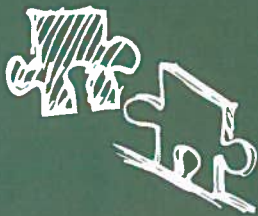


Recess Is Back!

Here are a few ideas to get your company moving!



Play Scrabble. Challenge your co-workers to a week-long game.



Put together a puzzle. Leave the puzzle out in a common area and encourage everyone to fit a few pieces together.

Jump rope for one minute (or longer if you've picked one up since elementary school).



Get outside for some Bocce Ball, Cornhole or Frisbee. An open parking lot is a great space.

Take a 5-10 minute walk break.

Shoot hoops or hula hoop.



How about Hopscotch? Get some masking tape and create your own Hopscotch in the office.



Skip, scoot, or dance around the office!

Hide and seek anyone?

