

Teach Happy: Small Steps to Big Joy Book Study Guide

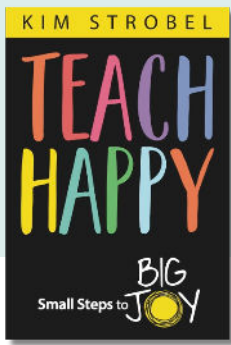
Preface: Remember Your WHY: Corey

Discussion Questions

1 With the mountain of responsibilities we have in a day, it's easy to judge a student's behavior rather than look behind the behavior and ask a deeper question, "What happened to them? Is there some type of trauma that might be causing the student to behave this way?" How can you begin seeing a student's vulnerability to offer more support?

2 Knowing your why helps you navigate the challenging times that are sure to come in your teaching career. Why did you become a teacher? What impact did you want to have? Write this out. Share it with your colleagues. Post it outside your classroom. Use this as your North Star for when times are tough.

3 Can you begin to extend some compassion for yourself and let go of having to do everything right all of the time? How might you extend some grace to yourself when you walk out the school doors each day?



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Chapter 1:

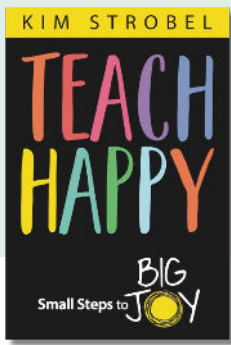
From Panic to Purpose: My Journey to Becoming a Happiness Coach

Discussion Questions

- 1 Everyone has two parts to themselves: the one that is strong and the one that struggles. Where in your life can you learn to embrace both parts of yourself? What's a struggle you are currently dealing with?

- 2 It's easy to forget how far we've come in our lives and the things we have overcome and accomplished. What is something that was very challenging in your life, but you still overcame it and succeeded?

- 3 Sometimes, the light can be hard to find in our lives because we get stuck in the chaos and negativity of what is happening around us. Where in your life do you need to find the light again?



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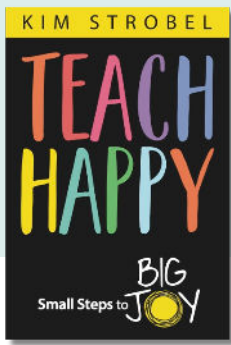
Chapter 2: The Happy Teacher Equation: Understanding Contributors to Happiness

Discussion Questions

1 What are your thoughts about the happiness research referenced in this chapter? What shocked you? Was there an AHA moment, or did anything give you hope?

2 Have you let people, circumstances, or experiences rob you of more than 10% of your happiness for too long? Have you given that thing too much power over you? What would happen in your life if you worked to release it and take your power back?

3 What would it mean to you if you could increase your happiness by up to 40%? How would your life change? What would it look and feel like?



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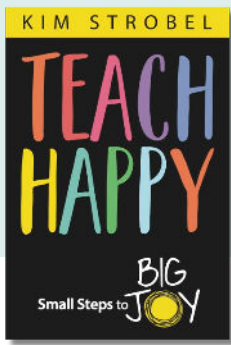
Chapter 3: Keeping it Real: The Dark Side of Positivity Culture

Discussion Questions

1 Have you experienced toxic positivity in your job or in your personal life? What was the situation and how was it handled? How did it make you feel?

2 Are there times you want to vent your frustration, but you are afraid to because you don't want to let others down or be seen as negative? How might the school help you feel seen and heard while looking for a solution?

3 It's easy to feel alone and be afraid to share our true feelings or the hardness of this job, but that can feel isolating. What emotions do you feel that are tied to teaching and the expectations placed upon you? What can we do together to support one another in the hardness of this job? Brainstorm potential solutions that could make teachers feel less alone and more seen in this profession.



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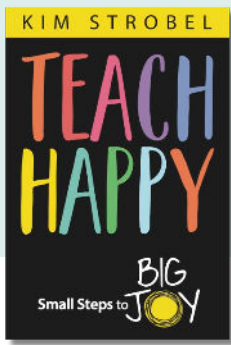
Chapter 4: Redefining Happiness: A New Formula for Teacher Success

Discussion Questions

1 Were you taught or modeled an old formula for success? Work hard and achieve all the good things to eventually get you to success, and once you are there, you will be happy. How was this well-intended but broken formula modeled to you? How does it show up in your life now? Is it working for you?

