

Mental health and wellbeing school and college calendar

Summer term 2025



Event	Time of year	Themes	What could you do?	Example activities
Stress Awareness Month	April 2025	Theme for 2025: #LeadWithLove	<ul style="list-style-type: none"> • Deliver a whole-school assembly on understanding and responding to stress • Plan time for staff wellbeing and share advice on managing stress • Run activities to check in with pupils, build their resilience and help them to manage stressful situations • Encourage open and supportive conversations about how pupils are feeling 	<p>Primary</p> <ul style="list-style-type: none"> • Understanding stress lesson plan • Advice and support for coping with stress <p>Secondary and FE</p> <ul style="list-style-type: none"> • Managing stress and anxiety: tips for students • Young people's wellbeing guide for stressful situations <p>Staff</p> <ul style="list-style-type: none"> • How to handle stress • Interactive stress container tool



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Build up to exams and assessments	April and May 2025	Stress and anxiety due to exam pressures for staff and pupils Healthy coping strategies Resilience	<ul style="list-style-type: none"> • Deliver activities to build resilience and manage anxiety • Create safe spaces where pupils can go if they're feeling overwhelmed • Prepare students for the higher levels of anxiety or stress that they may feel in relation to exams and assessments • Share coping and self-care strategies with students if you notice symptoms of stress 	<p>Primary</p> <ul style="list-style-type: none"> • My self-care plan • Being resilient lesson plan <p>Secondary and FE</p> <ul style="list-style-type: none"> • Let's talk about anxiety animation and toolkit • Advice on managing stress at important moments: video • Exam stress lesson plan and PowerPoint <p>Staff</p> <ul style="list-style-type: none"> • Exam and assessment stress: guidance for staff in further education colleges
Mental Health Awareness Week	12-18 May 2025	Theme for 2025: Community	<ul style="list-style-type: none"> • Hold a Mental Health Awareness Week event at school • Create space for conversations about staff mental wellbeing and work to reduce the stigma of discussing mental health at school or college • Promote mental health and wellbeing through themed lessons and assemblies • Stay up to date by signing up to the Mentally Healthy Schools newsletter to get our 2025 Mental Health Awareness Week toolkit direct to your inbox 	<p>Primary</p> <ul style="list-style-type: none"> • Emotion wheel for pupils • Talking mental health: animation & toolkit <p>Secondary and FE</p> <ul style="list-style-type: none"> • We all have mental health: animation and toolkit • HeadEd: mental health lesson plans for teenagers <p>Staff</p> <ul style="list-style-type: none"> • How to talk about and support children and young people with their wellbeing • Working towards mentally healthy schools and FE colleges: the voice of students

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Pride Month	June 2025	<p>Celebrating diversity and creating an inclusive school or college environment</p> <p>Learning about different identities</p> <p>Learning about LGBTIQ+ history</p>	<ul style="list-style-type: none"> • Deliver lessons about LGBTIQ+ history • Celebrate difference and diversity through whole-school assemblies or class activities • Review existing policies and practices to ensure they are LGBTIQ+ inclusive • Reiterate the school or college's zero-tolerance approach to bullying 	<p>Primary</p> <ul style="list-style-type: none"> • LGBTIQ+ history lesson pack for children ages 4 to 7 • Celebrate being you worksheet <p>Secondary and FE</p> <ul style="list-style-type: none"> • A coming out guide for LGBTIQ+ young people • LGBTIQ+ history lesson pack <p>Staff</p> <ul style="list-style-type: none"> • An introduction to supporting LGBTIQ+ children and young people • LGBT-inclusive RSHE: a guide for schools
Pupils preparing for school, college or university	June 2025	<p>Dealing with change: worry, stress and anxiety</p> <p>Low mood over not getting into the desired school or college</p>	<ul style="list-style-type: none"> • Run assemblies and activities to help pupils feel prepared and supported as they transition to secondary school • Introduce strategies to build resilience and provide support for children and young people during times of change and transition • Encourage conversations about pupils' concerns and ensure support is available 	<p>Primary</p> <ul style="list-style-type: none"> • Moving Up! The transition to secondary school • Understanding change <p>Secondary and FE</p> <ul style="list-style-type: none"> • Dealing with change lesson plan • Starting college or university: advice for autistic young people <p>Staff</p> <ul style="list-style-type: none"> • Teacher resources for students transitioning to secondary school • Helping children after long holidays and key transitions

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World Wellbeing Week	24 - 30 June 2025	<p>Promoting healthy habits for children and young people</p> <p>Supporting staff wellbeing</p> <p>Normalising self-care</p>	<ul style="list-style-type: none"> Develop a whole-school or college approach to mental health and wellbeing, using the 5 Steps Framework Plan a wellbeing INSET day to support staff and promote positive mental health Work in partnership with families and the community to develop positive strategies to support wellbeing Carry out a whole-school wellbeing check-in to identify key issues and areas for support 	<p>Primary</p> <ul style="list-style-type: none"> My self-care plan: primary Wellbeing activities: being kind to yourself <p>Secondary and FE</p> <ul style="list-style-type: none"> Healthy coping strategies: video for young people Barriers to asking for help activity <p>Staff</p> <ul style="list-style-type: none"> Staff wellbeing audit The building blocks of good mental wellbeing
End of term	<p>June for Northern Ireland and Scotland</p> <p>July for England and Wales</p>	<p>Moving on/ transitions</p> <p>Friendships and relationships</p> <p>Dealing with change: worry, stress and anxiety</p> <p>Lack of school support system in the summer holidays</p>	<ul style="list-style-type: none"> Provide summer wellbeing activities for students to refer to in the summer break Hold a wellbeing parent/carer support session to provide guidance during the summer break Reflect on key challenges from the year and plan improvements for September Signpost mental health support for students who may need extra help during the summer break 	<p>Primary</p> <ul style="list-style-type: none"> BBC Teach health and wellbeing videos Top tips for making friends <p>Secondary and FE</p> <ul style="list-style-type: none"> My self-care plan: secondary and FE Can't talk, write toolkit <p>Staff</p> <ul style="list-style-type: none"> Online self-help tool for school staff Self-care summer: advice for education staff