

Key Wellbeing, PSHE & Cultural Dates Calendar

2025/26

- List of Important Dates
- Detailed Planner Pages
- Free Monthly Resources

2025 / 2026 Dates

Welcome to the **youHQ Key Dates Calendar!** In this free download, our team have collated significant awareness dates to help you think ahead and incorporate community events within your PSHE and Wellbeing curriculum.

On later pages of the document, you'll also find monthly planner pages with relevant resources.

September 2025:

- 10th - World Suicide Prevention Day
- 12th - End Digital Poverty Day
- 13th - World First Aid Day
- 15th - Int. Day of Democracy
- 19th - Youth Mental Health Day
- 21st - Int. Day of Peace
- 22nd - Autumn Equinox
- 22nd - Recycling Week begins
- 26th - European Day of Languages



October 2025:

ADHD Awareness Month
Black History Month

- 10th - World Mental Health Day
- 11th - Hate Crime Awareness Week begins
- 16th - World Values Day
- 16th - World Food Day
- 20th - Diwali
- 31st - Halloween



November 2025:

Islamophobia Awareness Month
Movember

- 5th - Bonfire Night
- 11th - Armistice Day
- 10th - Anti Bullying Week begins
- 13th - World Kindness Day
- 16th - Road Safety Week begins
- 19th - Int. Men's Day



December 2025:

- 1st - World AIDS Day
- 2nd - Int. Day for the Abolition of Slavery
- 2nd - Grief Awareness Week begins
- 3rd - Int. Day of People with Disabilities
- 10th - Human Rights Day
- 11th - Christmas Jumper Day 2025
- 14th - Hanukkah begins
- 21st - Winter Solstice
- 25th - Christmas
- 31st - Hogmanay



January 2026:

- 24th - Int. Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day



2025 / 2026 Dates (cont.)

February 2026:

LGBT+ History Month

Children's Sleep Awareness Month

- 5th - Time to Talk Day
- 9th - Children's Mental Health Week begins
- 10th - Safer Internet Day
- 11th - Int. Day of Women in Science
- 17th - Lunar New Year
- 17th - Ramadan begins



March 2026:

Women's History Month

- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 5th - World Book Day 2025
- 8th - Int. Women's Day (IWD)
- 16th - Neurodiversity Celebration Week begins
- 19th - Eid Al-Fitr begins
- 20th - Int. Day of Happiness
- 20th - Spring Equinox



April 2026:

Stress Awareness Month

- 1st - Passover begins
- 2nd - UN World Autism Day
- 5th - Easter
- 7th - World Health Day
- 14th - Sikh New Year
- 22nd - Earth Day
- 22nd - Stephen Lawrence Day



May 2026:

- 11th - Mental Health Awareness Week begins
- 21st - World Meditation Day



June 2026:

Pride Month

Gypsy, Roma and Traveller History Month

- 1st - Volunteers' Week begins
- 8th - World Oceans Day
- 14th - World Blood Donor Day
- 15th - National School Sports Week begins
- 20th - World Refugee Day
- 21st - Summer Solstice
- 21st - World Music Day
- 22nd - Windrush Day
- 25th - RSE Day



July 2026:

- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - Int. Day of Friendship
- 30th - Day Against Human Trafficking



SEPTEMBER 2025

Resource of the Month:

[Discussing Suicide in Schools with Compassion & Confidence](#) (Webinar )



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10 World Suicide Prevention Day	11	12 End Digital Poverty Day	13 World First Aid Day
14	15 Int. Day of Democracy	16	17	18	19 Youth Mental Health Day	20
21 Int. Day of Peace	22 Autumn Equinox Recycling Week	23	24	25	26 European Day of Languages	27
28	29	30				

Key Dates:

- 10th - World Suicide Prevention Day
- 12th - End Digital Poverty Day
- 13th - World First Aid Day
- 15th - Int. Day of Democracy
- 19th - Youth Mental Health Day
- 21st - Int. Day of Peace
- 22nd - Autumn Equinox
- 22nd - Recycling Week begins
- 26th - European Day of Languages

Notes:

OCTOBER 2025

Resource of the Month:

The 80th Birthday Exercise (Worksheet)

[KS3 Version](#) | [KS4 Version](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
					World Mental Health Day	Hate Crime Awareness Week
12	13	14	15	16	17	18
				World Food Day	World Values Day	
19	20	21	22	23	24	25
	Diwali					
26	27	28	29	30	31	
					Halloween 🎃	

Key Dates:

ADHD Awareness Month
Black History Month

- 10th - World Mental Health Day
- 11th - Hate Crime Awareness Week begins
- 16th - World Values Day
- 16th - World Food Day
- 20th - Diwali
- 31st - Halloween

Notes:

NOVEMBER 2025

Resource of the Month:

[Fuelling Young Minds: How Nutrition Supports Wellbeing and Learning](#) (Webinar)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3	4	5 Bonfire Night	6	7	8
9	10 Anti-Bullying Week	11 Armistice Day	12	13 World Kindness Day	14	15
16 Road Safety Week	17	18	19 Int. Men's Day	20	21	22
23	24	25	26	27	28	29

Key Dates:

Islamophobia Awareness Month
Movember

- 5th - Bonfire Night
- 11th - Armistice Day
- 10th - Anti Bullying Week begins
- 13th - World Kindness Day
- 16th - Road Safety Week begins
- 19th - Int. Men's Day

