



NOVEMBER 2023

Happiness Calendar for Educators



This month, feel and foster gratitude in your school community with practices and resources from the Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Greater Good Science Center ggie.berkeley.edu greatergood.berkeley.edu			1 See six ways gratitude benefits teachers.	2 Find gratitude activities for the classroom.	3 Give time for staff members to say "thanks."	4 Quiz yourself: How grateful am I?
5 Reflect on the good things in life.	6 Take a gratitude walk.	7 Learn three ways to cultivate gratitude at school.	8 Help students recall a time they felt grateful.	9 Reflect on your awesome school memories.	10 Appreciate good music together.	11 Help families cultivate gratitude at home.
12 Explore five myths about gratitude.	13 Foster kindness by saying "thank you."	14 Discover how gratitude changes your brain.	15 Consider how to foster gratitude to tweens and teens.	16 Interview an elder about gratitude.	17 Explore non-verbal ways to say "thank you."	18 Reflect on a pleasant experience from today.
19 Talk kindly behind someone's back.	20 Appreciate the beauty of nature.	21 Reflect on the power of giving.	22 Learn how to practice gratitude when you're not feeling thankful.	23 Explore two free curricula on gratitude.	24 Appreciate your strengths.	25 Learn how gratitude can reduce cyberbullying.
26 Try the complaint challenge.	27 Share appreciation for your colleagues.	28 Consider obstacles to expressing gratitude.	29 Reflect upon the golden rule.	30 Watch an inspiring video.		