



Thrive Team Connectivity Challenge

- Participate in teams up to five, one challenge card per team. As a team, complete as many challenges as you can.
- Some of the challenges can be done individually, some challenges will involve others.
- If you see a blank line/space, tell us what you did.
- Team members will initial the challenges they completed.
- Complete all the challenges to enter the prize draw.

Take a picture or scan completed cards and submit to Thrive.okanagan@ubc.ca by November 25th

Book an in-person Movement Break with the Move U Crew for a class, meeting or event or office drop in.	Take a walking meeting _____	Carpool with a colleague _____	Participate in a Thrive event or stop by a Thrive booth _____	Thank a coworker for what they do well
Treat a colleague to coffee or tea	Take a Workplace Wellbeing course _____	All team members incorporate a quick stretch break every 2 hours for a day	Make a meal from UBCO's Cookbook . Share how it turned out with your team!	Practice a random act of kindness
Add a movement break to your day	Stop by the Thrive United Way Pitstop with your colleagues	With a colleague, find 2 of the 4 outdoor art installations _____ _____	Plan a day of plant forward meals	Go for a coffee/tea or walk with a colleague outside your unit, department, or faculty
Familiarize yourself with Canada's 24-Hour Movement Guidelines	Have a healthy potluck within your unit, department or faculty or arrange to have lunch together	Check out a course on LinkedIn Learning _____	Walk one of the campus trails with your team	Familiarize yourself with the UBC Wellbeing Strategic Framework

Team Names and emails (for prizing purposes):

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____