

How to Activate Spirit Week at Your Workplace

Back Downtown Spirit Week

May 15–19, 2023

There's an energy to working downtown — **spirit, you might even call it.**

So, for one week, we're throwing a cross-workplace Spirit Week celebrating the perks you can only find working downtown.

We've provided a theme for each day of the workweek, and planned one community activity each day to get you out and enjoying the benefits of the surrounding businesses and downtown culture.

We know every workplace is different, so there's no prescribed way to activate Spirit Week. This is simply a list of ways to get your thinking started — and to inspire you to bring the themes to life in a way that best engages your team.

Don't forget to **tag your local BIZ** in your photos and use the hashtag **#BackDowntownWPG**. We can't wait to see how you celebrate!

May 15, 2023
Monday Funday

Culminating in a display of literal oversized fun and games, Monday Funday is all about starting the week off on a light note.

Some ideas to inspire you:

- Share some corny jokes over the employee intranet
- Screen reruns of a classic sitcom over lunch
- Decorate your office cubicle for the week
- Wear one silly item (think: fascinators or cheesy graphic tees)

May 16, 2023
Tuesday Treats

Enjoy free coffee or tea until noon at one participating shop in each downtown BIZ area — but don't let the treats stop there.

Some ideas to inspire you:

- Treat your staff to baked goods/pick up doughnuts for the office
- Host a potluck lunch and get everyone to pitch in
- Drop off treats or candy to first responders or a service provider in the area
- Indulge in a massage or similar spa service in the area

May 17, 2023
**Work It
Wednesday**

Your lunch hour workout is on us — but there's more than just one way to get moving.

Some ideas to inspire you:

- Change to an active commute for the day, i.e., bike/walk/roll to work
- Borrow the office dog or explore the neighbourhood with a co-worker
- Book an on-the-go or offsite meeting instead of the boardroom
- Have prizes for the most innovative way to stay active without leaving your desk or for travelling the most distance in a day

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May 18, 2023
**Thank You
Thursday**

We're showing our gratitude by bringing therapy dog cuddles to you via the Winnipeg Humane Society — help us spread the love!

Some ideas to inspire you:

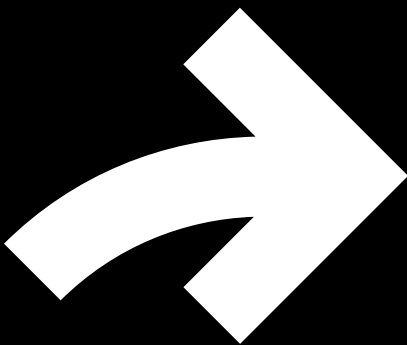
- Send a thank-you or note of appreciation to a co-worker or client
- Run a charity drive for an organization or thank your employees by sending a charitable donation
- Show your love to a favourite local business that makes your downtown experience better (i.e., tag them on a social post or send them a gift)
- Start a "kudos" wall (virtual or physical) at the office for people to celebrate their co-workers

May 19, 2023
**Freestyle
Friday**

Let's finish the week in style! We've asked restaurants in the area to extend happy hour deals for the Friday crowd, and we're leaving it to you to finish the week strong.

Some ideas to inspire you:

- Dress up for a more formal way to end the week
- Visit somewhere you've never been before for happy hour or lunch
- Choose a classic Spirit Week dress code like team colours, pajama day or sports jerseys
- Host your own games tournament like Charades, Pictionary, trivia or Jackbox Games



HR Tip:

While all the fun's happening, plan a company town hall, staff photos, or distribute new company merch during **Spirit Week** to make the most of having everyone in the office!

For more information, visit backdowntown.ca/spirit-week

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