



Remote Working Bingo



First person to cross off a line wins a prize!

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| Been out for your daily exercise | Need to self-distance from the fridge or cupboards | Heard "can you hear me?" on a Zoom call | Wore pyjama bottoms during a video call | Checked in on a friend to see if they are okay |
| Someone has checked in on you | Taken a lunch break | Did household chores on your lunch break | Created a work day playlist | Made sure you've drank enough |
| Had something that made you smile | Saw someone else's pet or family member on a video call | Started a new hobby | Designated time in the evening to relax | Taken a break away from your desk to stretch your legs |
| Received a call from your line manager | Made a joke about your "commute" to work | Spoken to someone about the weather | Used the daily planner | Sang happy birthday while washing your hands |