



# JANUARY 2025

## HAPPINESS CALENDAR FOR EDUCATORS



This month, foster connection and understanding in your school with daily tips from the Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Reflect on what it means to " <u>bridge differences</u> ."	2 Get <u>curious</u> .	3 Take a break to <u>move together</u> .	4 Get comfortable with <u>uncertainty</u> .
5 Shift from <u>hostility to empathy</u> .	6 <u>Reach out</u> across differences.	7 Take the <u>Bridging Differences quiz!</u>	8 Share that <u>you care</u> .	9 Make a <u>self-portrait</u> .	10 Invite students to <u>discuss the issues</u> .	11 Take a <u>walk</u> .
12 Appreciate <u>what we all have in common</u> .	13 Attend our free community meeting, <u>We Belong to Each Other</u> .	14 Explore what it means to be an <u>upstander</u> .	15 Invite students to <u>listen with compassion</u> .	16 Practice <u>active listening</u> with a colleague.	17 <u>See the dignity</u> of every person.	18 Support families in <u>talking about equity</u> and justice.
19 Seek out a new perspective in a <u>book</u> .	20 Recognize that we all can <u>grow and change</u> .	21 Stay flexible in <u>opinion</u> .	22 Ask yourself: <u>Can I humanize a zombie?</u>	23 <u>See the person</u> , not the label.	24 Watch a <u>movie</u> about connecting across differences.	25 Reflect on our <u>possible biases</u> .
26 Collaborate across <u>generations</u> .	27 Affirm that you <u>belong</u> .	28 Revisit school and <u>classroom norms</u> .	29 Examine your <u>thoughts and reactions</u> .	30 Share <u>stories of kindness</u> .	31 Help students navigate <u>conflict</u> .	

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