

CONNECTION CHALLENGE

Complete your challenge card by participating in any or all of these activities with coworkers and others! Write in the date you completed the activity.

Name/Worksite: _____

Play a board/card game

Send a text to check in with someone

Do something kind for a coworker

Share a meal with someone

Go for a walk with a coworker

Call someone you haven't talked to in a while

Have a face-to-face convo instead of using Teams

Invite someone to spend time with you

Talk to someone without any distractions

Disconnect from social media for a weekend

Pay someone a compliment

Accept an invitation to spend time with someone

Tell someone you care about them

Make someone laugh

Learn something new about a coworker

Recommend a book/music/movie/TV show/podcast to someone

Leave a note of gratitude on someone's desk

Take a picture with someone you love and share it

Visit a new place with a friend or coworker

Have coffee with a coworker before work

Volunteer in your community

Enjoy a meal with no electronic devices

Offer to help someone with a task

Make a new friend or reconnect with an old friend

Surprise someone with their favorite drink or snack
