# Action Calendar – Friendly February 2022

## Friendly February - Day 1 Tuesday

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

## Friendly February - Day 2 Wednesday

Ask a friend how they have been feeling recently

## Friendly February - Day 3 Thursday

Do an act of kindness to make life easier for someone

## Friendly February - Day 4 Friday

Organise a virtual ‘tea break’ with a colleague or friend

## Friendly February - Day 5 Saturday

Make time to have a friendly chat with a neighbour

## Friendly February - Day 6 Sunday

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

## Friendly February - Day 7 Monday

Show an active interest by asking questions when talking to others

## Friendly February - Day 8 Tuesday

Share what you’re feeling with someone you really trust

## Friendly February - Day 9 Wednesday

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

## Friendly February - Day 10 Thursday

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

## Friendly February - Day 11 Friday

Send an encouraging note to someone who needs a boost

## Friendly February - Day 12 Saturday

Focus on being kind rather than being right

## Friendly February - Day 13 Sunday

Smile at the people you see and brighten their day

## Friendly February - Day 14 Monday

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

## Friendly February - Day 15 Tuesday

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

## Friendly February - Day 16 Wednesday

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

## Friendly February - Day 17 Thursday

Appreciate the good qualities of someone in your life

## Friendly February - Day 18 Friday

Respond kindly to everyone you talk to today, including yourself

## Friendly February - Day 19 Saturday

Share something you find inspiring, helpful or amusing

## Friendly February - Day 20 Sunday

Make a plan to connect with others and do something fun

## Friendly February - Day 21 Monday

Really listen to what people say, without judging them

## Friendly February - Day 22 Tuesday

Give sincere compliments to people you talk to today

## Friendly February - Day 23 Wednesday

Be gentle with someone who you feel inclined to criticise

## Friendly February - Day 24 Thursday

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

## Friendly February - Day 25 Friday

Thank three people you feel grateful to and tell them why

## Friendly February - Day 26 Saturday

Make uninterrupted time for your loved ones

## Friendly February - Day 27 Sunday

Call a friend to catch up and really listen to them

## Friendly February - Day 28 Monday

Give positive comments to as many people as possible today