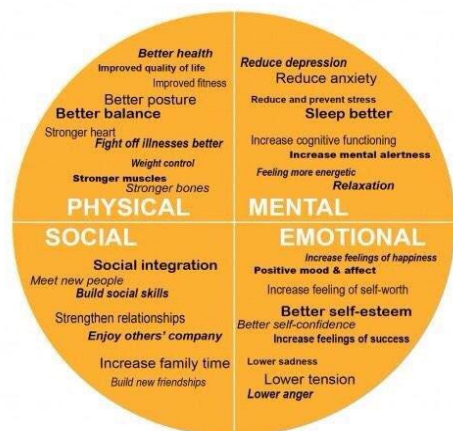


RCC Health & Wellness Committee Presents


Physical BINGO Card!

Week 4 theme: Social, Emotional, Humor, Social Engagement



Social emotional wellness is a person’s ability to understand and manage their emotions, make responsible decisions, build and maintain relationships, and understand and empathize with others. How you feel can affect your ability to carry out everyday activities, relationships, and your overall mental health. Read more at:

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

Write a self-compliment list	Sweep the floor	Play a board game	Attend any public event	Participate in an online fitness class
Take 10 deep breaths	Go bowling	Reflect on something positive about your day	Dance to music for 15 minutes	Read a chapter of a book
Cook/make dinner with a family member	Declutter a space	 Free Space!	Volunteer	Talk to a co-worker you haven’t met before
Go to a movie with family/friends	Go to lunch with a friend	Video chatted with a friend or family member	Write in a journal or diary	Explore the college’s EAP program
Take a break from social media	Speak with an old friend	Do a random act of kindness	Choose a healthy snack	Share your favorite podcast with a peer



Participate in this week’s physical BINGO with the BINGO card above. Each individual that submits a BINGO will win a prize! Complete a BINGO in all 4 weeks and be entered in for an extra special prize.

Email completed BINGO cards to cmurff@rogucecc.edu