

Mental health and wellbeing school and college calendar



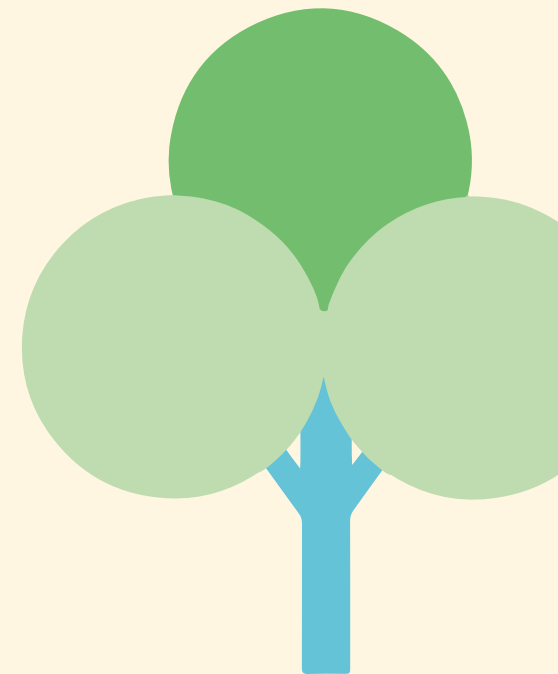
Welcome to the spring term edition of our mental health and wellbeing school and college calendar.

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 spring 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



January 2026

Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
New year, new term	January 2026	<ul style="list-style-type: none">Settling back into school after the breakSetting new goals and routinesSupporting staff and students after the break	<ul style="list-style-type: none">Hold a short welcome-back assembly to reconnect with everyoneUse simple settling in activities to help students ease into the termCheck in with staff to see how they are feeling after the breakMeasure pupil and staff wellbeing at the start of the term	<p>Primary</p> <ul style="list-style-type: none">Understanding change lesson <p>Secondary/FE</p> <ul style="list-style-type: none">Wellbeing measurement framework for secondary schools <p>Staff</p> <ul style="list-style-type: none">Managing return-to-work anxiety: tips for teachers and education staffTaking care of your wellbeing as a busy FE leader

A thought
for this
month..



The first weeks of January can feel different for everyone as routines begin to re-establish themselves. Taking time to rebuild relationships and notice how individuals are feeling can support a more compassionate start to the term. Creating small moments for students and staff to come together again may help strengthen a sense of community as the term gets underway.

January 2026

Wider awareness days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 World Braille Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18 World Religion Day
19	20 Martin Luther King Jr. Day	21 National Hug Day	22	23	24 International Day of Education	25
26	27 Holocaust Memorial Day	28	29	30 Parent Mental Health Day	31	

February 2026

Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
LGBTQ+ History Month	February 2026	<p>Theme: <i>Science and Innovation</i></p> <ul style="list-style-type: none">• Inclusion and belonging• Celebrating and uplifting the LGBTQ+ community• Recognising LGBTQ+ scientists and innovators	<ul style="list-style-type: none">• Run activities that celebrate diversity in your setting• Talk with staff about inclusive teaching approaches• Offer age-appropriate sessions on LGBTQ+ history and contributions in science and innovation• Reinforce your anti-bullying approach and explore how students can be allies	<p>Primary</p> <ul style="list-style-type: none">• Celebrate being you worksheet <p>Secondary/FE</p> <ul style="list-style-type: none">• The coming out guide <p>Staff</p> <ul style="list-style-type: none">• LGBT-inclusive RSHE: a guide for schools
Children's Mental Health Week	9-15 February 2026	<p>Theme: <i>This is My Place</i></p> <ul style="list-style-type: none">• Understanding belonging• Feeling connected at school, home and in the community	<ul style="list-style-type: none">• Explore what belonging means and why it matters• Help students notice the communities they are part of• Create space for everyone to share what helps them feel they belong• Highlight the importance of belonging through assemblies, discussions or tutor time	<p>Primary</p> <ul style="list-style-type: none">• This is My Place: primary school pack' <p>Secondary/FE</p> <ul style="list-style-type: none">• This is My Place: secondary school pack <p>Staff</p> <ul style="list-style-type: none">• How to create a sense of belonging in schools

February 2026

Event	Time of year	Themes	What could you do?	Example activities
Safer Internet Day	10 February 2026	Theme: <i>Smart tech, safe choices – Exploring the safe and responsible use of AI</i>	<ul style="list-style-type: none">• Support students to reflect on their own online habits• Explore how to spot reliable information• Share simple guidance with parents, carers and staff about safe use of AI tools	<p>Primary</p> <ul style="list-style-type: none">• Responsible use of mobile phones lesson plan• Online safety stories (SEND) <p>Secondary/FE</p> <ul style="list-style-type: none">• Safer online relationships lesson plan• Healthy online friendships lesson plan <p>Staff</p> <ul style="list-style-type: none">• Internet and social media information page

A thought
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This month invites reflection on how different experiences and identities shape the way people feel at school or college. Noticing what helps individuals feel safe and valued can support a more inclusive environment. Offering space for stories or perspectives, in whatever form feels appropriate, can help build understanding across your community.

