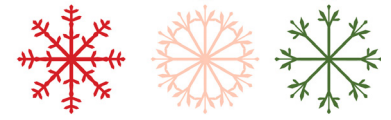




DECEMBER 2023

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.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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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
Click Here to Sign Up

