



Wellbeing BINGO



Brought to you by Bobcats FIRST and Staff Council

Complete 5 items in a row to get a BINGO!

Send a picture of your card to gcsuwellbeing@gcsu.edu by August 1 to claim a prize.

Spend 15 minutes in the Serenity Den	Donate an item to Campus Corner	Take a 20-minute walk without your phone	Do a new form of movement for 15 minutes	Attend the ElevateU conference on May 28
Take 8,000 steps in one day	Unsubscribe from 5 marketing emails	Drink 64 oz of water 3 days in a row	Visit Lockerly Arboretum or the Greenway	Write a thank-you note to a colleague
Eat plant-based for a day	Park farther away at work for 3 days	Become QPR Gatekeeper certified	Take the stairs instead of the elevator 3 times	Listen to an inspiring podcast
Pick up 5 pieces of litter around campus	Explore a campus building you've never visited	Write down 5 things you like most about yourself	Get a colleague to do Wellbeing BINGO	Do an artistic hobby
Take 1 hour to tidy your inbox	Do a YouTube dance fitness video	Have a professional development experience	Celebrate a colleague's birthday	Visit Bobcat Marketplace during orientation