

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 if you don’t have a rep. Weeks run Mon.-Sun.

COMPLETE:
Week 3 Dates: Sept. 25 - Oct. 1, 2023
Name: _____
of Bingos: _____ (Mark up to 5)

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

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