

go play with your friends



chill inspiration for hanging with your buds

friendships during hardship

There have been many times when I have felt shame that I haven't been able to spend time with my friends. The world is very hard right now & I often feel like I'm just treading water in my day-to-day. Perhaps you have felt the same! But this shame is not ours. Current systems actively work to separate us from each other because these systems work better when we are tired, numb & alone. We become trapped in isolation.

Too tired & alone we have no energy to imagine a different way of being. But when we spend time together, we laugh & chat & reminisce & play & share & cry & be. We fill up our cups & soothe our souls & remember that the world need not be the way it is. We can dream up & build kinder ways of living.

It's okay if it feels hard to make space for meaningful time with buds. But as this little zine will show you, we can sprinkle casual, low-key hangs into our lives. We can slowly take back our time to be magic with our friends.

in defense of the low-key hang out

When I think of the times I have felt joyfully connected to a friend, it is often not at an extravagant event. Instead, I have found it is in the tiny moments of intimacy: connecting, conversing, playing, sharing & being together that makes the magic happen.

This little zine presents a tiny smorgasbord of ways to hang with your friends. A hang out need not be the aesthetically pleasing plotted event of pinterest boards, but instead can be casual, intentional moments sewn together with a pal.

So, with that: let's go play with our friends!

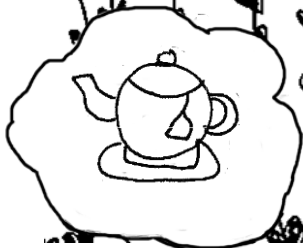
xoxo,

nicole



THE COFFEE DATE

A classic! Catch up with a friend over a hot beverage. Meet at a cozy coffee shop or invite a bud over for a cup of tea. This invite is simple & an excellent hang out if you are looking to catch up with an old chum or get to know a new pal.



Few things are as intimate & delightful as putting the kettle on for a bud. If you are new to hosting, a tea hang out is a great place to start.

