





|  <p>Do what you can,<br/>Enjoy what you do,<br/>Move your mood</p> |  <p>Embrace new experiences,<br/>See opportunities,<br/>Surprise yourself</p> |  <p>Your time,<br/>your words,<br/>your presence</p> |  <p>Talk and Listen,<br/>Be there,<br/>Feel Connected</p> |  <p>Remember the simple things that give you joy</p> |
|--|---|--|---|--|
| National Obesity Awareness Week – 13 <sup>th</sup> -20 <sup>th</sup> January   | Mental Health Awareness Week – 13 <sup>th</sup> – 20 <sup>th</sup> May 2022   | Harvest  | National Conservation Week – March 2022   | National Children’s Day – 15 <sup>th</sup> May 2022  |
| National Walking Month – May 2022  | Mental Health Day – 10 <sup>th</sup> October 2022   | Children in Need – 12 <sup>th</sup> November 2021  | Mother’s Day – 27 <sup>th</sup> March 2022  | International Day of Happiness – 20 <sup>th</sup> March 2022   |
| Walk to School Week – 16 <sup>th</sup> – 20 <sup>th</sup> May 2022   | Autism Awareness Week – 28 <sup>th</sup> March – 6 <sup>th</sup> May 2022   | Sports Relief – 7 <sup>th</sup> - 13 <sup>th</sup> March 2022  | National Intergeneration Week – 8 <sup>th</sup> – 14 <sup>th</sup> March 2022   | Stress Awareness Month – April 2022  |
| World Heart Day – 29 <sup>th</sup> September 2022  | Safer Internet Day – 8 <sup>th</sup> February 2022  | Christmas  | Community Garden Week – 25 <sup>th</sup> April – 1 <sup>st</sup> May 2022   | Stress Awareness Day – 3 <sup>rd</sup> November 2021   |
| Discover National Parks Fortnight – 4 <sup>th</sup> - 18 <sup>th</sup> April 2022  | Anti-Bullying Week - 15 <sup>th</sup> – 19 <sup>th</sup> November 2022  | Great British Spring Clean – 21 <sup>st</sup> March 2022   | DNA Day – 25 <sup>th</sup> April 2022   | Anger Awareness Week – December 2022   |
| Be Active, Be Healthy, Be Happy – 5 <sup>th</sup> – 12 <sup>th</sup> April 2022  | Family Safety Week – 29 <sup>th</sup> March 2022  |  | National Share a Story Month – May 2022   | National Pet Month – April 2022  |
| Big Walk & Wheel 21 <sup>st</sup> March – 1 <sup>st</sup> April 2022   | Sun Awareness Week – 3 <sup>rd</sup> – 9 <sup>th</sup> May 2022   |  | National Children’s Gardening Week – 25 <sup>th</sup> April – 1 <sup>st</sup> May 2022  | World Kindness Day – 13 <sup>th</sup> November 2022  |
| National Skipping Day – 24 <sup>th</sup> April 2022  | National Limerick Day – 12 <sup>th</sup> May 2022   |  | The Big Lunch – 2 <sup>nd</sup> – 5 <sup>th</sup> June 2022   | National Sleep Awareness Week – 14 <sup>th</sup> – 20 <sup>th</sup> March 2022   |
| Healthy Living Week in school  | National Smile Month – 16 <sup>th</sup> May – 16 <sup>th</sup> June 2022  |  | Garden Wildlife Week – 5 <sup>th</sup> /6 <sup>th</sup> April 2022 (National growing for wellbeing included this week)                      |  |
| Activ5/Sports Week in school   | Science Week in school  |  | Father’s Day – 19 <sup>th</sup> June 2022   |  |
|  | World Book Day (week event)   |  | World Teacher’s Day - 5 <sup>th</sup> October 2021  |  |

