

MANITOBA ADDICTIONS AWARENESS WEEK

TOPIC:	Workplace Activities
AUDIENCE:	Adults

WORKPLACE ACTIVITIES

Ideas and suggestions for events that make a difference

Activity Type	Activity	Event
PHYSICAL	<p>De-alcoholised Wine Tasting</p> <p>Play one of the games included on the MAAW website www.maaw.mb.ca</p> <p>Scavenger Hunt</p> <p>Hike for Health</p>	<p>Host a de-alcoholised wine tasting event.</p> <p>Develop and play a workplace version of “<i>The Amazing Addictions Race</i>” game</p> <p>Have employees collect articles from a list.</p> <p>Plan a noon hour walk for employees with a predetermined route around the workplace. (Include a rest stop in a park if possible for a brown bag lunch.)</p>
PROMOTIONAL	<p>Newsletters E-mail messages</p> <p>Payroll Stuffers</p> <p>Show a DVD</p>	<p>Send slogans or awareness messages to employees’ e-mail during Addictions Awareness Week.</p> <p>Advertise weeklong activities planned for the workplace.</p> <p>Arrange to borrow a DVD from AFM Library that relates to the planned activity.</p>

Activity Type	Activity	Event
PARTICIPATION	<p>Random Acts of Kindness Week</p> <p>Screening clinic (heart, hearing, eyes)</p> <p>“Smoke-free day”</p> <p>“Caffeine-free day”</p> <p>Mocktail Contest</p> <p>Plan an “Electronic Trivia Contest” focusing on preventing alcohol & other drug misuse and problem gambling.</p> <p>Casual Day</p> <p>Wind-up get-together for a lunch hour.</p>	<p>Have employees exchange names and plan an act of kindness a day for one another. This is a great family activity as well.</p> <p>Have the Heart & Lung Association or other organization set up a clinic.</p> <p>Promote a “Weedless Wednesday”</p> <p>Pick a date and promote a Caffeine-free day.</p> <p>Hold a contest during the week and have employees create their own non-alcoholic recipes for drinks and mix them for a panel of judges.</p> <p>Ask “trivia” questions during MAAW. Circulate them by e-mail. Correct entries go into a draw. Have daily winners and a grand prize winner at the end of the week.</p> <p>Employees make a nominal donation to dress casual on a specified day/date. (Donate money collected to EAP for resources).</p> <p>Have employees bring a bag lunch or organize a cost per person event. Present special achievement awards at this time to recognize individual’s efforts for the week</p>
EDUCATIONAL	<p>Circulate a quiz on alcohol and other drug-related issues to all employees.</p>	<p>Distribute a quiz on Monday as a kick-off to the week; collect the entries by Thursday. Hold a presentation ceremony on Friday during lunch hour or coffee break.</p>