



# APRIL 2025

## HAPPINESS CALENDAR FOR EDUCATORS



This month, build dialogue across differences with daily tips from Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Ask questions to <u>understand</u> .	2 Walk and <u>talk</u> .	3 Imagine how others are <u>thinking</u> and <u>feeling</u> .	4 Consider the role of <u>compassion</u> in education.	5 Prepare for a difficult <u>conversation</u> .
6 Ask yourself: <u>What and Who am I Teaching?</u>	7 Encourage <u>mindful listening</u> .	8 Learn to sit with <u>discomfort</u> .	9 Encourage the act of <u>reflection</u> .	10 Become an <u>admitter</u> .	11 Consider different <u>points of view</u> .	12 Listen with <u>respect</u> .
13 Practice <u>deep curiosity</u> .	14 Practice <u>36 Questions</u> with a colleague.	15 Listen with <u>respect</u> .	16 Write a <u>letter</u> .	17 Check for <u>understanding</u> .	18 Explore your <u>intuitions</u> .	19 Consider our potential for <u>growth</u> .
20 Explore your <u>story of meaning</u> .	21 Practice being in the <u>present moment</u> .	22 Practice <u>small talk</u> .	23 Entertain multiple <u>perspectives</u> .	24 Discover your <u>style of curiosity</u> .	25 Accept conflict as a <u>catalyst for change</u> .	26 Consider <u>forgiveness</u> .
27 Practice <u>mindful breathing</u> .	28 Join Us Today! <u>How to Have Uncomfortable Conversations</u>	29 Take the <u>Bridging Differences quiz</u> .	30 <u>Embrace awe</u> to nurture yourself and others.			

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