

Well-being Calendar 2025/26.



September :

Heart Month -Irish Heart Foundation - Sept. 1-30.

Childhood Cancer Awareness Month

See Change Green Ribbon Campaign - Mental Health Campaign

World Sexual Health Day - Sept 4th

World Suicide Prevention Day - Sept. 10th

Palliative Care Week - Sept. 11-17.

World Sepsis Day - Sept. 13th

World Patient Safety Day - Sept. 17

World Alzheimer's Day - Sept. 21

European Week of Sport - Sept. 23-30

Alzheimer's Memory Walk - Sept. 24th

National Fitness Day - Sept. 25th

World Heart Day - Sept. 29

International Happiness week at work September 25th - 29th .

October:

International Day of Older Persons Alone (Age Action) - Oct. 1st

Health Literacy Month - Oct. 1-31

Breast Cancer Awareness Month - Oct. 1-31

Buy Nothing New Month - Oct. 1-31

ADHD Awareness Month - Oct. 1-31

International School Library Month - Oct. 1-31

International Walk to School Month - Oct. 1-31

International Day of Older Persons - Oct. 1-31

World Teacher's Day - Oct. 5th

Stand up week 4th -8th November

World Hospice and Palliative Care Day - Oct. 8th

World Mental Health Day - Oct. 10th

World Food Day - Oct. 16th

World Menopause Day - Oct. 18th

World Osteoporosis Day - Oct. 20th

November:

Movember Prostate Cancer Awareness Campaign - Nov 1-30

National Stress Awareness Day - Nov 2nd

World Kindness day - Nov 13th.

Anti-Bullying Week - Nov. 13 - 17th

Transgender Awareness Week - Nov. 13 - 19th

World Diabetes Day - Nov. 14th

Bereaved Children's Awareness Week - Nov. 14th

International Men's Day - Nov. 19th

Universal Children's Day - Nov. 20

Carer's Right's Day - Nov. 23rd

World Hello Day - Nov. 21st

World Television Day - Nov. 21st

National Fairy Bread Day - Nov. 24th

Buy Nothing Day - Nov. 24th

White Ribbon Day - Nov. 25th

*International Day for the Elimination of Violence against Women -
25th November*

Computer Security Day - Nov. 30th

December:

World AIDS Day - Dec. 1st

International Day of Persons with Disabilities - Dec 3rd.

International Volunteer Day - Dec. 5th

International Human Rights Day - Dec. 10th

International Migrants Day - Dec. 18

2026

January:

Dry January - Jan 1-31st

World Braille Day - 4th January

World Spaghetti Day - 4th January

Houseplant Appreciation Day - 10th January

Clean off Your Desk Day - 11th January

Rubber Duckie Day - 13th January

International Kite Day - 14th January

Blue Monday - Jan. 15th

Wikipedia Day - 15th January

World Religion Day - 17th January

Penguin Awareness day - 20th January

Squirrel Appreciation Day - 21st January

National Hug Day - 21st January

World Religion Day - 21st January

Lunar New Year - Year of the Rabbit - 22nd January

Chinese New Year - Year of the Rabbit - 22nd January

Vietnamese New Year - Year of the Cat - 22nd January

International Day of Education - 24th January

Invasion Day - 26th January

Survival Day - 26th January

Australia Day - 26th January

Chocolate Cake Day - 27th January

National Lego Day - 28th January

Puzzle Day - 29th January

February:

