



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

December – You don't lose when you snooze

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 December? You Don't Lose when you Snooze

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

Subject: You Don't Lose when you Snooze

Hey Team,

This month the Lifesaver topic is focusing on the benefits of sleeping. Many of us have busy schedules and we often sacrifice sleep in order to get other things checked off our lists. However, sleep is a vital function of health so when we make it a priority we gain better health in many different ways.

This month's interactive white board asks “What helps you get a good night's sleep??” I encourage you to participate and share with our team so we learn how other's insure a good night's sleep. 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