



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!