Notes:

DECEMBER 2025

Resource of the Month:

[Winter Warmers](#) (Spotify Playlist)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 World AIDS Day	2 Int. Day for Abolition of Slavery Grief Awareness Week	3 Int. Day of People with Disabilities	4	5	6
7	8	9	10 Human Rights Day	11 Christmas Jumper Day	12	13
14 Hanukkah begins	15	16	17	18	19	20
21 Winter Solstice	22	23	24	25 Christmas	26	27
28	29	30	31 Hogmanay			

Key Dates:

- 1st - World AIDS Day
- 2nd - Int. Day for the Abolition of Slavery
- 2nd - Grief Awareness Week begins
- 3rd - Int. Day of People with Disabilities
- 10th - Human Rights Day
- 11th - Christmas Jumper Day 2025
- 14th - Hanukkah begins
- 21st - Winter Solstice
- 25th - Christmas
- 31st - Hogmanay

Notes:

JANUARY 2026

Resource of the Month:
[Empathy Bingo](#) (Class Activity)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Burns Night		Holocaust Memorial Day				Int. Day of Education

Key Dates:

- 24th - Int. Day of Education
- 25th - Burns Night
- 27th - Holocaust Memorial Day

Notes:

FEBRUARY 2026

Resource of the Month:

Sleep Flow Chart (Interactive Poster)

[A4 Blue](#) | [A4 Pink](#) | [A3 Blue](#) | [A3 Pink](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Time to Talk Day	6	7
8	9 Children's Mental Health Week	10 Safer Internet Day	11 Int. Day of Women in Science	12	13	14
15	16	17 Lunar New Year Ramadan begins	18	19	20	21
22	23	24	25	26	27	28

Key Dates:

LGBT+ History Month
Children's Sleep Awareness Month

- 5th - Time to Talk Day
- 9th - Children's Mental Health Week begins
- 10th - Safer Internet Day
- 11th - Int. Day of Women in Science
- 17th - Lunar New Year
- 17th - Ramadan begins

Notes:

MARCH 2026

Resource of the Month:

[Voices and Vigilance: Linking Wellbeing and Safeguarding with CPOMS](#) (Webinar)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Self Injury Awareness Day	2	3 World Wildlife Day	4	5 World Book Day	6	7
8 Int. Women's Day	9	10	11	12	13	14
15	16 Neurodiversity Celebration Week	17	18	19 Eid Al-Fitr	20 Spring Equinox Int. Day of Happiness	21
22	23	24	25	26	27	28
29	30	31				

Key Dates:

Women's History Month

- 1st - Self Injury Awareness Day
- 3rd - World Wildlife Day
- 5th - World Book Day 2025
- 8th - Int. Women's Day (IWD)
- 16th - Neurodiversity Celebration Week
- 19th - Eid Al-Fitr begins
- 20th - Int. Day of Happiness
- 20th - Spring Equinox

Notes:

APRIL 2026

Resource of the Month:

[Affirmations for when you're feeling stressed about exams](#) (Interactive Poster)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Passover begins	2 UN World Autism Day	3	4
5 Easter Sunday	6	7 World Health Day	8	9	10	11
12	13	14 Sikh New Year	15	16	17	18
19	20	21	22 Stephen Lawrence Day Earth Day	23	24	25
26	27	28	29	30		

Key Dates:

Stress Awareness Month

- 1st - Passover begins
- 2nd - UN World Autism Day
- 5th - Easter
- 7th - World Health Day
- 14th - Sikh New Year
- 22nd - Earth Day
- 22nd - Stephen Lawrence Day

Notes:

MAY 2026

Resource of the Month:

[Managing Negative Self-Talk](#) (Worksheet)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Mental Health Awareness Week					
17	18	19	20	21	22	23
				World Meditation Day		
24	25	26	27	28	29	30

Key Dates:

- 11th - Mental Health Awareness Week
- 21st - World Meditation Day

Notes:

JUNE 2026

Resource of the Month:

[Putting the Physical back at the Heart of Education](#) (Webinar)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Volunteers' Week					
7	8	9	10	11	12	13
	World Oceans Day					
14	15	16	17	18	19	20
World Blood Donor Day	National School Sports Week					World Refugee Day
21	22	23	24	25	26	27
Summer Solstice World Music Day	Windrush Day			RSE Day		
28	29	30				

Key Dates:

Pride Month
Gypsy, Roma and Traveller History Month

- 1st - Volunteers' Week begins
- 8th - World Oceans Day
- 14th - World Blood Donor Day
- 15th - National School Sports Week
- 20th - World Refugee Day
- 21st - Summer Solstice
- 21st - World Music Day
- 22nd - Windrush Day
- 25th - RSE Day

Notes:

JULY 2026

Resource of the Month:

[Dopamine Menu](#) (Worksheet)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Nelson Mandela Day

South Asian Heritage Month

World Drowning Day

Int. Day of Friendship

Day Against Human Trafficking

Key Dates:

- 18th - Nelson Mandela Day
- 18th - South Asian Heritage Month begins
- 25th - World Drowning Day
- 30th - Int. Day of Friendship
- 30th - Day Against Human Trafficking

Notes: