



# 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.



## 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!

