Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Send a message to let someone know you're thinking of them	**2** Ask a friend how they have been feeling recently	**3** Do an act of kindness to make life easier for someone	**4** Organise a virtual 'tea break' with a colleague or friend	**5** Make time to have a friendly chat with a neighbour	**6** Get back in touch with an old friend you've not seen for a while
7 Show an active interest by asking questions when talking to others	**8** Share what you're feeling with someone you really trust	**9** Thank someone and tell them how they made a difference for you	**10** Look for good in others, particularly when you feel frustrated with them	**11** Send an encouraging note to someone who needs a boost	**12** Focus on being kind rather than being right	**13** Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	**15** Support a local business with a positive online review or friendly message	**16** Check in on someone who may be struggling and offer to help	**17** Appreciate the good qualities of someone in your life	**18** Respond kindly to everyone you talk to today, including yourself	**19** Share something you find inspiring, helpful or amusing	**20** Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	**22** Give sincere compliments to people you talk to today	**23** Be gentle with someone who you feel inclined to criticise	**24** Tell a loved one about the strengths that you see in them	**25** Thank three people you feel grateful to and tell them why	**26** Make uninterrupted time for your loved ones	**27** Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						