

# Mental health and wellbeing school and college calendar



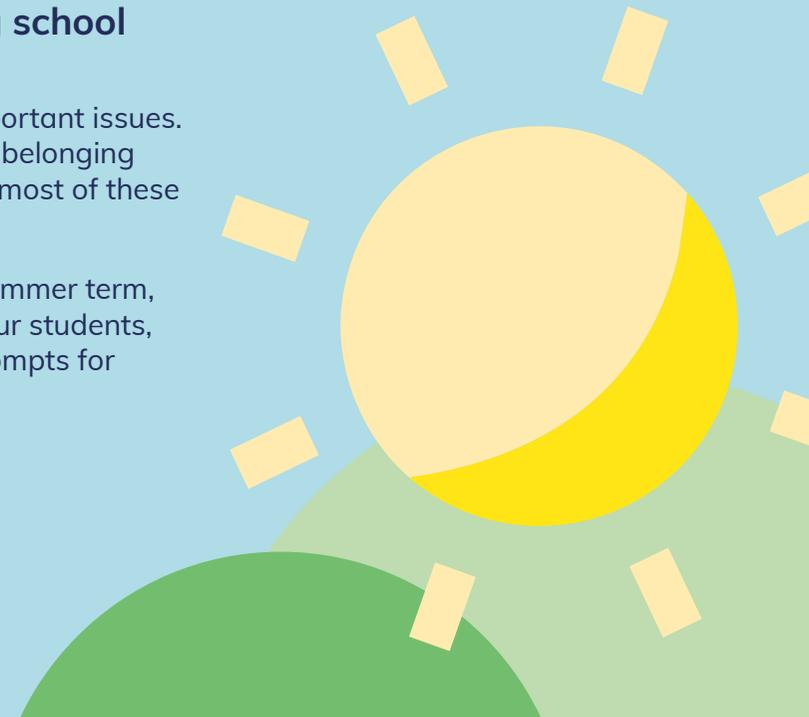
## Welcome to the summer term edition of our mental health and wellbeing school and college calendar.

Awareness days can be valuable points in the academic year to pause, reflect and focus on important issues. They can help start meaningful conversations, bring people together and strengthen a sense of belonging across the school or college community. This calendar has been designed to help you make the most of these opportunities throughout the academic year.

Each month brings together the awareness days and themes we've carefully selected for the summer term, along with ideas, activities and free resources to support the mental health and wellbeing of your students, staff and wider community. A wider calendar sits alongside these events and may be useful prompts for assemblies, classroom discussions or wider school and college events.

We hope you find this calendar helpful as you plan for the months ahead.

The Mentally Healthy Schools team at Anna Freud



# April 2026

## Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
Stress Awareness Month	April 2026	Theme for 2026: #BeTheChange	<ul style="list-style-type: none"><li>• Deliver a whole-school assembly on recognising stress and the actions individuals can take to support wellbeing</li><li>• Plan time for staff wellbeing and share advice on managing stress</li><li>• Run activities that help students recognise signs of stress and learn ways to manage it</li><li>• Provide opportunities for students and staff to check in with others and talk openly about wellbeing</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#">Understanding stress lesson plan</a></li><li>• <a href="#">Advice and support for coping with stress</a></li></ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"><li>• <a href="#">Advice on managing stress at important moments video</a></li><li>• <a href="#">Young people's wellbeing guide for stressful situations</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#">Teacher stress toolkit</a></li><li>• <a href="#">Interactive stress container tool</a></li></ul>

A thought for this month..



As the spring term comes to an end, many students and staff may be feeling tired. The break can offer a valuable pause to rest and reset, but for some students, time away from routine, upcoming exams or uncertainty about the weeks ahead may bring worries. Staff may also be feeling the impact of the busy term. Taking time to check in with one another before and after the break can help everyone feel more supported.

