

Friendly February 2024

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

29

Acknowledge someone's problem or pain rather than trying to fix it

