

Friendship Appreciation

Ideas for February

Ordinary & Happy

| S | M | T | W | T | F | S |
|------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|
| 1 Wish a friend a happy February. | 2 Share a photo memory with a friend. | 3 Share an encouraging message with a friend. | 4 Tag friends in a relatable or funny post. | 5 Send a 'hope you're well' message to someone you haven't talked with in a while. | 6 Ask a friend if they need help with anything. | 7 Ask a friend if they want to go shopping with you. |
| 8 Host a football watch party (or a movie night). | 9 Share an inspiring morning message with a friend. | 10 Run an errand that you and a friend need to do together. | 11 Ask a friend if they want to try a new workout class with you. | 12 Like or share a friend's post. | 13 Host a Galentine's Day dinner at home. | 14 Recreate a famous duo in costume and take a photo. |
| 15 Send a bouquet of flowers to a friend. | 16 Share a list of TV show recommendations in a friend group chat to watch together. | 17 Share a funny video in a group chat. | 18 Send a 'thinking of you' message to someone who's been quiet lately. | 19 Share an intro to an old TV show you used to watch with a friend. | 20 Create a 'memory lane' playlist and share with friends. | 21 Recreate an old photo with a friend/group of friends. |
| 22 Compliment a friend. | 23 Send a 'you got this' message to a friend. | 24 Start a 'remember that time we...' message in a group chat. | 25 Send an end-of-day gratitude message to a friend. | 26 Host a group chat video call. | 27 Thank a friend for being there for you. | 28 Visit a place you love with friends. |