



Backstage Bingo

2025 Benefits & Well-Being Festival

Meditate or do a
sound bath in
Modern Health 🧠

Hug your pet or a
friend 🤗

Schedule that
health
appointment 🏃

Hydration
check: 8 glasses
today 🏃

Compliment
yourself out loud 🧠

Play a game with
family/friends 🤗

Healthy breakfast +
post in the People-
Ops Slack Channel 🏃

FREE SPACE

Go for a walk
without your
phone 🧠

Attend a
Wellness Festival
event 🤗

Join a fun Slack
channel 🤗

Learn a new
word & use it 🧠

Take a movement
break at lunch 🏃

Send a check-in
text to a friend 🤗

Declutter your
inbox 🧠

Unplug from
screens for an
hour 🧠

Volunteer in your
community 🤗

Stretch twice
this week 🏃

Donate to a local
charity 🤗

Update your
beneficiaries 🏃

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