

Spring Term

School Wellbeing Calendar 2026

This calendar is designed to support your school in promoting wellbeing and mental health awareness. It provides information on important awareness days and suggests surveys to capture relevant insights from pupils, staff, and parents.

* **Remember** while we suggest specific dates for running these surveys, it's important to remember that these dates are flexible and can be tailored to the needs of your setting. You have the freedom to adjust the timing to ensure maximum participation and relevance for your school community. By following these steps, tailored to your unique context, you can gain valuable data and implement targeted strategies to enhance the wellbeing of your school community.



January 2026



Run a Survey

Assign one of our recommended benchmarking surveys two weeks into the year. This gives pupils chance to settle in and will provide a universal measure of wellbeing to inform your strategy. This baseline measure can also help you track progress.

- The Stirling Children's Wellbeing Scale
- The Student Subjective Wellbeing Questionnaire
- KINDL (Kid, Kiddy, Kiddo)

Download Surveys - [Click Here](#)



Energy Saving Week

Energy Saving Week is a national campaign focused on helping individuals learn how to cut their energy bills and get all the financial support they are entitled to.

Find out more - [click here](#)



National Hug Day

A heart-warming observance dedicated to the simple yet profound act of giving a hug. This day encourages people to express love, care, and comfort through the universal gesture of a hug.

Find out more - [click here](#)



Parent Mental Health Day

Raise awareness of the importance of parental mental health and the challenges parents face in balancing their own wellbeing.

Find out more - [click here](#)

Download Surveys - [click here](#)

SUN	MON	TUE	WED	THU	FRI	SAT
				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	



Train Students in the Psychology of Wellbeing

Give students the skills to improve wellbeing across school with our peer-led psychology of wellbeing course. They'll learn evidence-based techniques, embed them in daily life, and run campaigns to share them with their peers.

Find out more - [Click Here](#)

SWAP

February 2026



LGBT+ History Month

celebrate the contributions and accomplishments of the LGBT+ community throughout history.

Find out more - [click here](#)



Children's Mental Health Week

The theme "This is My Place," focuses on fostering a sense of belonging for children and young people through inclusive environments at home, school, and in communities.

Find out more - [click here](#)

Download Surveys - [click here](#)



Safer Internet Day

Celebrations and learning will be based around the theme 'Too good to be true? Protecting yourself and others from scams online'.

Find out more - [click here](#)

Download Surveys - [click here](#)



Random Acts of Kindness Day





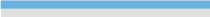
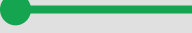

The day is especially about doing little things to make others' everyday lives easier such as helping someone cross the road, helping a neighbour, or buying someone's groceries.

Find out more - [click here](#)

Download Surveys - [click here](#)

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March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
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	28					
29	30	31				



Zero Discrimination Day

Recognising all forms of discrimination and equality before the law.

Find out more - [click here](#)



World Book Day

World Book Day is a firm favourite with children. A chance to read and share their favourite books, and in some schools, to dress as their favourite character.

Find out more - [click here](#)

Download Surveys - [click here](#)



British Science Week

A ten-day celebration of science, technology, engineering and maths.

Find out more - [click here](#)



Empathy Week

An annual festival of film, storytelling and events that develops the skill of empathy in students aged 5-18.

Find out more - [click here](#)

Download Surveys - [click here](#)



Neurodiversity Celebration Week

Find out more - [click here](#)



International Day of Happiness

The International Day of Happiness aims to make people around the world realise the importance of happiness within their lives.

Find out more - [click here](#)



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SWAP

April 2026



Stress Awareness Month

Bring attention to the negative impact of stress.

Find out more - [click here](#)

Download Surveys - [click here](#)



International Children's Book Day

This day has been widely celebrated since 1967. Giving children books and seeing how they go on an adventure is simply priceless!

Find out more - [click here](#)

Download Surveys - [click here](#)



World Autism Awareness Day

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism and fostering worldwide support.

Find out more - [click here](#)



World Health Day

It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world.

Find out more - [click here](#)





Download Surveys - [click here](#)



Earth Day

An annual event on April 22 to demonstrate support for environmental protection.

Find out more - [click here](#)

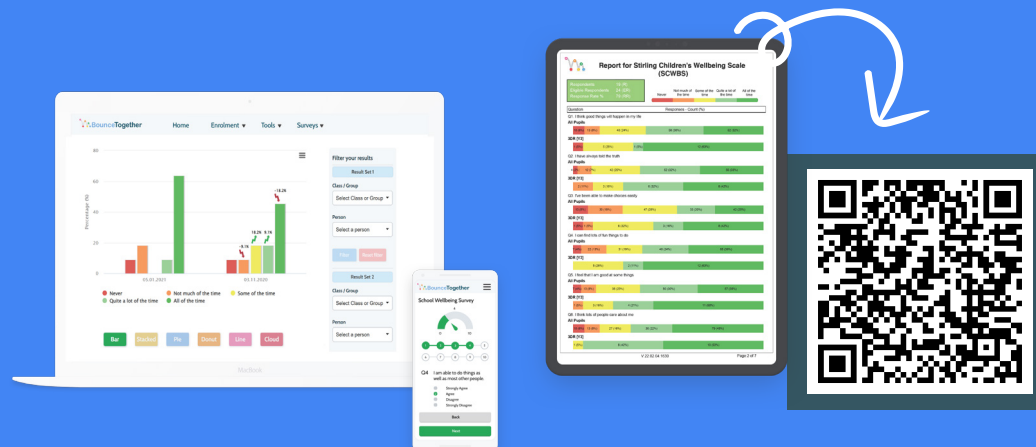
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Did you know every school is entitled to a **FREE** survey?

Run any survey you choose - whether it's one of the themes in this calendar, a simple January check-in, or something more specific to your school's priorities.

- A clear picture of how your pupils, staff, and parents are really feeling
- Heatmaps and visual dashboards show what needs attention in seconds
- Spot hidden needs long before behaviour, attendance, or academic data
 - Context for every score with national comparison data



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