# Action Calendar – Friendly February 2023

## Friendly February - Day 1 Wednesday

Send a message to let someone know you’re thinking of them

## Friendly February - Day 2 Thursday

Ask a friend how they have been feeling recently

## Friendly February - Day 3 Friday

Do an act of kindness to make life easier for someone

## Friendly February - Day 4 Saturday

Invite a friend over for a ‘tea break’ (in person or virtual)

## Friendly February - Day 5 Sunday

Make time to have a friendly chat with a neighbour

## Friendly February - Day 6 Monday

Get back in touch with an old friend you’ve not seen for a while

## Friendly February - Day 7 Tuesday

Show an active interest by asking questions when talking to others

## Friendly February - Day 8 Wednesday

Share what you’re feeling with someone you really trust

## Friendly February - Day 9 Thursday

Thank someone and tell them how they made a difference for you

## Friendly February - Day 10 Friday

Look for good in others, particularly when you feel frustrated with them

## Friendly February - Day 11 Saturday

Send an encouraging note to someone who needs a boost

## Friendly February - Day 12 Sunday

Focus on being kind rather than being right

## Friendly February - Day 13 Monday

Smile at the people you see and brighten their day

## Friendly February - Day 14 Tuesday

Tell a loved one or friend why they are special to you

## Friendly February - Day 15 Wednesday

Support a local business with a positive online review or friendly message

## Friendly February - Day 16 Thursday

Check in on someone who may be struggling and offer to help

## Friendly February - Day 17 Friday

Appreciate the good qualities of someone in your life

## Friendly February - Day 18 Saturday

Respond kindly to everyone you talk to today, including yourself

## Friendly February - Day 19 Sunday

Share something you find inspiring, helpful or amusing

## Friendly February - Day 20 Monday

Make a plan to connect with others and do something fun

## Friendly February - Day 21 Tuesday

Really listen to what people say, without judging them

## Friendly February - Day 22 Wednesday

Give sincere compliments to people you talk to today

## Friendly February - Day 23 Thursday

Be gentle with someone who you feel inclined to criticise

## Friendly February - Day 24 Friday

Tell a loved one about the strengths that you see in them

## Friendly February - Day 25 Saturday

Thank three people you feel grateful to and tell them why

## Friendly February - Day 26 Sunday

Make uninterrupted time for your loved ones

## Friendly February - Day 27 Monday

Call a friend to catch up and really listen to them

## Friendly February - Day 28 Tuesday

Give positive comments to as many people as possible today