

# JANUARY 2024

## Happiness Calendar for Educators



*This month, feel and foster more courage in your school community with daily tips and practices from Greater Good Science Center.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Reflect on your values for the new year.	<b>2</b> Imagine your "courage creature."	<b>3</b> Try a writing meditation.	<b>4</b> Explore our free courage choice boards.	<b>5</b> Enjoy and share beautiful music.	<b>6</b> Practice a body scan meditation.
<b>7</b> Appreciate your strengths.	<b>8</b> Connect with other educators.	<b>9</b> Take our Courage in Education course.	<b>10</b> Build meaning and purpose in the classroom.	<b>11</b> Appreciate your people.	<b>12</b> Be kind to yourself.	<b>13</b> Embrace vulnerability.
<b>14</b> Check in with your people.	<b>15</b> Reflect on acts of courage.	<b>16</b> Find awe in the everyday.	<b>17</b> Make time for self-compassion.	<b>18</b> Read for fun.	<b>19</b> Celebrate your growth.	<b>20</b> Let emotions come and go.
<b>21</b> Plan a courageous act.	<b>22</b> Create a healing-centered environment.	<b>23</b> Be open to different perspectives.	<b>24</b> Put down the put-downs.	<b>25</b> Take a stand.	<b>26</b> Flex SEL skills for social change.	<b>27</b> Learn how growth mindsets can make us happier.
<b>28</b> Meditate on your place in the universe.	<b>29</b> Awaken compassion at work.	<b>30</b> Foster friendly behavior to our planet.	<b>31</b> Feel more hopeful and inspired.	 <p><b>New! Courage in Education: Facing Challenges with Strength, Determination, and Hope</b> Click Here to Sign Up</p>		