2 We play the IF/WHEN game with success. I'm allowed to be happy only after I've been successful. What are some situations in your life that you have been playing the IF/WHEN game with? Are you putting off your happiness until that goal is accomplished? Are you tying your achievement of that goal to your happiness? Can you begin to find your happy in the now while you are reaching for that goal?

3 How is exhaustion and overworking showing up in your life? What does it look like? How does it feel? How do you feel when you are driving home? When you get home? How does the rest of your evening feel? What about when you wake up to come to school the next day? How does that feel?



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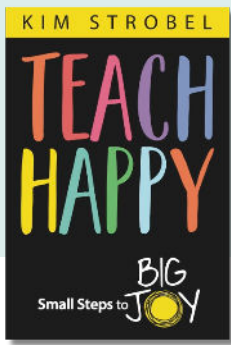
Chapter 5: The Art of Flow: Forget Everything You Know about Work-Life Balance

Discussion Questions

1 How does the word balance feel to you? Where in your life have you struggled with balance?

2 How does the word flow feel to you? What is different about flow versus balance? How might thinking about flow in your life help you have a different perspective and not feel so much guilt?

3 What did the Wheel of Life activity reveal to you? What area are you going to focus on? If you were to give that area more action and energy, how would it change your life?



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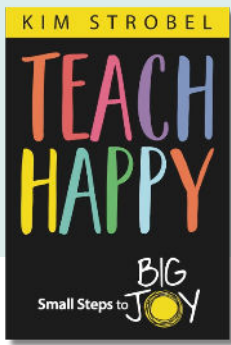
Chapter 6: Words Have Power: Using Gratitude to Rewire Your Brain for Happiness

Discussion Questions

- 1 What did you think when you read that humans have 56,000 negative thoughts a day? Do you have old negative phrases, thoughts, or memories that play in your head daily? What do those thoughts say? How might you begin to become aware of those negative thoughts and shift them to create a new neural feedback loop in your brain?

- 2 What are three specific gratitude you have today? Write them down and discuss them as a group.

- 3 What do you think about adopting a gratitude practice in your classroom with your students? How do you think this would change the behavior and atmosphere of your classroom?



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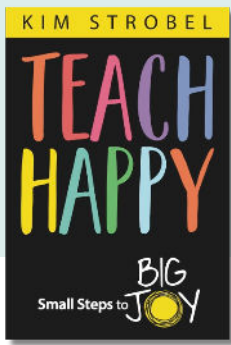
Chapter 7: Exercise Drives Happiness: Move Your Body & Spark Joy

Discussion Questions

1 Exercise causes physical changes in the brain and it's one of the top 5 happiness habits. Do you exercise? How often? What excuses have you been using that have prevented you from taking this important step? (*Think about Kevin.*)

2 What movements do you enjoy? Yoga, dance, weight-lifting, walking, cycling, running? Pick one. What are you going to start doing to move your body? When are you going to make this happen? Putting it on your calendar increases your chance of success.

3 What comes to mind when you think about the words that describe how you want to feel in your body and mind? Are your actions aligning with how you desire to feel?



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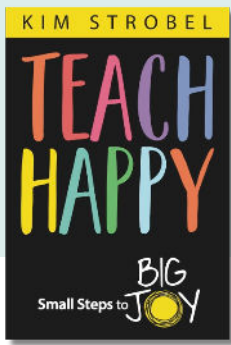
Chapter 8: The Aligned Heart: Nurturing Happiness through Relationships

Discussion Questions

1 In times of struggle, we often pull away from people rather than reach out for help. How might you reach out to a trusted friend or colleague when struggling? Who would that person be for you?

2 How can you cultivate the happiness habit of social connections and relationships in your life? What needs your attention? Your marriage, your friendships, your workplace colleagues? As a school leader, how can you work on investing more in your staff's relationships? How can you make them feel valued?

3 What random acts of kindness might go far to help them feel seen? What ideas come to mind when you consider random acts of kindness both for yourself and for your students?



