



Staff & Faculty Thrive 5+ Bingo

Complete **all** the challenges individually or in teams of up to 5
 Be sure to take a picture or scan completed card and submit to Thrive.okanagan@ubc.ca by November 27 to enter the random prize draws.
 Team members and individuals initial squares they complete. Teams of up to 5 will have multiple members complete each square.
 (use signature tool to add initials)

B	I	N	G	O
Attend an in person or Virtual Fitness Class	Turn off all screens 2 hours prior to bed	Enjoy a healthy meal with a friend	Check in on a neighbour	Thank a coworker for what they do well
Spend time in nature	Ask someone for their best part of the day	Check out a course on LinkedIn Learning	Try a food you've never had before	Walk somewhere that you would normally drive
Add a movement break to your day	Meal prep for the week ahead	Adopt or step up an eco-friendly habit	Play with a furry friend	Get your team involved in Thrive
Practice cultural/spiritual traditions	Attend a UBCO Thrive staff/faculty event	Treat someone to a beverage	Make water your beverage of choice	Stretch or meditate prior to going to bed
Dance to your favorite music for 10 minutes	Make a meal that connects to a happy memory	Give a gift to someone	Familiarize yourself with the UBC Wellbeing Strategic Framework	Set aside time for creative expression

Individual/Team Names and emails (*for prizing purposes*)

Name:	Email:
Name:	Email:
Name:	Email:
Name:	Email:
Name:	Email: