

# September 2023 SHAPE Bingo - Week 3

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](mailto:shape@co.livingston.ny.us) if you don’t have a rep. Weeks run Mon.-Sun.

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| <b>COMPLETE:</b>                             |
| <b>Week 3 Dates:</b> Sept. 25 - Oct. 1, 2023 |
| <b>Name:</b> _____                           |
| <b># of Bingos:</b> _____ (Mark up to 5)     |

|          | <b>B</b>  | <b>I</b>   | <b>N</b>   | <b>G</b>  | <b>O</b>   |
|----------|---|--|--|---|--|
| <b>1</b> | <b>Eye Stretches</b><br>Move only your eyes-look up, down, left, right- do 5x<br>Date: _____<br>Physical Wellness | <b>Get Out of Your Silo</b><br>Say hello to someone you don't see much on a different floor or building<br>Date: _____<br>*Physical & Emotional Wellness | <b>Upbeat</b><br>Write down something positive about your day<br>Date: _____<br>Emotional Wellness                     | <b>Appreciate Nature</b><br>Go outside & look around at all that grows for us to enjoy<br>Date: _____<br>Environmental Wellness     | <b>Sweet Dreams</b><br>Get off your cell phone 1 hour before bed<br>Date: _____<br>Physical Wellness                           |
| <b>2</b> | <b>Chicken Dance</b><br>You know it – do 8x – can be combined with G2!.*<br>Date: _____<br>Physical Wellness      | <b>Knock It Off</b><br>Complete a task you put off<br>Date: _____<br>Emotional Wellness  | <b>Looking Ahead</b><br>Make plans to see a friend or family member<br>Date: _____<br>Social Wellness                  | <b>Be a Kid</b><br>Do something fun from your childhood or with kids<br>Date: _____<br>Emotional Wellness                           | <b>Germes be Gone</b><br>Clean your cell phone, keyboard, or a used surface<br>Date: _____<br>Environmental /Physical Wellness |
| <b>3</b> | <b>Quiet Time</b><br>Close your eyes, and be in silence for 1 min.<br>Date: _____<br>Emotional Wellness           | <b>Hydration</b><br>Get your water – 64 ounces (8 cups)<br>Date: _____<br>Physical Wellness  | <b>FREE SPACE!</b>   | <b>Schedule It</b><br>Schedule exercise plans for the week<br>Date: _____<br>Physical Wellness                                      | <b>Positive word</b><br>Write a positive word for the day!<br>Date: _____<br>Emotional Wellness                                |
| <b>4</b> | <b>Cut the Clutter</b><br>Get rid of some clutter at work or home<br>Date: _____<br>Emotional Wellness            | <b>Kindness Counts</b><br>Perform 1 random act of kindness<br>Date: _____<br>Emotional Wellness  | <b>Move It</b><br>Go for 30 minutes of physical activity today<br>Date: _____<br>Physical Wellness                     | <b>Autumn Time</b><br>Do something for fall – hike, get warm clothes out, have a pumpkin latte!<br>Date: _____<br>Physical Wellness | <b>Fresh Air</b><br>Take a walk outside<br>Date: _____<br>Physical & Environmental Wellness                                    |
| <b>5</b> | <b>Veggie Delight</b><br>Have two servings of vegetables today<br>Date: _____<br>Physical Wellness                | <b>Close Your Eyes</b><br>Take three deep breaths (long inhales and exhales)<br>Date: _____<br>Emotional Wellness  | <b>Up and Down</b><br>Use big leg muscles – stand up and sit-down 5 times in a row<br>Date: _____<br>Physical Wellness | <b>Fruit-City</b><br>Eat 2 servings of fruit today<br>Date: _____<br>Physical Wellness  | <b>Plan Ahead</b><br>Write down something from this board to do next week<br>Date: _____<br>_____ Wellness                     |

\* Chicken Dance: <https://www.youtube.com/watch?v=r3z54SZsLsA>