# April 2026

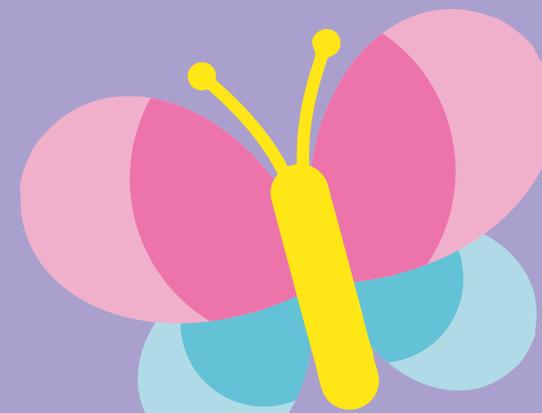
## Wider awareness days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Stress Awareness Month	2 World Autism Awareness Day	3	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Earth Day Stephen Lawrence Day	23	24	25	26
27	28	29	30			

# May 2026

## Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
Build up to exams and assessments	May 2026	<ul style="list-style-type: none"><li>Stress and anxiety due to exam pressures</li><li>Healthy coping strategies</li><li>Resilience</li><li>Celebrating effort and progress</li></ul>	<ul style="list-style-type: none"><li>Deliver short sessions on coping strategies, resilience and managing exam pressure</li><li>Provide opportunities for students to talk about worries and normalise feelings around exams</li><li>Create calm, supportive spaces students can access if they feel overwhelmed</li><li>Celebrate effort and progress to build confidence and motivation</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li><a href="#">My self-care plan</a></li><li><a href="#">Being resilient lesson plan</a></li></ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"><li><a href="#">Exam stress lesson plan</a></li><li><a href="#">Tips to help young people with post-exam blues</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li><a href="#">Exam and assessment stress: guidance for staff in further education colleges</a></li><li><a href="#">Tips for managing exam stress</a></li></ul>



Event	Time of year	Themes	What could you do?	Example activities
Mental Health Awareness Week	11–17 May 2026	<p>Theme for 2026: Action</p> <ul style="list-style-type: none"> <li>• Taking practical steps to support your own mental health and wellbeing</li> <li>• Encouraging small, positive actions that can be built into everyday life</li> <li>• Supporting the mental health and wellbeing of others</li> <li>• Creating a culture where talking about mental health leads to action and change</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and deliver activities that encourage students and staff to take action to support their mental health</li> <li>• Create opportunities for open conversations to reduce stigma and normalise talking about mental wellbeing</li> <li>• Promote mental health and wellbeing through themed lessons and assemblies</li> <li>• Promote simple, everyday actions that support wellbeing (e.g. connection, movement, mindfulness)</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Emotion wheel for students</a></li> <li>• <a href="#">Talking mental health: animation &amp; toolkit</a></li> </ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"> <li>• <a href="#">We all have mental health: animation and toolkit</a></li> <li>• <a href="#">HeadEd: mental health lesson plans for teenagers</a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>• <a href="#">How to talk about and support children and young people with their wellbeing</a></li> <li>• <a href="#">Working towards mentally healthy schools and FE colleges: the voice of students</a></li> <li>• <a href="#">Supporting staff wellbeing in schools</a></li> <li>• <a href="#">Staff wellbeing in alternative provision</a></li> </ul>

A thought for this month..



This time of year can bring increased pressure, with many students experiencing feelings of stress or anxiety while also trying to stay focused and motivated. Opportunities for students to talk about how they are feeling, alongside sharing strategies to manage stress, can support them through this busy period. Mental Health Awareness Week also offers a valuable opportunity to encourage open conversations and promote small actions that support wellbeing.

