a fun activity on your own or with family/friends. Date: _____ *Intellectual & Social Wellness</p>