



# Summer Bingo Challenge

Check off as many boxes as possible during the month of August!

Healthy Workplace is challenging you to complete as many activities as possible on this Bingo card before the month is over! There are a ton of fun things to do while the weather is nice, and we want to help you take full advantage. We've left some spaces blank to add in your own activities too!

Submit your completed card to [healthyworkplace@carleton.ca](mailto:healthyworkplace@carleton.ca)

by September 3rd!



# B I N G O

Go for a walk with a friend	Catch up with someone you haven't talked to in a while	Enjoy one of your favourite meals	Listen to your favourite musician/album	Sit near a body of water
Check out a new hiking trail or walking path	Get 7 - 9 hours of sleep	Take a vacation day (or half-day)	Try something new	Accomplish a task you've been putting off
Try a Carleton Athletics class (either live or On Demand)	Write down 10 things you're grateful for	<b>FREE</b> Complete an activity of your choice!	Take a photo of something beautiful	Enjoy a nature walk
Do a 5-minute meditation (alone or at a <a href="#">Healthy Workplace Meditation Meetup</a> )	Do your favourite type of exercise	Send a <a href="#">Service Excellence "Thank-You"</a> to a colleague	Organize that one messy drawer (you know which one)	Turn off all screens for 2 hours
Take a 10-minute stretch break	Sit outside and read a book or magazine	Do something creative	Order takeout from your favourite restaurant	Mail a letter or card to someone you care about