# Action Calendar – Friendly February 2021

## Friendly February - Day 1 Monday

## Send someone a message to say how much they mean to you

## Friendly February - Day 2 Tuesday

## Ask a friend how they have been feeling recently

## Friendly February - Day 3 Wednesday

## Do an act of kindness to make life easier for someone else

## Friendly February - Day 4 Thursday

## Organise a virtual ‘tea break’ with colleagues or friends

## Friendly February - Day 5 Friday

## Show an active interest by asking questions when talking to others

## Friendly February - Day 6 Saturday

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

## Friendly February - Day 7 Sunday

## Make an effort to have a friendly chat with a neighbour

## Friendly February - Day 8 Monday

## Share what you’re feeling with someone you really trust

## Friendly February - Day 9 Tuesday

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

## Friendly February - Day 10 Wednesday

Look for the good in people, even when they frustrate you

## Friendly February - Day 11 Thursday

Send an encouraging note to someone who needs a boost

## Friendly February - Day 12 Friday

## Focus on being kind rather than being right

## Friendly February - Day 13 Saturday

Send a friendly message of support to a local business

## Friendly February - Day 14 Sunday

Tell your loved ones why they are special to you

## Friendly February - Day 15 Monday

Smile at the people you see and brighten their day

## Friendly February - Day 16 Tuesday

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

## Friendly February - Day 17 Wednesday

Respond kindly to everyone you talk to today, including yourself

## Friendly February - Day 18 Thursday

Appreciate the good qualities of someone in your life

## Friendly February - Day 19 Friday

Share a video or message you find inspiring or helpful

## Friendly February - Day 20 Saturday

Make a plan to connect with others and do something fun

## Friendly February - Day 21 Sunday

Actively listen to what people say, without judging them

## Friendly February - Day 22 Monday

Give sincere compliments to people you talk to today

## Friendly February - Day 23 Tuesday

Be gentle with someone who you feel inclined to criticise

## Friendly February - Day 24 Wednesday

Tell a loved one about their strengths that you value most

## Friendly February - Day 25 Thursday

Thank three people you feel grateful to and tell them why

## Friendly February - Day 26 Friday

Give positive comments to as many people as possible today

## Friendly February - Day 27 Saturday

Call a friend to catch up and really listen to them

## Friendly February - Day 28 Sunday

Make uninterrupted time for your loved ones