



# APRIL 2024

## Happiness Calendar for Educators

*This month, practice self-compassion with daily tips and practices from Greater Good Science Center.*

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|--|---|--|---|---|
|  | <b>1</b> Ask yourself: <b>"What do I need in this moment?"</b>     | <b>2</b> Practice <b>being kinder to yourself.</b>                       | <b>3</b> Affirm the <b>wonderful qualities</b> you already possess.   | <b>4</b> Cultivate the <b>courage for compassion.</b>                  | <b>5</b> <b>Speak kindly</b> to yourself.   | <b>6</b> Build a <b>self-compassion playlist.</b>           |
| <b>7</b> Hold yourself to <b>reduce stress.</b>                                  | <b>8</b> <b>Face the future</b> with compassion.                   | <b>9</b> <b>Be kind to your body.</b>                                    | <b>10</b> <b>Write freely</b> just for yourself.  | <b>11</b> Reflect upon <b>your inner voice.</b>                        | <b>12</b> Appreciate <b>simplicity and imperfection.</b>                              | <b>13</b> <b>Learn something new</b> about self-compassion. |
| <b>14</b> <b>Take a self-compassion break.</b>                                   | <b>15</b> Recall <b>how others have supported you.</b>             | <b>16</b> Join a <b>self-compassion community meeting</b> for educators. | <b>17</b> Put <b>less pressure</b> on yourself.   | <b>18</b> <b>Talk to yourself</b> the same way you'd talk to a friend. | <b>19</b> <b>Tune into your body.</b>   | <b>20</b> <b>Notice self-compassion</b> in others.          |
| <b>21</b> <b>Send good wishes</b> into the world.                                | <b>22</b> Consider the ways you <b>care for yourself</b> each day. | <b>23</b> Use self-compassion to <b>motivate yourself.</b>               | <b>24</b> <b>Embrace a mistake.</b>   | <b>25</b> <b>Put down the put-downs.</b>                               | <b>26</b> <b>Stand up for yourself.</b>   | <b>27</b> <b>Encourage self-compassion</b> in a student.    |
| <b>28</b> Look for <b>reminders of connection.</b>                               | <b>29</b> <b>Take a self-compassion quiz.</b>                      | <b>30</b> <b>Broaden your compassion</b> to others.                      | Learn about the science of self-compassion! Join our free community meeting for educators.<br><a href="http://bit.ly/kindtome">http://bit.ly/kindtome</a> |  |  |   |

**GGSC** Greater Good Science Center

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