

You've Been MOOed!

*An act of kindness was sent your way
To bring you joy and brighten your day;
If you wish others to feel joy, too,
Then keep the joy MOOving, we're counting on you.*

How you keep the joy MOOving!

- 1) Please post the MOO sign where others will see it.
- 2) Visit www.5thbridge.org and print two more MOO signs that you can pass on to others as you do something nice for them.
- 3) Don't know where to come up with an idea? Use your imagination or check out our list of kindness ideas on the 5th Bridge website.
- 4) Deliver your kindness to two other people, friend or stranger, secretly or in the open.
- 5) Hand them a MOO sign or leave one behind so they know they've been MOOed. They can then help continue to pass the joy around with an act of kindness of their own.

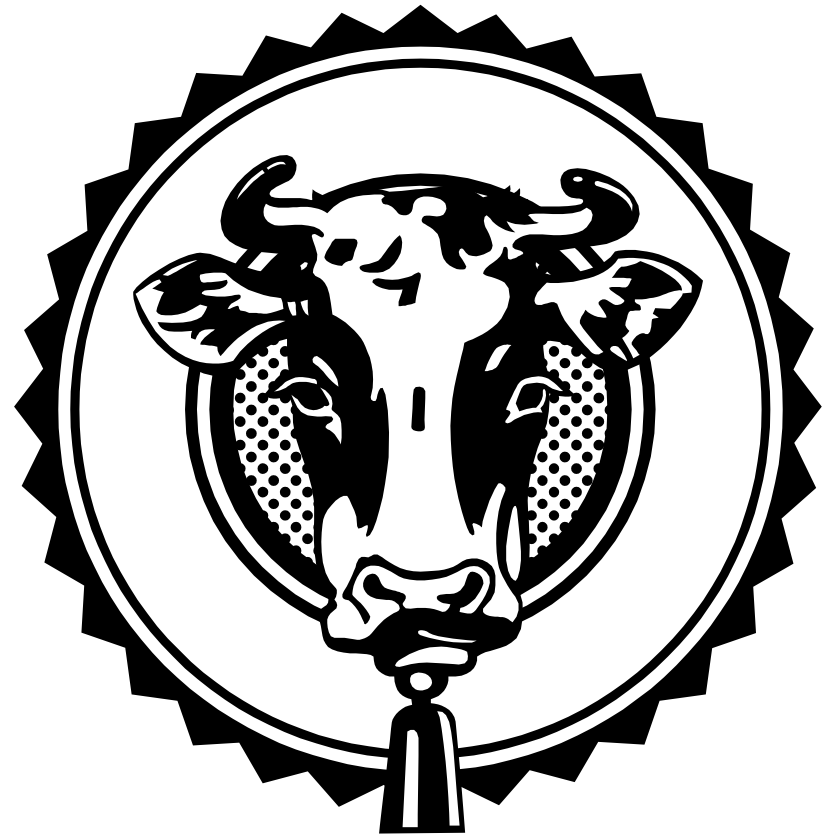
*It will feel so good to see cows all around,
And know joy is spreading throughout our whole town!*

February 14 – 20, 2011 is Random Acts of Kindness Week but any day is a good day for an act of kindness.



www.5thbridge.org

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Why Moo? Because 5th Bridge's mascot is Bridegit the Cow and Northfield is the home of "Cows, Colleges and Contentment."