RECONNECT TOOLKIT

Below are some ideas and resources to help your employees re-connect with one another.

SEND A HEN HIGH FIVE (WEBSITE LINK)

The Hen High Five allows you to recognize coworkers, including individuals or teams, by showing appreciation for their contributions.

HAVE A BABY PICTURE COMPETITION

Coworkers can submit pictures of themselves as an infant or child to be displayed on a bulletin board for a designated amount of time. Throughout the week, coworkers will be able to look at the photos and submit their guesses. At the end of the guessing period, ballots will be collected and whoever is the most accurate will receive recognition of some kind. This guessing game helps coworkers get to know each other, bond over cute baby pictures, and spark conversations about childhood memories.

HOST A PET “BEST IN SHOW” COMPETITION

Coworkers can submit pictures of their pets to be hung on a wall for a week. Throughout the week, coworkers will look at all the pets and submit their votes on various categories such as, Best Hair, Best Name, Best Eyes, Most Unforgettable, etc. The pet with the most votes overall will win Best in Show! This fun competition allows for coworkers to learn more about each other’s pets, bond over cute pet pictures, and play a friendly game.

CREATE A “PICK-ME-UP” QUOTES BULLETIN BOARD

Coworkers can write their favorite motivational or “pick-me-up” quote on a sticky note and stick them onto a bulletin board. When they place their own favorite quote onto the board, they can take another quote to place at their workstation. This is a fun and easy way to build motivation and bring smiles to coworkers’ faces.

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REQUEST AN EMPLOYEE HEALTH AND WELLBEING DEPARTMENT WORKSHOP

For workshops tailored to your department, email wellbeing@udel.edu for requests. Additionally, please visit Employee Health and Wellbeing's Program Page for the latest information about fitness classes, wellbeing workshops, on-demand workshops and more resources designed to help you and your team be your best selves.

PURPOSEFUL GUIDE: RECONNECTING (LINK)

Purposeful is a brand-new kind of mobile app that helps you define your unique purpose in life by illustrating your best self and clarifying what matters most to you. To start your journey, text “UDEL” to 734.436.3939

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