

BINGO CARD

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Equity Residential Honda LOS ANGELES FINEMAN WEST & COMPANY Second the Numbers FINEMAN WEST & COMPANY

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, <u>click here.</u>

Run/Walk 1K	Complete 1 Act of Kindness	Swim 1K	30 minutes of Yoga	Indoor/Outdoor biking for 30 minutes
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Participant Name:

Team (if applicable):

Email your completed card by May 14th to: <u>CHMCFoundation@Dignityhealth.org</u>





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	kid-	frie	ndly
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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</i> <i>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</i> <i>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</i> <i>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





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Beyond the Numbers

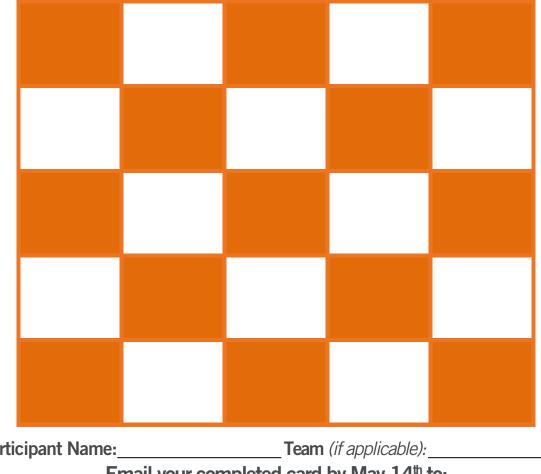
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Fill in your own!

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





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!

California Hospital Medical Center Foundation. A Dignity Health Member