



School Health & Wellbeing Project - Health & Wellbeing Awareness Days



TOPIC	DATE(S)	RESOURCES
National Walking Month	1 st -31 st May	https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month
Skin Cancer Awareness Month	1 st -31 st May	https://www.bad.org.uk/sun-awareness-campaign
Sun Awareness Week	3 rd -9 th May	https://www.bad.org.uk/sun-awareness-campaign/sun-awareness-week https://www.twinkl.co.uk/event/national-sun-awareness-week-2021
World Asthma Day	4 th May	https://ginasthma.org/wad/
Deaf Awareness Week	4 th -9 th May	https://www.deafcouncil.org.uk/deaf-awareness-week/
NSPCC Number Day	7 th May	https://www.nspcc.org.uk/support-us/events-fundraising/social-special-events/number-day/
World Red Cross Day	8 th May	https://www.twinkl.co.uk/event/world-red-cross-and-red-crescent-day-2021
Mental Health Awareness Week (Theme: Nature)	10 th -16 th May	https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week



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National Children's Day	16 th May	https://www.nationalchildrensdayuk.com/
National Smile Month	17 th May-17 th June	https://www.dentalhealth.org/national-smile-month?gclid=EAlaQobChMIJ-7jce57wIVi4BQBh16TwJ3EAAYASAAEgJTIFD_BwE
Walk to School Week	18 th -22 nd May	https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week?campaign=wtsw&source=adwords&gclid=EAlaQobChMIxMnUrr257wIVjZntCh16AwqAEAYASAAEgLsivD_BwE
National Epilepsy Week	20 th -26 th May	https://epilepsysociety.org.uk/get-involved/purpleday?gclid=EAlaQobChMIInpmSsM257wIV0uvvtCh3tPATXEAAAYAiAAEgIHDFD_BwE https://www.youngepilepsy.org.uk/news-and-events/news/national-epilepsy-week.html?jjj=1616062385575
World Meditation Day	21 st May	https://www.annafreud.org/on-my-mind/self-care/meditation/
World Day for Cultural Diversity	21 st May	https://www.un.org/en/observances/cultural-diversity-day https://www.tes.com/teaching-resource/world-day-for-cultural-diversity-assembly-6233385