

April 2025

Happiness Calendar

This month, invite people in.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GGSC Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu		1 Observe the beauty of nature .	2 Help your neighbor .	3 Reflect on how you deal with conflict .	4 Follow your curiosity .	5 See the good in your partner.
	6 Watch an inspiring movie .	7 Find a common goal .	8 Reach out to a friend.	9 Help everyone feel like they belong .	10 Celebrate someone else's joy .	11 Make small talk with a stranger.
	13 Find a local group to join.	14 Remember a time you felt loved .	15 Find your voice .	16 Move your body in a way that feels good.	17 Help each other through a crisis.	18 Get involved in a cause.
	20 Do something creative .	21 Focus on growing and improving .	22 Advocate for women .	23 Be present with someone.	24 Don't believe everything you hear .	25 How self-compassionate are you? Take our quiz to find out.
27 Take a break to meditate .	28 Practice kindness today.	29 Listen to peaceful music .	30 Believe you can make a difference .			