

Yes, I know, this is not exactly a Tech Tip, but.....it is nearing the end and you might need to add a little “flavor” into your work world right about now. The 30-day challenge might help to get you outside of your box. Print it out and try it.

# 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.

<b>1</b> Pull a student aside to tell them how much they have improved or how proud you are of them.	<b>2</b> Organize an area in your classroom that has become a bit chaotic (drawer, book case, your desk etc.).	<b>3</b> Strike up a conversation with a colleague that you don't speak to very much.	<b>4</b> Write a funny joke on your board for students to read when they enter your classroom.	<b>5</b> 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.
<b>6</b> Calm the paper chaos. Organize your papers or student work by filing them, throwing them away, or putting them in an orderly fashion.	<b>7</b> 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.	<b>8</b> Compliment another teacher on something they have done well for their students or the school. Appreciation goes a long way.	<b>9</b> 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.	<b>10</b> Don't do ANY work during lunch today and don't feel guilty about it.
<b>11</b> At the start of class, pass out index cards and ask students to respond to this prompt: "I wish my teacher knew this about me."	<b>12</b> Download this <b>free</b> desk planner, laminate it, and attach it to your desk! <a href="https://goo.gl/neBYn2">https://goo.gl/neBYn2</a>	<b>13</b> 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.	<b>14</b> Make a conscious effort to smile more today, especially at those students who aren't having a great day. Smiles tend to be contagious.	<b>15</b> 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.
<b>16</b> Give a compliment to a student who often seems to be in trouble. Say it somewhere where others students might overhear.	<b>17</b> Clean up a small area in your class that has been getting a bit disorganized.	<b>18</b> Play some relaxing music while your students are working today.	<b>19</b> 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.	<b>20</b> 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!
<b>21</b> Write a note to a student who has done something kind or thoughtful to show them that their good deed is noticed.	<b>22</b> Organize the files on your computer's desktop today. Make and title file folders (Right Click + New Folder) and put the documents in them!	<b>23</b> 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!	<b>24</b> Think of a student who doesn't always get recognition. Display that student's work in your classroom somewhere (with their permission).	<b>25</b> 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.
<b>26</b> Think about the top 5 things you love about teaching. Write them down and have them somewhere as a reminder when teaching gets stressful!	<b>27</b> Do something nice for a colleague. Bring them a coffee, put a little treat in their mailbox, or do something else thoughtful.	<b>28</b> 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.	<b>29</b> Try using an exit pass at the end of a lesson to see what your students have learned! Download this free exit pass: <a href="https://goo.gl/gYDpgf">https://goo.gl/gYDpgf</a> .	<b>30</b> 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.

