

RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: FRIENDLY FRIDAY



#1 Check-in with a loved one

#2 Share joy

#3 Write and mail a card

#4 Help clean-up a playground

#5 Teach someone HOW TO TAKE A DEEP BREATH

#6 Treat someone to ice-cream

#7 Invite friends to go bowling

#8 Host a movie night

#9 Make a new friend

#10 Hold open a door for someone

#11 Sit with someone new at lunch

#12 Let someone go before you in line

#13 Write a positive note to a coworker

#14 Clean-up something that isn't yours

#15 HELP someone BEFORE THEY ASK

#16 Knit a blanket for someone

#17 Read to a sibling/your child

#18 Leave a generous tip

#19 Stop at a child's lemonade stand

#20 Fill a box of toys to donate

#21 Leave a used book in a cafe

#22 Wash someone's car for free

#23 Give someone a thank you note

#24 Pick up litter you see on the ground

#25 Leave change in a vending machine

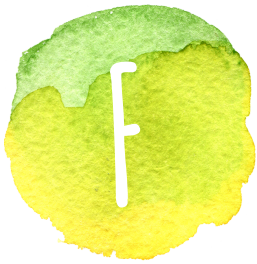
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50 WAYS TO PRACTICE: FRIENDLY FRIDAY



- #26** Help someone when they dropped something
- #27** Donate school supplies
- #28** BAKE FOR A FRIEND
- #29** Start recycling at work/home
- #30** Smile at a stranger
- #31** Paint a kind message on a rock & leave it somewhere
- #32** Forgive someone
- #33** Plant a tree
- #34** Help someone who looks lost
- #35** Babysit for a parent in need of a break
- #36** say "HOW are you?" and LISTEN TO THE answer
- #37** Hold the elevator
- #38** Put a note of encouragement in your child's lunchbox
- #39** Volunteer somewhere new
- #40** Give yourself a compliment
- #41** Visit a teacher who had an impact on you
- #42** Laugh out loud
- #43** Shop at a local business
- #44** Plant milkweed to attract butterflies
- #45** Help with chores
- #46** Mow a neighbor's lawn
- #47** Create a bird feeder
- #48** Draw a picture for someone
- #49** Bring your friends together
- #50** Introduce someone to Resilience Week



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