



# ACTION CALENDAR: FRIENDLY FEBRUARY 2021





#### **MONDAY**

#### **TUESDAY**

#### WEDNESDAY

#### THURSDAY

## **FRIDAY**

## SATURDAY

#### **SUNDAY**

1 Send someone a message to say how much they mean to you 2 Ask a friend how they have been feeling recently

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

Organise a virtual 'tea break' with colleagues or friends

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

**6** Get back in touch with an old friend you've not seen for a while

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

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 the good in people, even when they frustrate you

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right 13 Send a friendly message of support to a local business 14 Tell your loved ones why they are special to you

15 Smile at the people you see and brighten their day

16 Check in on someone who may be struggling and offer to help **17** Respond kindly to everyone you talk to today, including yourself

**18** Appreciate the good qualities of someone in your life

19 Share a
video or message
you find inspiring
or helpful

20 Make a plan to connect with others and do something fun 21 Actively 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 their strengths that you value most

25 Thank three people you feel grateful to and tell them why

**26** Give positive comments to as many people as possible today

27 Call a friend to catch up and really listen to them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

# **ACTION FOR HAPPINESS**











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