### DECEMBER 2023

#### Happiness Calendar for Educators

This month, feel and foster compassion and kindness in your school community with practices and resources from the Greater Good Science Center.

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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1. **Write yourself a letter.**
2. **See five ways compassion benefits our well-being.**
3. **Train your brain to be kinder.**
4. **Practice listening with empathy and understanding.**
5. **Explore compassion with educators around the world.**
6. **Learn how compassion takes courage.**
7. **Be kind to yourself.**
8. **Carry out an act of collective kindness.**
9. **Build a positive relationship with a student.**
10. **Learn how to feel more present.**
11. **Give tweens and teens a self-compassion break.**
12. **Learn how compassion requires vulnerability.**
13. **Learn how to create kinder, happier schools.**
14. **Perform or notice an act of kindness.**
15. **Send good wishes out into the world.**
16. **Help students listen with compassion.**
17. **Send good wishes to colleagues.**
18. **Learn how kids think about kindness.**
19. **See the best in others.**
20. **Explore our natural capacity for kindness.**
21. **Take a self-compassion break.**
22. **Give yourself the gift of courage.**
23. **Learn how self-compassion helps us be more tolerant.**
24. **Encourage kindness in kids.**
25. **Learn why we should be nice.**
26. **Take a self-compassion quiz.**
27. **Learn how kindness spreads.**
28. **Join a supportive community of educators.**
29. **Learn how to love people you don’t like.**
30. **Make kinder classrooms.**
31. **Wish others well.**

**New! Courage in Education: Facing Challenges with Strength, Determination, and Hope**

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