Time to Talk Day - Feb. 2nd

Children's Health Week - Feb. 5-11th

Eating Disorder's Awareness Week - Feb 28th - March 5th

Feel Good February - 1st - 28th February

Feel Read Aloud Day - 1st February

World Wetlands Day - 2nd February

World Nutella Day - 5th February

International Pizza Day - 9th February

*International Day of Women and Girls in Science Day - 11th
February*

International Darwin Day - 12th February

Apology Anniversary - 13th February

World Radio Day - 13th February

Valentine's Day - 14th February

International Book Giving Day - 14th February

Library Lovers' Day - 14th February

International Singles Awareness Day - 15th February

Random Acts of Kindness Day - 17th February

International Tug-of-War Day - 19th February

National Love Your Pet Day - 20th February

International Mother Language Day - 21st February

World Harmony Day - 21st February

World Thinking Day - 22nd February

Walk your Dog Day - 22nd February

Tell a Fairy Tale Day - 26th February

Summer's Day KidSafe - 28th February

Last Day of Summer - Feb. 28th

March:

International Women's Day - March 8th

World Down Syndrome Day - March 21st

Nutrition and Hydration Week - March 13 - 19th

World Sleep Day - March 17th

National Day of Action against Bullying and Violence - 20th March

International Day of Happiness - 20th March

World Storytelling Day - 20th March -

International Day of Happiness - 20th March

Cultural Diversity Week - 21st - 29th March

World Poetry Day - 21st March

International Day for the Elimination of Racial Discrimination - 21st March

Harmony Day - 21st March

International Day of Forests - 21st March

World Water Day - 22nd March

World Meteorological Day - 23rd March

World Maths Day - 23rd March

World Tamale Day - 23rd March

Ride to School Day - 24th March

Earth Hour 8.30 pm - 25th March

Neighbour Day - 29th March

Autism Awareness and Acceptance Week - 29th March – 4th April

April:

Stress Awareness Month - 1-30

April Fool's Day - 1st April

Go Blue for Autism - World Autism Awareness Day - 2nd April

International Children's Book Day - 2nd April

Be Alarmed! Change your smoke alarm battery! - 3rd April

World Stray Animal Day - 4th April

Nature Play Week - 6th – 16th April

World Health Day - 7th April

International Day of Human Space Flight - 12th April

World Creativity & Innovation Week - 15th – 21st April

National Parks Week - 17th - 25th April

World Heritage Day - 18th April

The National Trust Heritage Festival - 18th April – 19th May

World Allergy Week - May 20th – 25th

International Mother Earth Day - 22nd April

Jelly Bean Day - 22nd April

World Book and Copyright Day - 23rd April –

World Penguin Day - 25th April

Anzac Day - 25th April

Administrative Assistants Day - 26th April

International Guide Dog Day - 27th April

Pay it Forward Day - 28th April

World Day for Safety and Health at Work - 28th April

International Jazz Day - 30th April

World Veterinary Day - 30th April

May:

*International Compost Awareness Week: Better Soil, Better Life,
Better Future - 1st - 7th May*

National Family Day Care Week - 2nd - 7th May

World Press Freedom Day - 3rd May

May Fourth - International Star Wars Day - 4th May

International Respect for Chickens Day - 4th May

International Firefighters Day - 4th May

Children's Day (Kodomo no Hi) - 5th May

World Laughter Day - 7th May

Mental Health Awareness Week - 9th - 15th May

World Orienteering Day - 11th - 17th May

International Nurses Day - 12th May

Mother's Day - 14th May

World Fair Trade Day - 14th May

International Day of Families - 15th May

Mental Health Awareness Week - May 15-21st

National Families Week - 15th - 21st May

National Road Safety Week - 14th - 21st May

International Museum Day - 18th May

Outdoor Classroom Day - 19th May

National Walk to Safely to School Day - 19th May

Endangered Species Day - 20th May

The International Day for Biological Diversity - 22nd May

Food Allergy Week - 22nd - 28th May

World Turtle Day - 23rd May

Food Allergy Week - 23rd - 29th May

*National Simultaneous Storytime: The Speedy Sloth written by
Rebecca Young and illustrated by Heath McKenzie - 24th May -*

National Sorry Day - 26th May

National Reconciliation Week - 27th May - 3rd June

International Day of UN Peacekeepers - 29th May

Last Day of Autumn - 31st May

JUNE 2026