February 2026

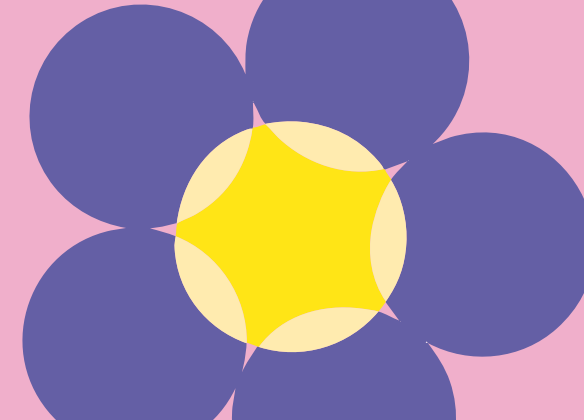
Wider awareness days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 LGBTQ+ History Month
2 Race Equality Week	3	4	5 Time to Talk Day	6	7	8
9 Children's Mental Health Week	10 Safer Internet Day	11	12	13	14	15
16	17 Random Act of Kindness Day	18	19	20 World Day of Social Justice	21	22
23	24	25	26 Eating Disorders Awareness Week	27	28 Rare Disease Day	

March 2026

Highlighted events



Event	Time of year	Themes	What could you do?	Example activities
International Women's Day	8 March 2026	<p>Theme: <i>Give To Gain</i></p> <ul style="list-style-type: none">Gender equalityRights of women and girlsUnderstanding and challenging gender-based violence	<ul style="list-style-type: none">Deliver lessons on rights and equalityExplore gender-based violence in age-appropriate waysOffer staff training on responding to sexual harassmentHighlight women's achievements in everyday teaching	<p>Secondary/FE</p> <ul style="list-style-type: none">Learn without fear: girls' rights school packSexualised media lesson planPreventing gender-based violence lesson plan <p>Staff</p> <ul style="list-style-type: none">Guidance on gender equality and sexual harassment
Secondary/post-primary school places offered	2 March 2026	<ul style="list-style-type: none">Managing stress and uncertaintyPerceived failure and low mood when a school place feels disappointingSupporting friendships during change	<ul style="list-style-type: none">Run activities that help students prepare for transitionsShare simple strategies for managing stress and worryTalk about recognising resilience during periods of changeExplore ways to maintain friendships and build new connections	<p>Primary</p> <ul style="list-style-type: none">Understanding stress lesson planLet's talk about healthy relationships: friendships and conflict lesson series <p>Secondary/FE</p> <ul style="list-style-type: none">Exam stress lesson planChanging friendships lesson plan <p>Staff</p> <ul style="list-style-type: none">How to handle stress: teachers & education staffManaging teacher anxiety: top tipsTalking to colleagues about their mental health (FE)

March 2026

Event	Time of year	Themes	What could you do?	Example activities
World Sleep Day	13 March 2026	Theme: <i>Sleep Well, Live Better.</i> <ul style="list-style-type: none"> Why sleep matters Healthy sleep routines 	<ul style="list-style-type: none"> Offer short sessions for parents and carers on good sleep habits Share a simple tips sheet across your school or college Deliver lessons on sleep and its impact on learning and wellbeing 	Primary <ul style="list-style-type: none"> Physical and mental wellbeing lesson plan Secondary/FE <ul style="list-style-type: none"> Reset and rewind: rap therapy videos Staff <ul style="list-style-type: none"> Mental wellbeing audio guides
Neurodiversity Celebration Week	16 – 20 March 2026	<ul style="list-style-type: none"> Understanding neurodiversity Creating inclusive environments Celebrating strengths 	<ul style="list-style-type: none"> Hold assemblies or share information to build awareness of neurodiversity Support staff to use inclusive approaches that recognise and respond to different learning needs Highlight different types of neurodivergence and challenge myths Celebrate strengths and contributions across your community 	Primary <ul style="list-style-type: none"> What is neurodiversity? Videos for children Learning about neurodiversity at school (LEANS) Staff <ul style="list-style-type: none"> Teaching for neurodiversity: guide for educators Supporting the SEMH needs of learners with SEND

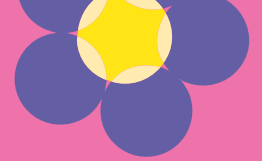
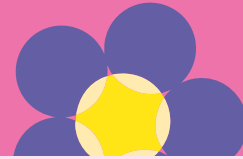
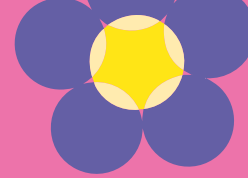
A thought for this month..



March often brings a natural dip in energy for students and staff as the term draws to a close. Some students may also be balancing tiredness with worries about next steps or new school places. It may help to build intentional check-ins and offer reassurance to those finding this stage of the term more demanding.

March 2026

Wider awareness days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						¹ Self-harm and Self-injury Awareness Day Zero Discrimination Day
²	³	⁴	⁵	⁶	⁷	⁸ International Women's Day
⁹ Empathy Week	¹⁰	¹¹	¹² University Mental Health Day Young Carers Action Day	¹³ World Sleep Day	¹⁴	¹⁵
¹⁶ Neurodiversity Celebration Week Sign Language Week	¹⁷	¹⁸	¹⁹	²⁰ International Day of Happiness	²¹ International Day for the Elimination of Racial Discrimination	²²
²³	²⁴	²⁵	²⁶	²⁷	²⁸	²⁹
³⁰ World Bipolar Day	³¹ Transgender Day of Visibility					

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.

April 2026

- ✓ Stress Awareness Month
- ✓ World Health Day

May 2026

- ✓ Mental Health Awareness Week
- ✓ World Day for Cultural Diversity

June 2026

- ✓ Pride Month
- ✓ Learning Disability Week

July 2026

- ✓ Disability Pride Month
- ✓ International Friendship Day