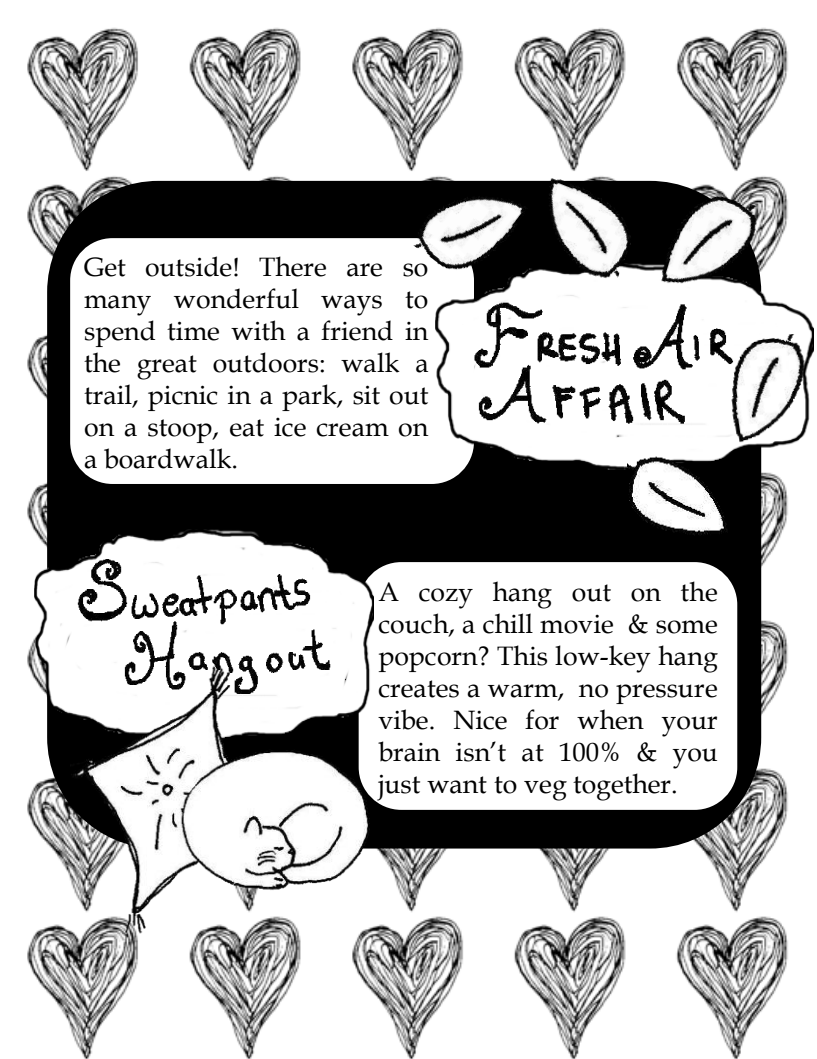


Pick up a friend & drive. Play some music, listen to a podcast, or chat. Wear PJs. Watch a sunset or find some space along the coast for an added view of nature.



Pick up a friend & park. Grab take out food, coffee or bring your own snacks. A great way for a chill catch up. Also, very helpful when you or your friend need a heart to heart or to vent/rant. Fries & a cry with a bud can do a lot, okay?






Get outside! There are so many wonderful ways to spend time with a friend in the great outdoors: walk a trail, picnic in a park, sit out on a stoop, eat ice cream on a boardwalk.



FRESH AIR AFFAIR



Sweatpants Hangout

A cozy hang out on the couch, a chill movie & some popcorn? This low-key hang creates a warm, no pressure vibe. Nice for when your brain isn't at 100% & you just want to veg together.



Beach Combing

With the coast so close, a shoreline adventure is a lovely way to spend time with a friend. Enjoy the view of the water while comparing treasures from the sea! Stick a toe in the water. Bring a blanket & a thermos full of tea to sit and enjoy the view.



Good vibes for:
playfulness, peaceful silence or
heart to hearts

Errand Friends



Catch up with a bud while catching up on your to do list. Errands with a friend can make the more mundane tasks you have to do fun & offer a super chill way to spend time with a friend. Great when it may be hard to schedule a time together or you want something really low-key.



Good vibes for: chill hangs, quality time, silly hijinks, etc



CRAFT NIGHT




Hands on activities are a cozy way to bring friends together (new or old!) or for buds who aren't super talkative.


Inspo: print out colourings, ask folks to bring the craft they are working on, bead bracelets, paint night or collaging.



Tip: work with what you've got! Avoid buying supplies. See what you & your buds can scrounge up - let the creative energy inspire you!



PIZZA PARTY

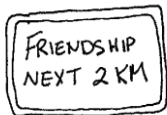


Get creative with this beloved snack party. Prepare pizza dough in advance & ask friends to bring their favourite toppings. Spend the evening taking turns making different pizza combos. Snacks & laughs are sure to be plentiful.

Other versions: grilled cheese, ice cream sundaes, baked potatoes

Make a list of all the chill things you like to do to (disc golf, dog walking, thrifting, listening to music etc.) Then brainstorm a friend who might enjoy that same activity. Presto! You have an invite ready to go.

final thoughts & more inspo



how we show up: reclaiming family, friendship, and community by mia birdsong (2020)

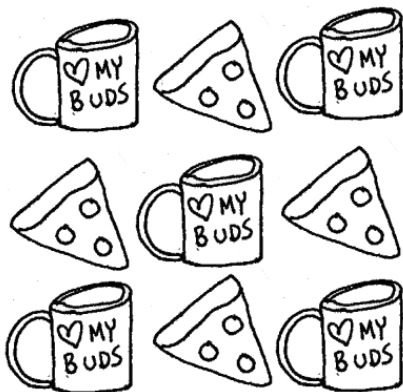


the serviceberry: an economy of abundance by robin wall kimmerer (emergence magazine podcast, november 22, 2022)



possibilities of loving collaboration with adrienne maree brown & autumn brown (possibilities podcast, november 15, 2022)

be brave, invite a friend to hang out today!



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(2025) follow [inkblot_xo](#) on Instagram for
more of her whimsy

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