

# Happy 40<sup>th</sup> Germantown!

## 40 Days of Kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>OCT 16</b> Smile at everyone you see today	<b>17</b> Creative Wednesday *	<b>18</b> Return someone else's shopping cart	<b>19</b> Write a thank you note
<b>22</b> Bring coffee to a coworker or classmate	<b>23</b> Take the time to listen to someone	<b>24</b> Creative Wednesday *	<b>25</b> Pick up litter	<b>26</b> Donate food to the food pantry
<b>29</b> Place a happy note on someone's desk	<b>30</b> Send well wishes to someone in the hospital	<b>31</b> Creative Wednesday *	<b>NOV 1</b> Bring cookies to your local first responders	<b>2</b> Leave a pack of baby wipes in the restroom
<b>5</b> Brighten someone's day with a joke	<b>6</b> Let someone go ahead of you in line	<b>7</b> Creative Wednesday *	<b>8</b> Do something unexpected for a friend	<b>9</b> Thank military personnel for their service
<b>12</b> Buy a coffee or a treat for a veteran	<b>13</b> Say only positive things about people	<b>14</b> Creative Wednesday *	<b>15</b> Pay it forward today	<b>16</b> Tape a bag of popcorn to a Redbox machine
<b>19</b> Leave change in the vending machine	<b>20</b> Open the door for someone	<b>21</b> Creative Wednesday *	<b>22</b> Help someone before they ask	<b>23</b> Write down 3 things you are grateful for
<b>26</b> Volunteer in the community	<b>27</b> Tell someone a favorite thing about them	<b>28</b> Creative Wednesday *	<b>29</b> Wave someone in to merge during traffic	<b>30</b> Make 2 lunches and give one away
<b>DEC 3</b> Give a child a dollar at the Dollar Store	<b>4</b> Call a family member and tell them you love them	<b>5</b> Creative Wednesday *	<b>6</b> Offer encouraging words today	<b>7</b> Support student needs

**10**  
Be kind to yourself, you deserve kindness too!

Notes:  
\*Creative Wednesday:  
Come up with your own act of kindness  
Submit your kindness online:  
[tinyurl.com/germantown40acts](http://tinyurl.com/germantown40acts)

**MC**  
**MONTGOMERY COLLEGE**  
Germantown Campus  
40th Anniversary