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<p>TAKE 5 DEEP BREATHS</p>	<p>Invite a coworker to have lunch with you</p>	<p>Remind a coworker to shut off work phone at the end of the day</p>	<p>Say "Good morning" to 3 coworkers during the week</p>	<p>TAKE 5 DEEP BREATHS</p>
<p>Share a WAG</p>	<p>Using your sense of smell, image 2 favorite smells</p>	<p>RUN</p>	<p>Use your sense of hearing, listen for 3 things near you (close your eyes!)</p>	<p>Offer to help a coworker with a task</p>
<p>Say "Hi" to 2 coworkers you don't know well</p>	<p>SKIP</p>	<p>Go to a playground and play! (swing, slide, climb, explore)</p>	<p>SING</p>	<p>Walk with a coworker during a break</p>
<p>Tell a (work appropriate) joke</p>	<p>Using your sense of touch, hold/touch 4 things in your space</p>	<p>JUMP</p>	<p>Using your sense of sight, see 5 things in your space</p>	<p>Leave a note on a coworker desk to say hello or great job</p>
<p>TAKE 5 DEEP BREATHS</p>	<p>Email a coworker to say you appreciate them</p>	<p>Talk with a coworker you've never talked to before</p>	<p>Eat lunch with coworkers in the conference room once per week</p>	<p>TAKE 5 DEEP BREATHS</p>