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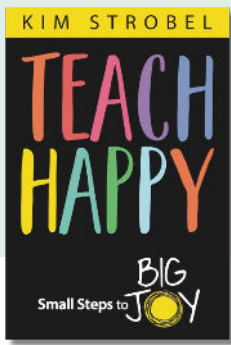
Chapter 9: Minimum Effective Dose: Unraveling the Myth of Overwork

Discussion Questions

1 Do you associate being busy with being productive? Do you feel like you're only valuable if you've hustled yourself to exhaustion each day? What is behind this? Dig deep. What contributes to the cycle of the behavior?

2 What are your thoughts about the Rule of 50? Do you agree with it? Have you seen your productivity and engagement levels lower while your stress levels climb when you work longer hours? What does this do to your mind, body, and emotional system?

3 How much more effective are you as a teacher if you spend less time in the classroom than another teacher does after the bell rings? Where can you begin to adopt the Minimum Effective Dosage in your life? What do you need to re-evaluate?



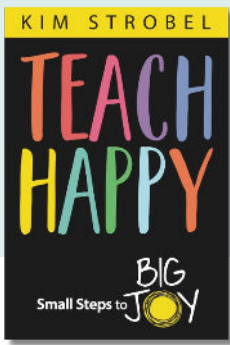
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Chapter 10: Radical Wellness: The Self-Care Nobody is Talking About Discussion Questions

1 How do you feel about the term Radical Wellness?

2 What did you think about the four areas of labor most women do: mental load, second shift, emotional labor, and invisible work? Are there conversations you need to have with your partner? Do you need to ask for help and quit doing it all? What makes you afraid to make this shift? If your partner is the one who carries out these tasks, how can you change your behavior to take on some of these responsibilities?

3 Do you struggle to prioritize yourself? What feelings come up when you think about doing this? Should these feelings be challenged or acted on even though you feel them? What change might you see in yourself if you began prioritizing yourself?



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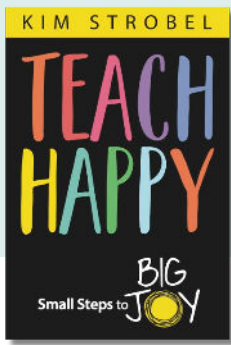
- 4 Were you shocked about your screen time? Is there a different activity you could choose for part of your screen time that might be more helpful? What is an activity that lights you up? What projects or hobbies would you like to do more of? What are your passions and interests?

Chapter 11: Recognizing and Cultivating Your Value as an Educator: You're Worth It

Discussion Questions

- 1 How do you feel about the quote, "If you can't see your value, the world doesn't give you value back." What feels scary or uncomfortable about seeing your own value?

- 2 How have you been giving your value away? How many boxes did you tick? How do you feel when you give your value away? Do you give your value away at school too much? In your personal life?



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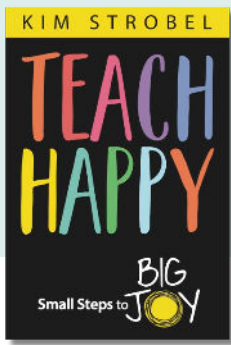
- 3 How are you going to begin valuing yourself more? If so, how? What does that look like? Does it feel scary? Start small, but pick one item on this list.

Chapter 12: Serious Fun: Rediscovering the Transformative Power of Play

Discussion Questions

- 1 Think back to your childhood. What types of play did you engage in? What brought you joy? Can you picture yourself as a child playing? What were you doing?

- 2 What play personalities most resonated with you? What activities would you like to do more of in your life? What would it do for you if you could make the time to do more of your passions and interests?



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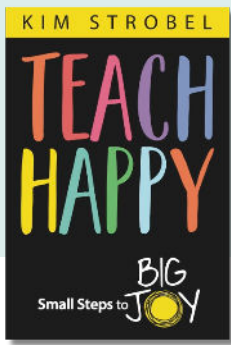
- 3 Are there ways to incorporate more play in your classroom? If so, what might that look like for your students? When and how could you integrate it into the school day?

Chapter 13: The Ripple of Hope: Embracing Small Changes for Big Impact

Discussion Questions

- 1 People often think they have to take massive action to change their lives, but in reality, small changes over time can make a big difference, just like the combined interest example. What are the little changes you are going to start to make?

- 2 How has this book made you think differently about your job as an educator, as well as honoring the other parts of your life? What most excited you going forward?



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- 3 Can you move the needle by 1% and see what happens? What would this mean for you if you can?
