

PAT'S PULSE ON  
ALL THINGS AWESOME IN EDUCATION

January's Pulse

**Welcome to January 2025, AITs!  
Happy New Year!**

We sincerely hope your Christmas was blessed with many happy memories to help get you through the hard times, in 2025, that seem to arrive in our lives, when we least expect them. To help kick-start your year, I found this YouTube titled: *"How to be Happy Every Day!"* (Yikes???? That's a HUGE undertaking!)

Yes, I too was skeptical, until I listened with an open mind and heart, and with the intention of applying a new 'happy strategy' to each day. Surprisingly, it worked. What's best about this practice is that you can also teach it to your own children and certainly to your students too. It is well worth the 15:43 minutes you will spend watching this YouTube:

 [How to Be Happy Every Day by Jaqueline Way](#)

In case you see the value of this concept, perhaps you could bring it to the attention of the principal or any classroom teachers who might support this school-wide/divisional project. As an itinerant teacher, you can certainly open every ArtsAround class with one question: *"In what way can our class give to others today?"* Collectively, pick ONE general 'activity' to perform that day. Be sure you do that activity, too. Then check in weekly to see and hear how their new daily habit is doing.

Keep it on your radar and even encourage staffs to include *"How We Changed the World Today!"* from time to time, during announcements or at assemblies or for prayer of gratitude for being able to serve. Let the kids brag!



They deserve acknowledgment and encouragement!  
Give those gifts often!

However, if you want to suggest this as a school-wide project, you will certainly be given rewards for going that extra mile. Having an entire school community pull together to work on their emotional health, by giving to others daily, is bound to release those wonderful feel-good hormones: dopamine, serotonin, endorphins, and oxytocin. Who doesn't want to reduce anxiety and stress and bring joy to others.

It will also boost a positive environment in the whole school. The suggestion is now in your head. You can't unhear it. The question now is. **"Will you act on it?"** That I must leave up to you. At least introduce this new weekly habit, the one day a week when you are with your **ArtsAround** classes. What better way to start a New Year than with a gift that keeps on giving. May 2025 be your best year EVER, bringing daily happiness by promoting healthier school communities. God bless you!

**Your ArtsAround Team**

**Pat, Nicole and Jessica**

**“ We make a living by what we get.  
We make a life by what we give. ”**

**- Winston S. Churchill**