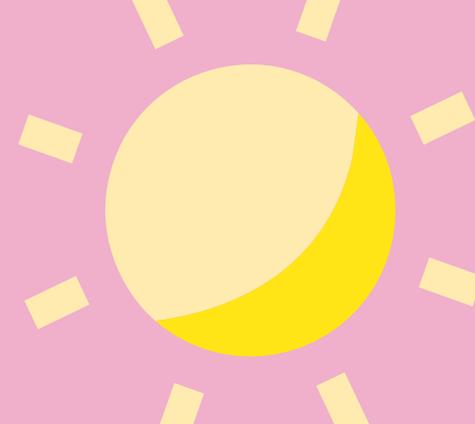
# May 2026

## Wider awareness days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 Deaf Awareness Week Teachers Appreciation Week	5	6	7	8	9	10
11 Mental Health Awareness Week	12	13	14	15	16	17 International Day Against Homophobia, Biphobia and Transphobia
18	19	20	21 Global Accessibility Awareness Day World Day of Cultural Diversity	22	23	24
25	26	27	28	29	30	31

# June 2026

## Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
Pride Month	June 2026	<ul style="list-style-type: none"><li>• Celebrating diversity and inclusion</li><li>• Understanding different identities</li><li>• Learning about LGBTIQ+ history and experiences</li><li>• Creating a safe and inclusive environment</li></ul>	<ul style="list-style-type: none"><li>• Deliver lessons and activities that explore LGBTIQ+ history and identities</li><li>• Review policies and practices to ensure they are inclusive and supportive of LGBTIQ+ students</li><li>• Reiterate the school or college's zero-tolerance approach to bullying and discrimination</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#">Creating an inclusive school</a></li><li>• <a href="#">Celebrate being you worksheet</a></li></ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"><li>• <a href="#">A coming out guide for LGBTIQ+ young people</a></li><li>• <a href="#">LGBTQIA+ mental health resource</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#">Gender identity and supporting a child</a></li><li>• <a href="#">LGBT-inclusive RSHE: a guide for schools</a></li></ul>
Students preparing for school, college or university	June 2026	<ul style="list-style-type: none"><li>• Managing change, including worry, stress and anxiety</li><li>• Building resilience during transition</li><li>• Coping with disappointment and uncertainty</li><li>• Preparing for new environments and experiences</li></ul>	<ul style="list-style-type: none"><li>• Deliver assemblies and activities to help students feel prepared and confident about their next step</li><li>• Provide opportunities for students to share concerns and ask questions about transition</li><li>• Teach coping strategies to manage change, uncertainty and possible disappointment</li><li>• Signpost support and ensure students know where to go if they need help</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#">Moving Up! The transition to secondary school</a></li><li>• <a href="#">Understanding change</a></li></ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"><li>• <a href="#">Dealing with change lesson plan</a></li><li>• <a href="#">Starting college or university: advice for autistic young people</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#">Teacher resources for students transitioning to secondary school</a></li><li>• <a href="#">Helping children after long holidays and key transitions</a></li></ul>

# June 2026

Event	Time of year	Themes	What could you do?	Example activities
World Wellbeing Week	June 2026	<ul style="list-style-type: none"> <li>Promoting healthy habits and routines</li> <li>Supporting staff wellbeing</li> <li>Normalising self-care and help-seeking</li> <li>Building a whole-school approach to wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Develop a whole-school or college approach to mental health and wellbeing, using the <a href="#">5 Steps Framework</a></li> <li>Support staff wellbeing through dedicated time, resources, or wellbeing-focused sessions</li> <li>Work with families and the wider community to promote positive wellbeing strategies</li> <li>Gather feedback (e.g. check-ins or surveys) to identify wellbeing needs and inform support</li> </ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"> <li><a href="#">Wellbeing activities: being kind to yourself</a></li> <li><a href="#">Culture of Kindness video</a></li> </ul> <p><b>Secondary and FE</b></p> <ul style="list-style-type: none"> <li><a href="#">Healthy coping strategies: video for young people</a></li> <li><a href="#">Barriers to asking for help activity</a></li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li><a href="#">Staff wellbeing audit</a></li> <li><a href="#">Taking care if your wellbeing as a busy FE leader</a></li> <li><a href="#">Helping staff balance work and life</a></li> </ul>

A thought for this month..



