



## Friendship February 2022 Challenges

**Directions:** Review the list below. Highlight 5, 10, 20 (or more) of the challenges you plan to complete. We recommend writing down what you plan to accomplish on a calendar so you don't forget! (If you need one, click [here](#) and download or print!) You can complete all different challenges or the same challenge a few times for (or with) different people. As you complete your challenges, be sure to update those supporting you about your progress by sending them emails or text messages (with pictures or videos if possible). If you post about your efforts on social media, please use the hashtags #TheNoraProject and #FriendshipFebruary.

1. Clean up your local playground



2. Learn a new joke to make someone laugh



3. Smile at everyone for the day (might be difficult with masks, so smile with your whole self!)



4. Read a story to someone (bonus points if you choose to read The Nora Project's [Friends of All Kinds story!](#))



5. Decorate a container to collect coins to donate to a cause or person who needs it and means a lot to you



6. Talk to your family about a small business you like to visit and leave a positive review online (bonus points if the review is about the business's accessibility or inclusiveness!)



7. Bake cookies and leave them with a kind note for a neighbor



8. Mail a letter to someone you haven't talk to in a while to let them know how you are and that you're thinking of them





9. Leave a nice note for your mail carrier, garbage collector, or someone else who helps your family on a regular basis



10. Invite a friend or family member to play a game with you (bonus points if you play our downloadable [Table Topics](#) decks)



11. Ask a friend or family member to tell you a story about an important event in their lives that taught them about friendship



12. Take five minutes to share "[what am I](#)" riddles with someone



13. Ask someone what is on their to-do list and help them accomplish it



14. Read a book or watch a read-aloud video from the The Nora Project [Kindness Library](#) and discuss it with a family member



15. Create window art that spreads the message that inclusion matters and everyone belongs



16. Put sticky notes with positive messages on mirrors in your home



17. Ask someone "how are you today?" and really listen to their answer



18. Paint a rock with a positive picture or quote and hide it around town for someone to find



19. Tell a teacher, friend, or family member the qualities that you like about them



20. Help a neighbor with something (shoveling, taking out the trash, etc.)





21. Write a thank you note to a friend thanking them for what they mean to you



22. Write nice letters to your neighbors and put it in their mailbox



23. Make a family member their favorite dinner or dessert



24. Write a positive post it note and leave it on a friend's locker or give it to a teacher



25. Make a friendship bracelet and give it to a friend



26. Donate a can (or two) of food to a food pantry



27. Make a video tell your teachers or others how much you appreciate them



28. Brainstorm your own acts of kindness below and try those!



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