

September 2023 SHAPE Bingo - Week 1

Time to have fun with co-workers, on your own, or with family doing health and wellness activities.

- Each time you complete a square, date it, and mark it with an “X”.
- Bingos are across, down, and diagonal.
- By Monday, **submit your Bingo board to your SHAPE building representative** (email or drop-off) or email shape@co.livingston.ny.us if you don’t have a rep. Weeks run Mon.-Sun.

COMPLETE:

Week 1 Dates: September 11-17, 2023

Name: _____

of Bingos: _____ (Mark up to 5)

	B	I	N	G	O
1	Floss Like a Boss Get that floss out and give your teeth some TLC Date: _____ Physical Wellness	Positive Post-It Give a co-worker a positive note or quote on a Post-It today Date: _____ Emotional/Occupational Wellness	Creative Time Do a craft, paint, wood-work, make something Date: _____ Emotional/Intellectual Wellness	Fruit-City Eat 2 servings of fruit today Date: _____ Physical Wellness	Kindness Counts Perform 1 random act of kindness Date: _____ Emotional Wellness
2	Blink-Blink-Blink Blink hard and hold eyes closed 3 times to moisten your eyes Date: _____ Physical Wellness	Knock It Off Complete a task you put off Date: _____ Emotional Wellness	Fresh Air Take a walk outside Date: _____ Physical Wellness	“Me” Time Do something relaxing Date: _____ Emotional Wellness	Release Sit quietly to clear your mind for 1-2 minutes Date: _____ Emotional Wellness
3	“Tune-Up” If you had/have an annual exam in 2023 - Good job! No date needed, just “X” or schedule one to get this spot. Physical Wellness	Sweet Dreams Get off your cell phone 1 hour before bed for better sleep Date: _____ Physical Wellness	FREE SPACE!	Go for H2O Stay hydrated – get at least 32 ounces of water (4 cups) Date: _____ Physical Wellness	Reach Up Arms to the side, Thumbs up, arms up 3x Date: _____ Physical Wellness
4	Cut the Clutter Get rid of some clutter at work or home Date: _____ Emotional Wellness	Keep in Touch Contact 1 person you haven’t in a while Date: _____ Social Wellness	Veggie Delight Have two servings of vegetables today Date: _____ Physical Wellness	Move It Go for 30 minutes of physical activity today Date: _____ Physical Wellness	Brain Time Read something to stimulate brain cells Date: _____ Intellectual Wellness
5	Learn & Grow Watch an EAP video* to grow on a personal or work topic Date: _____ Occupational/Intellectual Wellness	Close Your Eyes Take three deep breaths (long inhales and exhales) Date: _____ Emotional Wellness	Healthy Snack Eat a healthy snack today Date: _____ Physical Wellness	Germs be Gone Clean your cell phone, keyboard, or a used surface Date: _____ Physical Wellness	Upbeat Write down something positive about your day Date: _____ Emotional Wellness

*All employees have access to over 13,000 videos and resources on various topics. Go to: <https://www.theeap.com/> to log-in. Then search for a topic. This is FREE and CONFIDENTIAL.