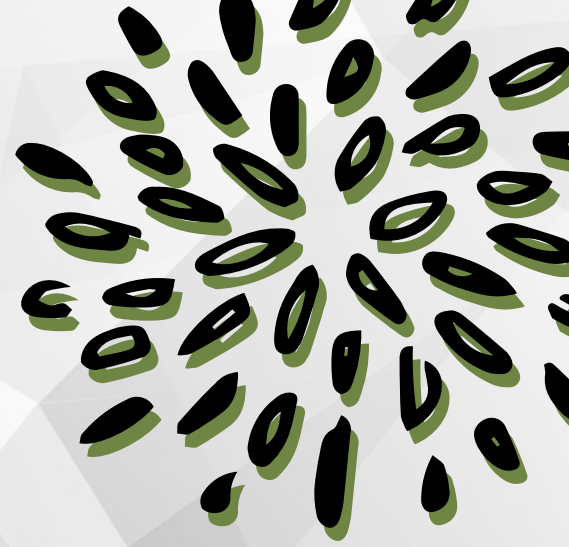


SOCIAL WELLBEING WEEK



AUGUST 17 - AUGUST 21

HOW IT WORKS

Each day this week, we will host a new activity that you can participate in. Keep an eye out on Teams every day to learn about the activity for the day! Use this guide as a reference to the Social Wellbeing Week. Please note, take a look at Friday's activity now as you may want to complete the video before Friday!

MINDFULNESS MONDAY

Unplug from all devices for 1 hour & complete a mindfulness activity. Post a picture of your completed work on Slack for proof.

TRIVIA TUESDAY

Login to Quizizz to access the trivia questions and join the Trivia Zoom Call to hang out with your teammates. Winner gets a prize!

WALK IT OUT WEDNESDAY

Take a 30 minute walk outside and post a picture on Slack for proof. The picture can include yourself, family members, or the great outdoors!

TACKY HAT THURSDAY

Wear a tacky hat and post a selfie on the Teams channel.

FREESTYLE FRIDAY

Create & submit a video of you lip syncing to a jam! You can create the video solo or in collaboration with a team. Submit the video to _____ by _____. On Friday, we will host a virtual team happy hour to watch all the video submissions together and cast votes on our favorite videos. Be the person/team with the most liked video and win a prize! Winner announced the following Monday.

HOW TO PARTICIPATE

Keep an eye out in Slack every day to learn about the activity for the day. Monday, Wednesday, and Thursday will utilize Slack for proof. Tuesday and Friday will utilize Zoom for video chats.