







AUGUST 2024

HAPPINESS CALENDAR FOR EDUCATORS

This month, be open and curious with daily tips from Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>How curious are you?</u> Take our quiz to find out.	2 Practice <u>listening with fascination</u> .	3 <u>Connect with someone</u> different from you.
4 <u>Focus more on curiosity</u> , less on performance.	5 <u>Learn something new</u> from a podcast.	6 <u>Explore and seek out novelty</u> .	7 <u>Get to know a colleague</u> .	8 Seek out <u>moments of awe</u> .	9 <u>Build a safe space</u> for sharing thoughts and feelings.	10 Stay open during <u>hard conversations</u> .
11 See the <u>dignity</u> of every person.	12 Help students <u>learn to listen deeply</u> .	13 <u>Get comfortable with uncertainty</u> .	14 <u>Make a list of things you wonder about</u> .	15 <u>Get curious about kindness</u> .	16 Consider the <u>interconnectedness</u> of life.	17 Reflect on how <u>mistakes help us learn</u> .
18 <u>Listen with compassion</u> at home.	19 <u>Get kids curious</u> about doing the right thing.	20 <u>Spark wonder</u> in the classroom.	21 Create an <u>"I Wonder"</u> board.	22 Join our <u>campaign for connection</u> .	23 Invite wonder into <u>everyday life</u> .	24 Begin a new <u>book</u> .
25 Be curious about <u>what brings you meaning</u> .	26 Attend our free online meeting, <u>Asking Open, Authentic Questions</u> .	27 Help kids <u>become curious</u> about one another.	28 Learn about a <u>different culture</u> .	29 <u>Get curious</u> about your favorite movie.	30 <u>Spark discovery</u> through awe.	31 Help kids <u>get to know</u> their own minds.

Designed by Hannah Jin-hee Kim
hannahjinhee.com

