



School Health & Wellbeing Project - Health & Wellbeing Awareness Days



TOPIC	DATE(S)	RESOURCES
Stress Awareness Month	1 st -30 th April	https://www.stress.org.uk/national-stress-awareness-month-2019/
National Pet Month	1 st -30 th April	https://www.nationalpetmonth.org.uk/
World Autism Awareness Day	2 nd April	https://www.twinkl.co.uk/event/world-autism-awareness-day-2021
International Walk to Work Day	6 th April	https://getoutside.ordnancesurvey.co.uk/guides/international-walk-to-work-day/
World Health Day	7 th April	https://www.who.int/campaigns/world-health-day/2021
Community Garden Week	5 th -11 th April	https://cultivationstreet.com/
Pyjamas for PanCan Day	16 th April	https://pancreaticcanceraction.org/support-us/fundraise/pyjamas-for-pancan/
World Immunisation Week	20 th -25 th April	https://www.who.int/news-room/events/detail/2021/04/24/default-calendar/world-immunization-week-2021



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Allergy Awareness Week	20 th -25 th April	https://www.allergyuk.org/allergy-awareness-week-2021
The Big Pedal 2021	22 nd April – 4 th May	https://bigpedal.org.uk/
National Skipping Day	23 rd April	https://www.skipping-workshops.co.uk/national-skipping-day/
National Gardening Week	26 th April-2 nd May	https://thegreenparent.co.uk/articles/read/5-things-to-do-this-national-gardening-week# https://www.rhs.org.uk/get-involved/national-gardening-week/
International Dance Day	29 th April	https://www.international-dance-day.org/ https://www.twinkl.co.uk/event/dance-day-2021