

# Healthy Workplace Month Contest

# READY-SET-BINGO!

**Gratitude Bingo is a way for you to improve your health and well-being at work and get entered to win prizes for your participation!**

**All you need to do is print the bingo card and mark off squares as you complete them.**

- You have an entire month to work towards finishing the whole card!
- At the end of the month, you can email or send in your card and you'll get entered to win.
- You get one entry per line up to 3 lines, and 5 entries for accomplishing every square on the card.

**Submit your bingo card to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by the end of October.**

More info and activities at  
<https://www.uoguelph.ca/wellnessatwork/>



# Healthy Workplace Month GRATITUDE BINGO

Do a gratitude activity first thing in the morning.	Engage in daily gratitude activities for at least two weeks.	Write and e-mail a thank-you note to a colleague.	Start a gratitude journal.	Reminisce on memory you are thankful for.
Send a loved one some happy mail.	Use three -four thankful Tuesday prompts from the wellness calendar.	Donate items you no longer need.	Use one - two thankful Tuesday prompts from the wellness calendar.	Notice when your thoughts show judgement.
List 5 things you're grateful for using each of your senses.	Try a gratitude meditation.		Take a gratitude walk.	Show yourself gratitude by taking your lunch break uninterrupted .
Use each letter of the alphabet to list what you are grateful for.	Mindfully eat and savour a meal.	Engage in daily gratitude activities for at least one week.	Write a thank you note to yourself for taking the time this month to engage in gratitude.	Do a random act of kindness.
Keep a gratitude jar.	Take a photo of something you are thankful for.	Do a gratitude activity right before bed.	Give a specific reason why practicing gratitude is important to you.	Use all four thankful Tuesday prompts from the wellness calendar.

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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