June can be a time of mixed emotions in schools and colleges. Many students are continuing with exams or assessments, while also beginning to think about the end of the academic year and what lies ahead. For some, this time can bring a sense of relief as the year draws to a close. For others, it may bring uncertainty or worries about results, transitions or new environments. Taking time to recognise the effort students have put in over the year, while also creating space to talk about their feelings about the future, can help them feel supported during this period of change.

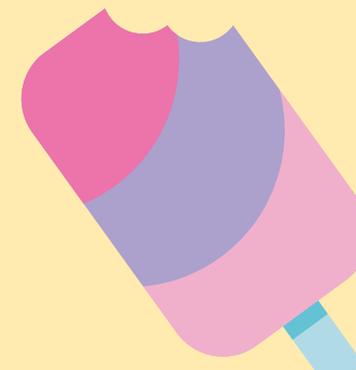
# June 2026

## Wider awareness days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Pride Month Global Day of Parents	2	3	4	5 World Environment Day	6	7
8 Carers Week Infant Mental Health Week	9	10	11 Social Mobility Day	12	13	14
15 Learning Disability Week Refugee Week Loneliness Awareness Week	16	17	18 Autistic Pride Day	19	20 World Refugee Day	21
22 International Fathers Mental Health Awareness Day	23	24 World Wellbeing Week	25	26	27	28
29	30					

# July 2026

## Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
End of term	June for Northern Ireland and Scotland  July for England and Wales	<ul style="list-style-type: none"><li>• Moving on and transitions</li><li>• Friendships and relationships</li><li>• Managing change, including worry, stress and anxiety</li><li>• Reduced support during the summer holidays</li><li>• Celebrating achievements and reflecting on the year</li></ul>	<ul style="list-style-type: none"><li>• Provide activities or resources to support wellbeing over the summer break</li><li>• Prepare students for change and transition, including managing worries about new settings or routines</li><li>• Offer guidance to parents/carers on supporting wellbeing during the holidays</li><li>• Signpost support services for students who may need additional help over the summer</li><li>• Create opportunities for students to reflect on their achievements and positive experiences from the year</li></ul>	<p><b>Primary</b></p> <ul style="list-style-type: none"><li>• <a href="#">Let's talk about healthy relationships: friendships and conflict</a></li><li>• <a href="#">Top tips for making friends</a></li><li>• <a href="#">Building connections lesson</a></li></ul> <p><b>Secondary/FE</b></p> <ul style="list-style-type: none"><li>• <a href="#">My self-care plan: secondary and FE</a></li><li>• <a href="#">Talk Relationships: healthy relationships</a></li></ul> <p><b>Staff</b></p> <ul style="list-style-type: none"><li>• <a href="#">Online self-help tool for school staff</a></li><li>• <a href="#">Self-care summer: advice for education staff</a></li></ul>

A thought  
for this  
month..



As the academic year comes to an end, students and staff may be reflecting on the experiences, achievements and challenges of the past year. This can be a time of celebration alongside mixed emotions, as students look ahead to the summer break while also preparing for change and transition. Taking time to reflect on the year and recognise what students have achieved can help bring a positive close to the term. It may also be helpful to support students to think about how they will look after themselves during the summer break and where they can turn if they need support.

# July 2026

## Wider awareness days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Disability Pride Month	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 International Self-Care Day	25	26
27	28	29	30 International Day of Friendship			

# Looking ahead to next term

To support your planning for the months ahead, we've highlighted some key awareness days taking place during the summer term.

## Sept 2026

- ✓ World Suicide Prevention Day
- ✓ Youth Mental Health Day

## Oct 2026

- ✓ Black History Month
- ✓ World Mental Health Day

## Nov 2026

- ✓ Disability History Month
- ✓ Anti-Bullying Week

## Dec 2026

- ✓ National Grief Awareness Week
- ✓ International Day of Persons with Disabilities