

How to use your *card*

For teaching, support, office, custodial, food-service, transportation, specialist, and leadership teams.

01

PROTECT THE WORK

Use personal time or an authorized break. Never do an activity during supervision, driving, food preparation, or another safety-sensitive duty.

02

CHOOSE YOUR PACE

Complete a row, fill the card, or choose one square whenever it fits.

03

ADAPT OR SKIP

Change any activity to suit your needs, or skip it without explanation.

04

KEEP IT PRIVATE

Do not include student or family details. Your activity choices stay private from HR.

ABOUT THIS FREE EDITION

This card uses 24 activities reviewed for School staff across teaching and non-teaching roles. Choose only what fits your needs, responsibilities, schedule, setting, and personal time. Fegud for Teams creates a personalized card for every employee each month and gives HR group-level participation reporting.

School Staff *Bingo*

SCHOOL STAFF • EMPLOYEE WELLNESS
TEACHING + SUPPORT ROLES • ENGLISH • CANADA

24 ACTIVITIES • 5 × 5
US LETTER • COLOR

ONE SQUARE A DAY, OR ONE A WEEK. YOUR PACE.

● NUTRITION ● MINDSET ● CONNECTION ● MOVEMENT

F	E	E	G	U	D
FEEL	EASE	GROW	UNWIND	DISCOVER	
● MINDSET ☐ Spend part of your personal time on something unrelated to school	● MOVEMENT ☐ Do 10 minutes of comfort-led movement on five days	● NUTRITION ☐ Create a flexible school-day food plan that fits your access and needs	● CONNECTION ☐ Make a flexible personal-time plan with someone, if you both want to	● MINDSET ☐ Take a break from non-urgent school email during personal time	
● MOVEMENT ☐ Enjoy a longer movement session on personal time, indoors or outside	● NUTRITION ☐ Plan flexible school-day food options for five workdays	● CONNECTION ☐ Plan a no-cost activity together for personal time, if you both want to	● MINDSET ☐ Leave one non-urgent work task for work time	● MOVEMENT ☐ Choose a comfortable lower-body reset after work	
● NUTRITION ☐ Choose a satisfying food option for an authorized break	● CONNECTION ☐ If timing works, invite a coworker to share part of a break	Free Space WORKPLACE	● MOVEMENT ☐ Walk, roll, or move for 15 minutes on personal time	● MINDSET ☐ Take up to ten minutes between work and the next thing, if you can	
● CONNECTION ☐ Offer a no-pressure check-in to a coworker	● NUTRITION ☐ Identify a food option that suits your needs and available facilities	● MINDSET ☐ Notice one moment that feels a little less busy	● NUTRITION ☐ Choose a drink option that suits your needs, if wanted	● MOVEMENT ☐ Roll your shoulders back after a repetitive school task	
● MINDSET ☐ Take one full breath at a safe pause in your day	● CONNECTION ☐ Share a light moment with a coworker, if you both want to	● MOVEMENT ☐ Shake out your hands after writing, typing, or marking	● CONNECTION ☐ Thank someone who helps the school day run	● NUTRITION ☐ List a before-work food option that fits your appetite	

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