

A photograph of three young adults, two women and one man, smiling and posing closely together. The woman on the left is making a peace sign. The man in the center is smiling broadly. The woman on the right is wearing sunglasses and smiling. The background is a textured, reddish-brown wall.

5 WAYS TO CHECK IN WITH YOUR FRIENDS

A little check-in goes a long way! Here are simple ways to show you care.

#FriendCheckIn

www.nationalfriendcheckin.com



#1

SEND A QUICK TEXT

A simple **“Hey, how’s your day going?”** can mean more than you think. **Small check-ins show you care.**

#FriendCheckIn
www.nationalfriendcheckin.com



#2

PLAN A CATCH-UP CALL OR VIDEO CHAT

Hearing a familiar voice or seeing
a friendly face can be uplifting.

**Set a time to chat, even if it's just
for a few minutes.**

#FriendCheckIn
www.nationalfriendcheckin.com



#3

SHARE A MEME, GIF, OR INSIDE JOKE

Laughter strengthens bonds!
**Sending something funny that
reminds you of them keeps the
connection alive.**

#FriendCheckIn
www.nationalfriendcheckin.com



#4

INVITE THEM TO HANG OUT

Whether it's coffee, a walk, or a quick errand together, **spending time in person or virtually can refresh your friendship.**

#FriendCheckIn
www.nationalfriendcheckin.com



#4

ASK, "HOW CAN I SUPPORT YOU?"

Sometimes, people don't say when they need help. **A simple "I'm here for you" can make a huge difference.**



TAG A FRIEND & MAKE TIME TO CHECK IN TODAY!

Friendship is a two-way street. A
small check-in can make a big
impact.



National Friend Check-In Day

www.nationalfriendcheckin.com