



OCTOBER 2024
HAPPINESS CALENDAR FOR EDUCATORS



This month, bring more humble and open-minded learning to your school with daily tips from Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Embrace your <u>"humanness."</u>	2 Move from <u>"me" to "we."</u>	3 <u>How humble are you?</u> Take our quiz to find out.	4 <u>Cultivate a safe space</u> for sharing.	5 <u>Disagree with yourself.</u>
6 <u>Hang out in uncertainty.</u>	7 <u>Notice and appreciate humility</u> at school.	8 Ask yourself: <u>Am I the A*Hole?</u>	9 <u>Look for examples</u> of humility.	10 Model a <u>growth mindset.</u>	11 Appreciate the <u>gift of life.</u>	12 <u>Question yourself</u> in an argument.
13 <u>Learn something new</u> today.	14 Challenge your <u>biases.</u>	15 <u>Practice being open</u> in conversations.	16 Ask yourself: How does humility <u>benefit educators?</u>	17 Help kids <u>keep an open mind.</u>	18 Journal for <u>new perspectives.</u>	19 Practice humility with <u>like-minded educators.</u>
20 <u>Embrace opinions</u> different from your own.	21 Practice humility <u>while learning.</u>	22 Help students <u>listen</u> to others' stories.	23 <u>Notice and name a mistake.</u>	24 Reflect on <u>our place in the universe.</u>	25 Model a <u>teachable attitude.</u>	26 Practice <u>"self-distancing."</u>
27 <u>Cultivate humble leadership.</u>	28 Attend our free online meeting, <u>Admitting That You May Be Wrong.</u>	29 Tap into <u>awe.</u>	30 Help students <u>tug for the truth.</u>	31 Celebrate <u>learning from our mistakes.</u>		

Designed by Hannah Jin-hee Kim
hannahjinhee.com

