

THE 30 DAY HAPPY TEACHER CHALLENGE

Bring a bit of positivity to your day by completing the following daily challenges to make you a happier teacher.

1 Pull a student aside to tell them how much they have improved or how proud you are of them.	2 Organize an area in your classroom that has become a bit chaotic (drawer, book case, your desk etc.).	3 Strike up a conversation with a colleague that you don't speak to very much.	4 Write a funny joke on your board for students to read when they enter your classroom.	5 Take a short walk during your lunch, prep period, or after school. During the walk, think about the things in your life that make you the happiest.
6 Calm the paper chaos. Organize your papers or student work by filing them, throwing them away, or putting them in an orderly fashion.	7 Think of a student who is behaved and always works well, but they might not stand out as a top student. Call that student's parent/guardian with some praise.	8 Compliment another teacher on something they have done well for their students or the school. Appreciation goes a long way.	9 Find an inspirational quote online that you relate to in some way, write it on a post-it, and put it somewhere on your desk.	10 Don't do ANY work during lunch today and don't feel guilty about it.
11 At the start of class, pass out index cards and ask students to respond to this prompt: "I am happiest when..."	12 Download this free desk planner, laminate it, and attach it to your desk! bit.ly/deskplanner	13 Write a thank-you note to the custodian who cleans your classroom to tell him or her that you appreciate their work. It is usually a thankless job.	14 Make a conscious effort to smile more today, especially at those students who aren't having a great day. Smiles tend to be contagious.	15 Use the last few minutes of class to take a photo of your students as a group. Print the picture and post it in your classroom.
16 Give a compliment to a student who often seems to be in trouble. Say it somewhere where other students might overhear.	17 Clean up a small area in your class that has been getting a bit disorganized.	18 Play some relaxing music while your students are working today.	19 Start the day off by thinking of three things you are doing really well as a teacher. Say those three things out loud to yourself.	20 Make time for exercise today. It can be a walk after work, a trip to the gym, or you could even try a short exercise video on YouTube!
21 Write a note to a student who has done something kind or thoughtful to show them that their good deed is noticed.	22 Organize the files on your computer's desktop today. Make and title file folders (Right Click + New Folder) and put the documents in them!	23 Share a successful lesson you had with a colleague who teaches the same subject or grade level as you. Encourage them to try it out!	24 Think of a student who doesn't always get recognition. Display that student's work in your classroom somewhere (with their permission).	25 Drinking water helps energize muscles, keeps your kidneys healthy, and keeps you looking great. Have a water bottle nearby in your classroom and attempt to drink 2L of water in the day.
26 Think about the top 5 things you love about teaching. Write them down and have them somewhere as a reminder when teaching gets stressful!	27 Do something nice for a colleague. Bring them a coffee, put a little treat in their mailbox, or do something else thoughtful.	28 Are you having an issue in your classroom? Don't try to deal with it on your own. Talk to a colleague that you respect to ask their advice on how to deal.	29 Try using an exit pass at the end of a lesson to see what your students have learned! Download this free exit pass: bit.ly/freeexitpass	30 Greet students at the door and give them high-fives as they enter. If they are in high school, they will roll their eyes, but they'll secretly think you're awesome.



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