



Heart of the City 5K Acts of Kindness Challenge!

BINGO CARD

Sponsored by



Complete at least **5 squares** in a row and you'll receive a **complimentary raffle ticket** entry. Ask people to pledge an amount (\$) for each square you complete!

You'll receive 1 additional raffle ticket for every **\$100 raised**, up to \$1,000! To view our wonderful prizes, [click here](#).

| | | | | |
|----------------|----------------------------------|---------|--------------------------|--|
| Run/Walk 1K | Complete 1 Act of Kindness | Swim 1K | 30 minutes of Yoga | Indoor/Outdoor biking for 30 minutes |
| Run/Walk 1K | Complete 1 Act of Kindness | Swim 1K | 30 minutes of Yoga | Indoor/Outdoor biking for 30 minutes |
| Run/Walk 1K | Complete 1 Act of Kindness | Swim 1K | 30 minutes of Yoga | Indoor/Outdoor biking for 30 minutes |
| Run/Walk 1K | Complete 1 Act of Kindness | Swim 1K | 30 minutes of Yoga | Indoor/Outdoor biking for 30 minutes |
| Run/Walk 1K | Complete 1 Act of Kindness | Swim 1K | 30 minutes of Yoga | Indoor/Outdoor biking for 30 minutes |

Participant Name: _____ Team (if applicable): _____

Email your completed card by May 14th to:
CHMCFoundation@Dignityhealth.org



Heart of the City 5K Acts of Kindness Challenge!

BINGO CARD

Sponsored by



Equity Residential



Beyond the Numbers



Snell & Wilmer

Committed to being your perfect fit.®

Complete at least **5 squares** in a row and you'll receive a **complimentary raffle ticket** entry. Ask people to pledge an amount (\$) for each square you complete!

You'll receive 1 additional raffle ticket for every **\$100 raised**, up to \$1,000! To view our wonderful prizes, [click here](#).

k i d - f r i e n d l y

| | | | | |
|--|--------------------------------|---|---------------------------------------|-------------------|
| 5 Kangaroo Jumps <i>forward</i> for 5 minutes | 5 minutes of athletic activity | 5 minutes of Creativity (arts & crafts) | Jump Rope for 5 minutes | Make your bed |
| 5 Kangaroo Jumps <i>backward</i> for 5 minutes | 5 minutes of athletic activity | 5 minutes of Creativity (arts & crafts) | Wash the dishes | Tidy up your room |
| 5 Kangaroo Jumps <i>to the right</i> for 5 minutes | 5 minutes of athletic activity | 5 minutes of Creativity (arts & crafts) | Do something nice for your sibling(s) | Make your bed |
| 5 Kangaroo Jumps <i>to the left</i> for 5 minutes | 5 minutes of athletic activity | 5 minutes of Creativity (arts & crafts) | Wash the dishes | Tidy up your room |
| 5 Kangaroo Jumps <i>in a circle</i> for 5 minutes | 5 minutes of athletic activity | 5 minutes of Creativity (arts & crafts) | Do something nice for your sibling(s) | Make your bed |

Participant Name: _____ Team (if applicable): _____

Have an adult email your completed card by May 14th to:

CHMCFoundation@Dignityhealth.org





Heart of the City 5K Acts of Kindness Challenge!

BINGO CARD

Sponsored by



Complete at least **5 squares** in a row and you'll receive a **complimentary raffle ticket** entry. Ask people to pledge an amount (\$) for each square you complete!

You'll receive 1 additional raffle ticket for every **\$100 raised**, up to \$1,000! To view our wonderful prizes, [click here](#).

Fill in your own!

| | | | | |
|--|--|--|--|--|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Participant Name: _____ Team (if applicable): _____

Email your completed card by May 14th to:

CHMCFoundation@Dignityhealth.org



Heart of the City 5K

Acts of Kindness Ideas

Stuck on filling in a box in your bingo card? Here are some ideas for adults and children! Remember, doing something good for yourself is also an act of kindness.

- Snap a photo and let people know why you're supporting California Hospital on social media! Tag **@CHMCFoundation**
- Schedule your annual wellness exam
- Write an encouraging note to frontline staff in your area
- Do a virtual exercise class (yoga, Zumba, stretching, aerobics)
- Donate food cans to your local food bank
- Go roller skating for 15 minutes
- Draw something fun (in chalk) on a sidewalk
- Do sprints for 10 minutes
- Hold the door open for a stranger
- Let someone cut in front of you in traffic
- Walk your neighbor's dog for 30 minutes *(with an adult if you're underage)*
- Play with your furry friend for 30 minutes
- Send an encouraging text to a friend, colleague, or family member
- Walk 10,000 steps today
- Help an adult in a Kitchen
- Do 5 yoga stretches
- Let your teacher know how much you appreciate them
- Do jumping jacks for 10-20 minutes
- Go fly a kite
- Pick up trash in your neighborhood
- Do 5 minutes of meditation
- Raise \$100 for California Hospital!