



# FEBRUARY 2024

## Happiness Calendar for Educators



*This month, learn how to bridge differences and build a sense of common humanity in schools and classrooms.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Greater Good Science Center</b> ggie.berkeley.edu greatergood.berkeley.edu</p>			<p><b>1</b> Appreciate our <b>shared humanity</b>.</p>	<p><b>2</b> Learn how to <b>“bridge differences”</b> in the classroom.</p>	<p><b>3</b> <b>Reflect on your values.</b></p>	
<p><b>4</b> <b>Reflect on norms</b> that are part of your life.</p>	<p><b>5</b> <b>Listen with compassion.</b></p>	<p><b>6</b> <b>Stay grounded</b> during a stressful moment.</p>	<p><b>7</b> Learn how to <b>stay empathic without suffering</b> so much.</p>	<p><b>8</b> <b>Stand up for your beliefs.</b></p>	<p><b>9</b> Meet <b>difficult emotions</b> with gentle care.</p>	<p><b>10</b> Take a <b>Bridging Differences</b> quiz.</p>
<p><b>11</b> Broaden your <b>sense of “we.”</b></p>	<p><b>12</b> Build <b>safety, trust, and inclusion.</b></p>	<p><b>13</b> Join a <b>courageous community.</b></p>	<p><b>14</b> <b>Care for your heart.</b></p>	<p><b>15</b> Listen to <b>students of color.</b></p>	<p><b>16</b> Use art to <b>build bridges.</b></p>	<p><b>17</b> Give yourself <b>more courage.</b></p>
<p><b>18</b> Meditate on <b>our common humanity.</b></p>	<p><b>19</b> Recognize our <b>potential for growth and change.</b></p>	<p><b>20</b> Help students <b>connect to the large world</b> around them.</p>	<p><b>21</b> <b>Broaden your sense</b> of what’s familiar.</p>	<p><b>22</b> Find five steps for <b>ethical thinking.</b></p>	<p><b>23</b> Ask yourself, <b>“What is justice?”</b></p>	<p><b>24</b> <b>Reflect upon purpose.</b></p>
<p><b>25</b> Help <b>feel and foster self-compassion.</b></p>	<p><b>26</b> <b>Recognize bias and stereotypes.</b></p>	<p><b>27</b> Learn to <b>navigate difficult emotions.</b></p>	<p><b>28</b> Break for <b>self-compassion.</b></p>	<p><b>29</b> <b>Gain perspective</b> on our place in the universe.</p>		