

B	I	N	G	O
Stretch before coming into work	Call a co-worker to check in	Have a solo dance party	Share an activity for your families on your resource board	Organize the storage closet
Create a homemade game that includes cultural diversity	Smile at a coworker today	Share a healthy recipe with someone at work	Connect with nature and brought a natural item into your classroom	Share a positive or uplifting video or podcast to a colleague/team
Share two resiliency strategies	Take a walk with a colleague on break	FREE	Create a DIY sensory bottle	Laugh with a co-worker after telling them a joke
Learn a new exercise and demonstrate to coworker	Share an inspiring quote to the team	Make a healthy snack with the children	Incorporate a new game or physical play activity	Send a funny meme to a coworker
Highlight a dance activity with the children using props	Create a homemade book with the children	Share a healthy snack with a coworker today	Verified attendance with my colleague after returning from lunch	Eat a healthy breakfast

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