



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

November – Step Up Stand Out

Interactive whiteboard activities are meant to be fun, joyful, a meeting place for your team to engage in conversation and a reason to socialize at work 😊 Think of it as team building.

DIRECTIONS: We provide a question each month, which aligns with the Lifesaver Wellbeing Series message and a simple 11x17 poster to help get your board started.

WHAT DO YOU NEED TO GET STARTED? Here is a quick list:

- Ideal white board size is 3 ft. x 4 ft.
- Central location with high visibility
- Wellness champion or department “social director”
- Creativity

WHAT'S INCLUDED IN November? Step Up Stand Out

- 11 x 17 poster Interactive Question (2 options)
- 11 x 17 Lifesaver Poster
- Photo/word holders
- Sample email (see below)

Subject: Step Up Stand Out

Hey Team,

This month the Lifesaver topic is focusing on movement and less sitting. Many of us have jobs and lifestyles that incorporate a lot of sitting. So this month we want to focus on sitting less and moving more in whatever ways we can.

This month's interactive white board asks “What works for you to sit less?” I encourage you to participate and share with our team so we can learn some simple options for moving more. I can't wait to see what everyone's ideas are.

Stay safe and stay well.

Linda

*If you are creating your board, this may require a little creativity on your part. Think of things that can be done in person or virtually. See the photo below for layout starting point. Feel free to add other materials or items to your board for interest.



For questions or additional inspiration, contact Linda Golik, Health & Wellbeing Consultant, Bellin Health Business & Community Health, linda.golik@bellin.org or 920.436.8668