

Key Wellbeing, PSHE & Cultural Dates Calendar 2023/24

- Overview of the Academic Year
- List of Important Dates
- Detailed Planner Pages
- Free Monthly Resources



youhq

2023 / 2024 Calendar

SEPTEMBER

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OCTOBER

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2023 / 2024 Calendar

September 2023:

- 9th - World First Aid Day
- 10th - World Suicide Prevention Day
- 15th - International Day of Democracy
- 22nd - Autumn Equinox
- 25th - Yom Kippur
- 26th - European Day of Languages

October 2023:

ADHD Awareness Month

Black History Month

- 5th - World Teacher Day
- 6th - National Poetry Day
- 10th - World Mental Health Day
- 18th - World Food Day
- 19th - World Values Day
- 31st - Halloween

November 2023:

November

- 13th - World Kindness Day
- 13th - Anti Bullying Week begins
- 16th - Road Safety Week begins
- 19th - International Men's Day
- 23rd - Thanksgiving (USA)

December 2023:

- 3rd - International Day of People with Disabilities
- 7th - Hanukkah begins
- 10th - Human Rights Day
- 22nd - Winter Solstice
- 25th - Christmas Day

January 2024:

- 24th - International Day of Education
- 27th - Holocaust Memorial Day

February 2024:

LGBT History Month

- 1st - Time to Talk 2024
- 5th - 11th - Children's Mental Health Week
- 10th - Lunar New Year
- 11th - International Day of Women in Science
- 17th - Random Acts of Kindness Day
- 21st - International Mother Language Day
- 26th - Empathy Week begins

March 2024:

Women's History Month

- 1st - Self Injury Awareness Day
- 7th - World Book Day 2024
- 8th - International Women's Day (IWD)
- 11th - Ramadan begins
- 20th - International Day of Happiness // Spring Equinox
- 31st - Easter Sunday

April 2024:

Stress Awareness Month

- 5th - Passover begins
- 7th - World Health Day
- 10th - Eid al-Fitr begins
- 14th - Sikh New Year
- 16th - World Voice Day
- 22nd - Earth Day // Stephen Lawrence Day

May 2024:

Exam Season begins

- 21st - World Meditation Day
- 28th - World Hunger Day

June 2024:

Pride Month

Gypsy Roma and Traveller History Month

- 5th - World Environment Day
- 8th - World Oceans Day
- 17th - Eid al-Adha begins
- 19th - Juneteenth
- 21st - Summer Solstice // World Humanist Day
- 22nd - Windrush Day
- 27th - RSE Day

July 2024:

Plastic Free July

- 17th - World Day for International Justice
- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - International Day of Friendship // World Day Against Human Trafficking

september 2023

Resource of the Month:
youHQ's Back to School Playlist



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Key Wellbeing / Cultural Dates:

- 9th - World First Aid Day
- 10th - World Suicide Prevention Day
- 15th - International Day of Democracy
- 22nd - Autumn Equinox
- 25th - Yom Kippur
- 26th - European Day of Languages



Notes:

october 2023

Resources of the Month:

The 80th Birthday Exercise (KS3 & KS4) &
'Understanding Values' Worksheet



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

ADHD Awareness Month
Black History Month

- 5th - World Teacher Day
- 6th - National Poetry Day
- 10th - World Mental Health Day
- 18th - World Food Day
- 19th - World Values Day
- 31st - Halloween

Notes:

november 2023

Resource of the Month:
Random Acts of Kindness Game



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

November

- 13th - World Kindness Day
- 13th - Anti Bullying Week begins
- 19th - Road Safety Week begins
- 19th - International Men's Day
- 23rd - Thanksgiving (USA)

Notes:

december 2023

Resource of the Month:
'Introduction to Mindfulness' Podcast



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

- 3rd - International Day of People with Disabilities
- 7th - Hanukkah begins
- 10th - Human Rights Day
- 22nd - Winter Solstice
- 25th - Christmas Day

Notes:

january 2024

Resource of the Month:

'Is My Goal SMART?' Worksheet (KS3 - 5)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

- 1st - New Year's Day
- 24th - International Day of Education
- 27th - Holocaust Memorial Day

Notes:

february 2024

Resource of the Month:
'Calm your mind in 5' Podcast



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing / Cultural Dates:

LGBT History Month

- 1st - Time to Talk 2024
- 5th - 11th - Children's Mental Health Week
- 10th - Lunar New Year
- 11th - International Day of Women in Science
- 17th - Random Acts of Kindness Day
- 21st - International Mother Language Day
- 26th - Empathy Week begins







Notes:

march 2024

Resource of the Month:

[Movement and Mindfulness Exercise Video](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing/Cultural Dates:

Women's History Month

- 1st - Self Injury Awareness Day
- 7th - World Book Day 2024
- 8th - International Women's Day (IWD)
- 11th - Ramadan begins
- 20th - International Day of Happiness // Spring Equinox
- 31st - Easter Sunday

Notes:

april 2024

Resource of the Month:

'How can you look after yourself
as a teacher?' Podcast



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing/Cultural Dates:

Stress Awareness Month

- 5th - Passover begins
- 7th - World Health Day
- 10th - Eid al-Fitr begins
- 14th - Sikh New Year
- 16th - World Voice Day
- 22nd - Earth Day // Stephen Lawrence Day

Notes:

may 2024

Resource of the Month:
'Seven Tips for Exam Revision' Poster



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Key Wellbeing/Cultural Dates:

Exam Season begins

- 21st - World Meditation Day
- 28th - World Hunger Day

Notes:

june 2024

Resource of the Month:
'You VS Exam Day' Handout



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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23	24	25	26	27 	28	29

Key Wellbeing/Cultural Dates:

Pride Month

Gypsy Roma and Traveller History Month

- 5th - World Environment Day
- 8th - World Oceans Day
- 17th - Eid al-Adha begins
- 19th - Juneteenth
- 21st - Summer Solstice // World Humanist Day
- 22nd - Windrush Day
- 27th - RSE Day





Notes:

july 2024

Resource of the Month:

[Summer Wellbeing Wednesday Playlist](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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21	22	23	24	25 	26	27
28	29	30 	31			

Key Wellbeing/Cultural Dates:

Plastic Free July

- 17th - World Day for International Justice
- 18th - Nelson Mandela Day // South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - International Day of Friendship // World Day Against Human Trafficking

Notes: