



MAY 2024



Happiness Calendar for Educators

This month, play, have fun, and connect with others with daily tips from Greater Good Science Center's education team.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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1 Reflect on how you played as a child.

2 Play a game outdoors.

3 Bring your playful side to school.

4 Help kids make friends.

5 Connect with a student.

6 Try a playful icebreaker at school or home.

7 Promote and participate in play with students.

8 Create a positive affirmation.

9 Reflect on how play can empower and heal us.

10 Have fun and build trust as a team.

11 Join our campaign for connection!

12 Read an uplifting poem.

13 Quiz Yourself: Take the Playworks Recess Checkup.

14 Make a plan to do something fun.

15 Laugh more and learn why laughter feels good.

16 Flex one of your strengths for fun.

17 Visit a new place.

18 Move your body.

19 Create a joyful playlist.

20 When meeting someone different from you, wonder if they like broccoli or carrots.

21 Join us on Zoom for The Science of Play!

22 Let art move you.

23 Be silly with someone.

24 Play pretend.

25 Reflect on how laughter connects and brings us together.

26 Bring humor to your meditation.

27 Savor moments of connection with a loved one.

28 See people who may be different from you in a fresh light.

29 Play flow and tell.

30 Listen to a podcast you enjoy.

31 Clap together.

