



HAPPINESS CALENDAR FOR EDUCATORS

This month, seed curiosity and open your heart to harvest connections with daily tips from Greater Good Science Center.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Meditate on our common humanity.



Get curious with Howard Gardner.

10

17

Listen actively.

diversity.

Practice shallow vs

12

19

26

When it's hard to connect, try curiosity.

Share stories of moral beauty.

Nurture students' wonder & curiosity.

How open minded are vou? Take a quiz.

How curious are

you? Take a quiz.

Sustain an open heart.

11 Help students value

18

Get the FREE Bridging Differences Playbook

deep curiosity.

Gain perspective on an argument.

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Connect through the power of music with David Byrne.

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Help students strenathen conversation skills.

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16 Overcome disconnection with curiosity (and a podcast!)

Help students listen with compassion.

Imagine your best self in relationships. Cultivate curiosity in vour classroom.

Make small talk with strangers.

Reflect on how life is a gift.

Build bridges with dianity.

23

Challenge students Find common ground. to check their perspectives.

Let in new

perspectives.

25

Engage in courageous dialogue Stay open & curious in hard conversations

Find silver linings when life gets hard. Feel connected in the outdoors.

























