

NATIONAL FRIEND CHECK ON YOUR DAY | FEB 20

We invite organizations, community groups, and institutions to participate in National Friend Check-In Day by intentionally encouraging connection, care, and belonging within their communities. Through simple actions—sharing a message, hosting a moment of connection, or encouraging friends and colleagues to check in—organizations can help normalize care as a daily practice.

Participation requires no financial commitment. It is an opportunity to lead with humanity, model wellness, and affirm the importance of friendship in building strong, resilient communities.

[Read more >>](#)





Table of Contents

02

ABOUT THE DAY

03

THE PURPOSE

04

WAYS TO GET INVOLVED

05

SOCIAL MEDIA TOOLKIT



ABOUT THE DAY

National Friend Check-In Day is a reminder **to pause and intentionally connect with the people who matter to us.** It encourages individuals and communities **to reach out, listen, and show care through simple acts of friendship.**



OUR PURPOSE



- Encourage friendship and connection in everyday spaces
- Support National Friend Check-In Day through community and business participation
- Create simple, meaningful moments for friends to spend time together
- Increase awareness through in-store and social media promotion



Ways Organization Can Participate

Organizations may choose one or more of the following to encourage connection and intentional check-ins:

- Host a “Bring a Friend” or peer connection moment (in person or virtual)
- Invite members, staff, or participants to share a meaningful experience together
- Create space for reflection, appreciation, or conversation around friendship
- Offer a small gesture of care or recognition to pairs or groups





Social Media Toolkit

ON-SITE / IN-PERSON

- Display the National Friend Check-In Day badge in shared spaces
- Add a short message to signage, agendas, or welcome slides
- Encourage participants, staff, or members to attend events or activities with a friend



ONLINE / SOCIAL MEDIA

- Post a message encouraging your community to check in with a friend
- Share a photo or short reflection highlighting friendship, connection, or gratitude
- Invite followers to tag a friend they appreciate
- Tag @NationalFriendCheckIn
- Use #NationalFriendCheckInDay or #FriendCheckIn



Use of Badge & Graphics

ORGANIZATION MAY:

- USE THE NATIONAL FRIEND CHECK-IN DAY BADGE ON SOCIAL POSTS
- ADD IT TO STORIES, FLYERS, OR DIGITAL MENUS
- INCLUDE IT ALONGSIDE PROMOTION ANNOUNCEMENTS

Thank you for supporting National Friend Check-In Day.

Your participation helps create spaces where connection, care, and friendship are celebrated.

