

























2026 Public Service Week **Healthy Habits Bingo**

How it Works:

Wellness looks different for everyone. Participate in ways that work for you, and feel free to adapt any square to suit your needs.

How to Participate:

- Complete activities throughout the week. Get **BINGO** by completing 5 in a row (horizontal, vertical, or diagonal). Celebrate progress—not perfection!
- Submit answer sheet by email to psw@gov.pe.ca by **4:00 p.m. Friday, June 19th**

B	I	N	G	O
 Took a 10-minute wellness walk	 Drank water before coffee	 Ate a vegetable with a meal	 Took 5 deep breaths	 Stretched for 5 minutes
 Logged off on time	 Checked posture at desk	 Wrote down 1 thing I'm grateful for	 Took a screen break	 Got outside, even briefly
 Tried a new healthy snack	 Performed a small act of kindness	FREE SPACE	 Had a movement break	 Slept 7–8 hours
 Connected with a colleague	 Packed a balanced lunch	 Practiced mindful eating	 Decluttered workspace	 Took a full lunch break
 Did something creative	 Laughed during the workday	 Set a daily priority	 Took a 10 min meditation break	 Checked on a colleague