



# Relationship Building Bingo

\*See back for challenge details\*


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<p>What occupation do you admire but could never do?</p> <p>Initials: ____</p>	<p>What is the best way to celebrate a birthday?</p> <p>Initials: ____</p>	<p>How long have you worked with Valley &amp; what position did you start in?</p> <p>Initials: ____</p>	<p>What are your current life goals?</p> <p>Initials: ____</p>	<p>What advice did a resident give you that impacted your life?</p> <p>Initials: ____</p>
<p>Share a Valley Senior Living memory that sticks with you.</p> <p>Initials: ____</p>	<p>What are you most proud of?</p> <p>Initials: ____</p>	<p>What book or movie changed the way you see the world?</p> <p>Initials: ____</p>	<p>What is the most useless skill you have?</p> <p>Initials: ____</p>	<p>If you had a superpower, what would it be &amp; why?</p> <p>Initials: ____</p>
<p>What would you like to improve about your relationships?</p> <p>Initials: ____</p>	<p>What is your favorite childhood memory?</p> <p>Initials: ____</p>	 <p>Free Space</p>	<p>What do you wish you could do again for the first time?</p> <p>Initials: ____</p>	<p>Where did you grow up?</p> <p>Initials: ____</p>
<p>Do you have any family traditions? If so, what?</p> <p>Initials: ____</p>	<p>What would you buy if you won the lottery?</p> <p>Initials: ____</p>	<p>What is the most important quality to look for in a friend?</p> <p>Initials: ____</p>	<p>Who do you look up to most and why?</p> <p>Initials: ____</p>	<p>What is a skill you want to build and why?</p> <p>Initials: ____</p>
<p>What did you want to be when you grew up?</p> <p>Initials: ____</p>	<p>What is your favorite holiday and why?</p> <p>Initials: ____</p>	<p>If you could live anywhere in the world, where would you choose?</p> <p>Initials: ____</p>	<p>What is a small gesture that someone can do that means a lot to you?</p> <p>Initials: ____</p>	<p>Discuss a life event you have overcome.</p> <p>Initials: ____</p>



May Wellness Challenge:

# Relationship Building Bingo

## May's Mental Health Focus surrounds relationships and conversation

*Social connections are linked to better mental health—including lower anxiety and depression rates, higher self-esteem, increased empathy, trust, and improved relationships.*

## May's Challenge:

Talk to individuals on your neighborhood and ask them questions from your Relationship Building Bingo Card.

### Rules & Guidelines

- Cards can be found in team stations, break rooms, and the companywide email link
- Just like Bingo, the goal is to get 5 in a row
  - Ask five questions horizontally, vertically, or diagonally
- Completing all questions for a "Black Out" counts as five entries.
- You must talk to multiple individuals to complete your card.
  - Write the initials of the person you asked the question to. Limit two questions per person per entry.
- Entries contribute to the neighborhood total for a chance to win a catered meal. An individual from the winning neighborhood will also win a \$100 VISA gift card.
- Send your completed card to HR





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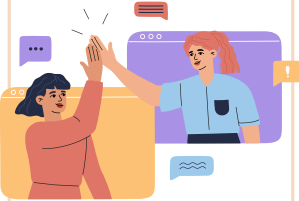
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<p>What makes you feel at peace?</p> <p>Initials: ____</p>	<p>What has changed the most about you in the past 2 years?</p> <p>Initials: ____</p>	<p>What is your favorite season and why?</p> <p>Initials: ____</p>	<p>What historical event would you most like to have experienced?</p> <p>Initials: ____</p>	<p>What's something you really wanted that turned out to be overrated?</p> <p>Initials: ____</p>
<p>What is a weird thing you do that nobody notices?</p> <p>Initials: ____</p>	<p>What is the best part of a Monday morning?</p> <p>Initials: ____</p>	<p>What is your best piece of advice?</p> <p>Initials: ____</p>	<p>What story have you told the most?</p> <p>Initials: ____</p>	<p>Describe your perfect meal. What is it? Where is it?</p> <p>Initials: ____</p>
<p>What is one of your simple pleasures?</p> <p>Initials: ____</p>	<p>What do you love that most people don't?</p> <p>Initials: ____</p>	 <p>Free Space</p>	<p>Name something you're irrationally afraid of.</p> <p>Initials: ____</p>	<p>Besides money, what is one thing you'd like more of?</p> <p>Initials: ____</p>
<p>What is your favorite thing to smell cooking or baking?</p> <p>Initials: ____</p>	<p>Tell me about your children or your pets.</p> <p>Initials: ____</p>	<p>What do you think happens after we die?</p> <p>Initials: ____</p>	<p>If money weren't an object, what job would you choose to have?</p> <p>Initials: ____</p>	<p>Who is someone you'd like to meet?</p> <p>Initials: ____</p>
<p>Share your favorite interaction you've had with a resident(s).</p> <p>Initials: ____</p>	<p>What was an opportunity you turned down &amp; why?</p> <p>Initials: ____</p>	<p>What is the best gift you've ever been given?</p> <p>Initials: ____</p>	<p>How are you? Be sincere. Really, how are you?</p> <p>Initials: ____</p>	<p>What is your favorite quote?</p> <p>Initials: ____</p>



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