



Self-Care BINGO

Focus Area: Well-Being

Objective: To engage in more self-care activities for optimal health.

Length of Challenge: This is a one to four-week challenge.

Materials Needed:

- Sign-up sheet (optional)
- Self-Care BINGO cards
 - Use the BINGO card with a 'free space' for longer challenges.
 - Use the BINGO card with 'no free space' for shorter challenges.
- Prizes (optional)

Directions:

- Aim to complete the activities in a row (horizontally, vertically or diagonally).
- Only count ONE activity per day towards your BINGO.
- Record the date you completed each activity.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.



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Getting Started:

1. Decide what dates Self-Care Bingo will run.
2. Establish a sign-up period (for example, one or two weeks) before the challenge start date.
3. Determine how participants' Bingo cards will be scored and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the winners in an email, e-newsletter and/or flier are all great ways to give recognition!
4. Announce the challenge to employees. (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period, contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to play the challenge.
 - Details about how to submit Bingo cards for scoring and how winners will be rewarded.
NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach the Bingo card and distribute it to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info, such as tips and tricks, inspirational quotes and/or participant photos.
8. As the challenge comes to an end, send a reminder to participants to submit their Bingo cards for scoring and award those who got Bingo!