

# It's Time For...

## “Winter 2023 SHAPE Bingo!”

Your Name for Week 4 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.

# of Bingos  
(\*Max: 5)

### Week 4 - Friday, February 10 - Friday, February 17 (3pm)

B	I	N	G	O
<p><b>Move It</b> Take a 10-minute walk/stretch break Date: _____ <i>*Physical Wellness</i></p>	<p><b>Treat 4U</b> Enjoy a treat - hot bath, hug your kid or pet, listen to music, etc. Date: _____ <i>*Emotional Wellness</i></p>	<p><b>Reach Out</b> Connect with someone you haven't talked to in a while Date: _____ <i>*Social Wellness</i></p>	<p><b>Meet &amp; Greet</b> Learn about another County employee or Dept. today Date: _____ <i>*Occupational and Social Wellness</i></p>	<p><b>Go for H2O</b> Stay hydrated – aim for 8 cups (64 ounces) Date: _____ <i>*Physical Wellness</i></p>
<p><b>“Me” Time</b> Do something relaxing Date: _____ <i>*Emotional Wellness</i></p>	<p><b>Brain Power</b> Try a crossword, Sudoku, math challenge, Wordle, etc. Date: _____ <i>*Intellectual Wellness</i></p>	<p><b>DONE!</b> Complete a task you put off at work Date: _____ <i>*Occupational Wellness</i></p>	<p><b>Share What Works</b> Do you use a free exercise video, class or program? Share with SHAPE too. Date: _____ <i>*Physical Wellness</i></p>	<p><b>Attitude of Gratitude</b> Write 5 things/moments/people that make you feel grateful Date: _____ <i>*Emotional Wellness</i></p>
<p><b>Healthy Snack</b> Eat a healthy snack today Date: _____ <i>*Physical Wellness</i></p>	<p><b>Positive Post-It</b> Give a co-worker a positive note or quote on a Post-It today Date: _____ <i>*Emotional/Occupational Wellness</i></p>	<p><b>PLAY SHAPE BINGO &amp; SMILE! FREE SPACE!</b></p>	<p><b>Schedule It</b> Schedule exercise plans for the week. Date: _____ <i>*Physical Wellness</i></p>	<p><b>Be Prepared</b> Daylight Savings Time is 3/12, get smoke alarm batteries, a filter for your furnace, etc. Date: _____ <i>*Environmental Wellness</i></p>
<p><b>Creative Time</b> Do a craft, paint, wood-work, make something Date: _____ <i>*Emotional/Intellectual Wellness</i></p>	<p><b>Valentine's Day</b> ❤️ Tell someone you love them today (any day this week). Date: _____ <i>*Emotional Wellness</i></p>	<p><b>Move It</b> Go for 10 minutes of physical activity today Date: _____ <i>*Physical Wellness</i></p>	<p><b>Kindness Counts</b> Perform 1 random act of kindness Date: _____ <i>*Emotional Wellness</i></p>	<p><b>Floss Like a Boss</b> Get that floss out and give your teeth some TLC Date: _____ <i>*Physical Wellness</i></p>
<p><b>Fruit-City</b> Eat 2 servings of fruit today Date: _____ <i>*Physical Wellness</i></p>	<p><b>Blink-Blink-Blink</b> Blink hard &amp; hold your eyes closed 3x to moisten your eyes Date: _____ <i>*Physical Wellness</i></p>	<p><b>Enjoy Winter</b> Do a winter activity (inside or outside) – plays cards, have hot choco, make a snowman (if we have snow), ski, etc. Date: _____ <i>*Emotional/Physical Wellness</i></p>	<p><b>Neck Stretches</b> Turn your neck to the left, hold for 5 seconds &amp; repeat on right Date: _____ <i>*Physical Wellness</i></p>	<p><b>Veggie Delight</b> Have two servings of vegetables today Date: _____ <i>*Physical Wellness</i></p>