







SEPTEMBER 2024

HAPPINESS CALENDAR FOR EDUCATORS

This month, foster empathy and fresh perspectives in your school or classroom with daily tips from our education team.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <p>How empathic are you? Take the quiz!</p>	<div>2</div> <p>Let in a new perspective.</p>	<div>3</div> <p>Consider what's most important to you.</p>	<div>4</div> <p>Practice deep curiosity.</p>	<div>5</div> <p>Support empathy education in school.</p>	<div>6</div> <p>Use art to bridge differences.</p>	<div>7</div> <p>Ask yourself: Is my empathy biased?</p>
<div>8</div> <p>Learn how our backgrounds influence our perspectives.</p>	<div>9</div> <p>Create more belonging for yourself & others.</p>	<div>10</div> <p>Tune into your own feelings.</p>	<div>11</div> <p>Consider why empathy may be controversial.</p>	<div>12</div> <p>Help kids find their inner hero.</p>	<div>13</div> <p>Be authentic at work.</p>	<div>14</div> <p>Lean into empathy when things get political.</p>
<div>15</div> <p>Hang out in uncertainty.</p>	<div>16</div> <p>Cultivate curiosity about a stranger.</p>	<div>17</div> <p>Encourage empathy through stories.</p>	<div>18</div> <p>Model perspective-taking.</p>	<div>19</div> <p>Examine your assumptions.</p>	<div>20</div> <p>Listen to your inner voice.</p>	<div>21</div> <p>Learn how to increase your compassion bandwidth.</p>
<div>22</div> <p>Renew your sense of empathy.</p>	<div>23</div> <p>Join our free online meeting! Perspective Receiving vs. Taking</p>	<div>24</div> <p>Help students see one another with empathy.</p>	<div>25</div> <p>Consider the limits of perspective-taking.</p>	<div>26</div> <p>See the positive side.</p>	<div>27</div> <p>Consider how you show empathy in your daily life.</p>	<div>28</div> <p>Practice self-distancing.</p>
<div>29</div> <p>Check in with yourself.</p>	<div>30</div> <p>Revisit your "why."</p>					