



# MARCH 2024

## Happiness Calendar for Educators



*This month, bring more inspiration, awe, and wonder to your learning community with daily tips and practices from Greater Good Science Center.*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**GG** Greater Good  
**SC** Science Center

ggie.berkeley.edu  
greatergood.berkeley.edu



**1** Find out what inspires awe.

**2** Learn how awe benefits teachers.

**3** Schedule time to **feel awe(some)**.

**4** Spend a **mindful moment** with nature.

**5** Learn how **awe sharpens our brains**.

**6** **Give yourself more time**.

**7** Watch an awesome video that **changes your perspective**.

**8** Happy SEL Day! Use **SELDAY24** to take our **course for free**.

**9** **Reframe a challenge**.

**10** Learn how movies help us **find meaning in life**.

**11** Learn how **awe benefits students**.

**12** **Share an awe-inspiring story**.

**13** **Find delight** in your five senses.

**14** Take a **new perspective about math**.

**15** **Wonder about something**.

**16** Reflect on **your life journey**.

**17** Explore a free **Awe Learning Packet**.

**18** Learn how **awe sharpens our brain**.

**19** Connect with **inspiring educators**.

**20** **Help kids find their purpose**.

**21** **Find inspiration in a poem**.

**22** Create an **inspiring playlist**.

**23** Learn how the **arts benefit kids**.

**24** **Find wonder in the ordinary**.

**25** Take a **mindful walk in nature**.

**26** Learn how to **feel and foster more awe** in education.

**27** Appreciate the **cycle of life**.

**28** **Move together**.

**29** **Appreciate a work of art**.

**30** **Take a walk and look up**.

**31** Plan for **April's solar eclipse**.

