



28 days of committing to friendship,
kindness & inclusion



#TheNoraProject
#FriendshipFebruary

Friendship February 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.
4. Ask a sibling, friend, or adult in your home, to play a game and let them go first.
5. Write a thank you note/email to a teacher.
6. Read a story to someone (in person or virtually). Bonus points if you choose to read The Nora Project's [Friends of All Kinds](#) story!
7. Decorate a container to collect coins. Set it out to add coins over the month and then donate the coins to an organization or person that may need them.
8. Write a list of reasons you love someone and leave it for them to find.
9. Watch [this video](#) about kindness with someone you love and talk about what it taught you.
10. Talk to your family about a place (restaurant, store, place of entertainment) you visit often and leave them a positive review online. Bonus points if the review is about the business's accessibility or inclusiveness!
11. Meditate using this [GoNoodle video](#) about practicing kindness and invite someone in your home to join you.
12. Bake cookies and leave them with a kind note for a neighbor you've never met!
13. Mail a letter to someone you haven't talked to in a while to let them know how you are and that you're thinking of them.
14. As a family, talk about what makes a good friend and what makes YOU a good friend.
15. Leave a nice note for your mail carrier, garbage collector, or someone else who helps your family on a regular basis.
16. Invite a friend to play a game with you.
17. Make a thank you card for an essential worker (grocery store employee, delivery person, hospital employee, etc.) Bonus points if you write the note to someone whose efforts might sometimes go unnoticed.
18. Find kindness in others. Look for someone who does something kind and let them know that you noticed and are proud of them.
19. Ask a friend or family member the story behind their name.
20. Take 5 minutes to share "[What am I?](#)" riddles with someone.
21. Ask someone what is on their to-do list and help them accomplish it.

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- This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.