



# DECEMBER 2024

## HAPPINESS CALENDAR FOR EDUCATORS



This month, bring more light and love into your school with daily tips from Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Apply to join <a href="#">Greater Good Educators!</a>	2 <a href="#">Find beauty</a> in your surroundings.	3 <a href="#">Share your joy</a> with others.	4 Connect with <a href="#">what matters most</a> to you.	5 <a href="#">Laugh</a> together.	6 <a href="#">Affirm</a> your self-worth.	7 Listen with <a href="#">love</a> .
8 Be kind <a href="#">together</a> .	9 See the <a href="#">good things</a> in your life.	10 <a href="#">Practice Gratitude</a> Tuesday.	11 Take a <a href="#">walk</a> .	12 Reflect on <a href="#">three good things</a> .	13 Try <a href="#">The Complaint Challenge</a> .	14 Write yourself a <a href="#">letter</a> .
15 Ask yourself: <a href="#">What gives me hope?</a>	16 Appreciate <a href="#">small kindnesses</a> .	17 <a href="#">Practice mindful breathing</a> .	18 <a href="#">Listen to music</a> together.	19 Savor <a href="#">positive emotions</a> .	20 Write a <a href="#">thank you note</a> .	21 Flip a <a href="#">complaint</a> into gratitude.
22 Capitalize on <a href="#">positive events</a> .	23 Delight in <a href="#">your senses</a> .	24 <a href="#">Slow down</a> .	25 Give the <a href="#">gift of time</a> .	26 Connect with people you <a href="#">admire</a> .	27 <a href="#">Bring meaning into daily life</a> .	28 Read a <a href="#">good book</a> .
29 Deliver a <a href="#">gratitude letter</a> in person.	30 Reflect on <a href="#">your life journey</a> .	31 <a href="#">Contribute to the greater good</a> .				

Designed by Hannah Jin-hee Kim  
hannahjinhee.com

