








SEPTEMBER 2025

HAPPINESS CALENDAR FOR EDUCATORS



Cultivate empathy in yourself and your school community with daily tips from the Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 How empathic are you? <u>Take a quiz.</u>	2 Practice a <u>growth mindset.</u>	3 Read <u>fiction.</u>	4 Avoid the <u>empathy trap.</u>	5 Embrace <u>boundary-setting.</u>	6 Let in a new <u>perspective.</u>
7 Learn why <u>kind workplaces</u> are more successful.	8 Help others feel <u>heard.</u>	9 <u>Make music</u> together.	10 Practice <u>mindfulness.</u>	11 Connect with a <u>colleague.</u>	12 Strengthen <u>feelings of kindness.</u>	13 Learn about a <u>different culture.</u>
14 Find what we <u>have in common.</u>	15 Join our free <u>community meeting</u> with The Dignity Index today!	16 Pursue <u>diverse friendships.</u>	17 Join a community of <u>educators who care.</u>	18 Imagine from other <u>perspectives.</u>	19 Consider our <u>inherent worth.</u>	20 Reflect on a time when you <u>changed your mind.</u>
21 Understand the world inside someone else.	22 Practice being <u>emotionally agile.</u>	23 <u>Find the good</u> right now.	24 Create space for <u>all emotions.</u>	25 Practice <u>mindfulness.</u>	26 Check your <u>bias.</u>	27 <u>Look out</u> for those around you.
28 Collaborate with your <u>local community.</u>	29 <u>Draw</u> together.	30 Listen with <u>compassion.</u>				

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