








# MAY 2025

## HAPPINESS CALENDAR FOR EDUCATORS



This month, let nature be your classroom with daily tips from Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Take a <u>wonder walk</u> .	2 Notice something inspiring in your <u>neighborhood</u> .	3 Reflect on your <u>roots</u> .
4 Broaden your <u>perspective</u> .	5 Find <u>one thing in nature</u> that brings you joy.	6 Watch an <u>inspiring video</u> with others.	7 Go outside when you <u>feel stressed</u> .	8 <u>Play pretend</u> with nature.	9 Listen to <u>birdsong</u> .	10 Practice <u>mindfulness</u> outside.
11 Feel your feet on the ground.	12 Consider your <u>favorite parts</u> of nature.	13 Appreciate the <u>vastness</u> of the sky.	14 Discover the <u>eight wonders of awe</u> .	15 Go outside and <u>find your sit spot</u> .	16 Gather together for a <u>common purpose</u> .	17 Plan to take class <u>outside</u> .
18 Consider your relationship with the <u>land</u> .	19 <u>Reflect</u> upon a moment in nature that amazed you.	20 <u>Capture the beauty</u> of the outdoors.	21 Reflect on the <u>interconnectedness</u> of life.	22 Remember to <u>slow down</u> .	23 Bring nature <u>indoors</u> .	24 Take an <u>Awe Quiz</u> .
25 Travel the world <u>virtually</u> .	26 Practice <u>slow looking</u> .	27 Join our free community meeting! Connecting to Nature Through Journaling 	28 <u>Promote concern</u> for our natural world.	29 <u>Look up</u> during recess.	30 Plan an <u>awe outing</u> .	31 <u>Step away from the screen</u> and into nature.

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