



RESILIENCE WEEK VIRGINIA 2020

20 WAYS TO PRACTICE: FRIENDLY FRIDAY



#1 Check in with a loved one

#8 Start recycling

#15 Draw a picture for someone

#2 share joy

#9 Forgive someone

#16 Bring friends together online

#3 Write and mail a card

#10 Ask "How are you?" and listen to the answer

#17 Order something online from a local business

#4 Host an online movie night using an online sharing platform

#11 Give yourself a compliment

#18 Teach someone to take a deep breath

#5 write a positive email to a coworker

#12 Laugh out loud

#19 Help someone before they ask

#6 Knit a blanket for someone

#13 Help with chores

#7 Read to your child

#14 Make a birdfeeder

#20 introduce someone to resilience week

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