

# 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](mailto: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
<b>1</b>	<b>Floss Like a Boss</b> Get that floss out and give your teeth some TLC Date: _____ Physical Wellness	<b>Positive Post-It</b> Give a co-worker a positive note or quote on a Post-It today Date: _____ Emotional/Occupational Wellness	<b>Creative Time</b> Do a craft, paint, wood-work, make something Date: _____ Emotional/Intellectual Wellness	<b>Fruit-City</b> Eat 2 servings of fruit today Date: _____ Physical Wellness	<b>Kindness Counts</b> Perform 1 random act of kindness Date: _____ Emotional Wellness
<b>2</b>	<b>Blink-Blink-Blink</b> Blink hard and hold eyes closed 3 times to moisten your eyes Date: _____ Physical Wellness	<b>Knock It Off</b> Complete a task you put off Date: _____ Emotional Wellness	<b>Fresh Air</b> Take a walk outside Date: _____ Physical Wellness	<b>“Me” Time</b> Do something relaxing Date: _____ Emotional Wellness	<b>Release</b> Sit quietly to clear your mind for 1-2 minutes Date: _____ Emotional Wellness
<b>3</b>	<b>“Tune-Up”</b> 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	<b>Sweet Dreams</b> Get off your cell phone 1 hour before bed for better sleep Date: _____ Physical Wellness	<b>FREE SPACE!</b>	<b>Go for H2O</b> Stay hydrated – get at least 32 ounces of water (4 cups) Date: _____ Physical Wellness	<b>Reach Up</b> Arms to the side, Thumbs up, arms up 3x Date: _____ Physical Wellness
<b>4</b>	<b>Cut the Clutter</b> Get rid of some clutter at work or home Date: _____ Emotional Wellness	<b>Keep in Touch</b> Contact 1 person you haven’t in a while Date: _____ Social Wellness	<b>Veggie Delight</b> Have two servings of vegetables today Date: _____ Physical Wellness	<b>Move It</b> Go for 30 minutes of physical activity today Date: _____ Physical Wellness	<b>Brain Time</b> Read something to stimulate brain cells Date: _____ Intellectual Wellness
<b>5</b>	<b>Learn &amp; Grow</b> Watch an EAP video* to grow on a personal or work topic Date: _____ Occupational/Intellectual Wellness	<b>Close Your Eyes</b> Take three deep breaths (long inhales and exhales) Date: _____ Emotional Wellness	<b>Healthy Snack</b> Eat a healthy snack today Date: _____ Physical Wellness	<b>Germs be Gone</b> Clean your cell phone, keyboard, or a used surface Date: _____ Physical Wellness	<b>Upbeat</b> 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.