



OCTOBER 2023

Happiness Calendar for Educators

Ideas for building kinder, happier, more equitable school communities, drawn from the science of well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Connect with a colleague.</p>	<p>2 Experience more joy in the classroom.</p>	<p>3 Explore the science of awe.</p>	<p>4 Help kids see the bigger world and their role in it.</p>	<p>5 Be inspired by the best of humanity.</p>	<p>6 Ask yourself: how would you treat a friend?</p>	<p>7 Savor silence.</p>
<p>8 Ask yourself: could life be more awesome?</p>	<p>9 Learn how culture can heal.</p>	<p>10 Foster empathy through a book.</p>	<p>11 Slow down with an awe walk.</p>	<p>12 Express gratitude for your community.</p>	<p>13 Learn what middle schoolers can teach us about respect.</p>	<p>14 Embrace humility.</p>
<p>15 Learn how to support teachers.</p>	<p>16 Cultivate an open heart.</p>	<p>17 Appreciate simplicity and imperfection in life.</p>	<p>18 Feel and foster more awe.</p>	<p>19 Journal about a positive moment.</p>	<p>20 Check in with yourself.</p>	<p>21 Explore seven strategies to develop character.</p>
<p>22 See the positive.</p>	<p>23 Create a ripple effect of kindness.</p>	<p>24 Join a supportive community.</p>	<p>25 Learn six steps to active listening.</p>	<p>26 See your emotions come and go.</p>	<p>27 Engage your senses.</p>	<p>28 Learn how to disagree without having a debate.</p>
<p>29 Listen to music.</p>	<p>30 Discover what makes for a positive classroom community.</p>	<p>31 Pretend to be a superhero.</p>				