





TELECOMMUTING

BINGO

Worked on a laptop outside 	"Can you hear me?"	Joked about how long your "commute" is	Said "lol" and meant it 	Had a meeting interrupted by a family member
Wore pajama bottoms to a video meeting	Realigned webcam to show entire face	Did household chores on your lunch break	Drank a glass of water	Took a quick stroll to stretch your legs
Sent a gif to a coworker	Took a coffee break... or three 	FREE SPACE 	Did eye strain relief exercises	"Sorry, I was on mute" 
"Can everyone see my screen?" 	Set up "working hours" #worklifebalance	Spotted a pet in the background of a video meeting 	"Can you email that to me?"	Worked from the sofa
Back-to-back video conferences	Did chair yoga	"Sorry, I have connection issues"	Stepped out into the fresh air	Created a workday playlist 