NATIONAL DAY CONTENT CALENDAR 2022

Dick and X

AWARENESS MONTHS FEB MAR APR MAY JAN **NEW YEAR'S** KOREAN NEW YEAR CRAFT MONTH **BOWEL CANCER BOWEL CANCER** DRY JANUARY CHINESE NEW YEAR CELERY MONTH **AWARENESS AWARENESS** VEGANUARY

- PLANT THE SEEDS OF **GREATNESS**
- INTERNATIONAL **FRIENDSHIP**
- **RESPONSIBLE PET OWNERS**
- KIDNEY MONTH
- **IBS AWARENESS**
- MOVE MORE MONTH
- NATIONAL VOLUNTEER MONTH
- **AUTISM AWARENESS**
- PARKINSON'S **AWARENESS**
- STRESS AWARENESS
- WALK TO WORK MONTH
- NATIONAL PET MONTH

- **IBS AWARENESS**
- MOVE MORE MONTH
- NATIONAL VOLUNTEER MONTH
- **AUTISM AWARENESS**
- PARKINSON'S **AWARENESS**
- STRESS AWARENESS
- WALK TO WORK MONTH
- NATIONAL PET MONTH

JUN

- STEP UP FOR 30
- PRIDE MONTH
- **CANDY MONTH**
- **RABBIT AWARENESS**

JUL

- PLASTIC FREE **JULY**
- TALK TO US MONTH (SAMARITANS) GOOD CARE
- **MONTH** PICNIC MONTH
- **GLOBAL ENTERPRISE AGILITY MONTH**

AUG

- PSORIASIS AWARENESS
- HAPPINESS HAPPENS MONTH
- **IMMUNISATION AWARENESS MONTH**

SEP

- **SOURDOUGH** SEPTEMBER
- SELF **IMPROVEMENT** MONTH
- **BLOOD CANCER**
- **AWARENESS** CHILDHOOD
- CANCER **AWARENESS** FESTIVAL OF LEARNING - HAVE
- A GO MONTH ORGANIC SEPTEMBER

OCT

- THE BIG DRAW
- GO SOBER OCTOBER
- WALK TO SCHOOL MONTH
- **BLACK HISTORY MONTH**
- **ADHD AWARENESS**
- **BULLYING PREVENTION** MONTH
- **BREAST CANCER AWARENESS**

- SCHOLARSHIP MONTH
- VEG PLEDGE
- **MOVEMBER**
- **FAMILY CAREGIVERS** MONTH
- **CANCER ACTION MONTH**
- NOVEL WRITING MONTH

DEC

- DECEMBEARD
- WRITE A BUSINESS PLAN MONTH
- **HUMAN RIGHTS** MONTH
- SPIRITUAL LITERACY MONTH

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						NEW YEAR'S, 1 VEGANUARY, DRY JANUARY
INTROVERT DAY, 2 MOTIVATION & INSPIRATION DAY	FESTIVAL OF 3 SLEEP, MIND-BODY WELLNESS DAY	WORLD 4 BRAILLE DAY	BIRD DAY, 5 YOUTH DAY	THREE KINGS 6 DAY, EPIPHANY	I AM A 7 MENTOR DAY	EARTH'S 8 ROTATION DAY
NATIONAL 9 APRICOT DAY	OBESITY AWARENESS 10 WEEK, CLEAN YOUR DESK DAY	POETRY AT 11 WORK DAY	TWELFTH 12 NIGHT	GLUTEN-FREE 13 DAY	DRESS UP 14 YOUR PET DAY	MARTIN 15 LUTHER KING DAY
RELIGIOUS 16 FREEDOM DAY	BLUE MONDAY, BIG ENERGY SAVING 17 WEEK, CERVICAL CANCER PREVENTION WEEK	WINNIE 18 THE POOH DAY	POPCORN 19 DAY	CHEESE 20 LOVER'S DAY	HUG DAY, 21 DRESS UP PET DAY	CELEBRATION 22 OF LIFE DAY
HANDWRITING 23 DAY	DATA PRIVACY 24 WEEK, PEANUT BUTTER DAY	BURNS NIGHT, 25 YOUNG CARERS AWARENESS DAY	LIBRARY 26 SHELFIE DAY	CHOCOLATE 27 CAKE DAY, HOLOCAUST MEMORIAL DAY	FUN AT 28 Work Day	YORK 29 Residents Weekend
croissant 30 day	hot 31 chocolate day					

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		DARK 1 CHOCOLATE DAY	CREPE 2 DAY	GOLDEN 3 RETRIEVER DAY	WORLD 4 CANCER DAY, NUTELLA DAY	PIZZA 5 DAY
RADIO DAY	6 CHILDREN'S MENTAL HEALTH 7 WEEK, APPRENTICESHIP WEEK	SAFER 8 INTERNET DAY	TOOTHACHE 9 DAY	UMBRELLA 10 DAY	INVENTORS' 11 DAY, MAKE A FRIEND DAY	DARWIN 12 DAY
GALENTINE'S DAY	VALENTINE'S 14 DAY	SINGLES 15 AWARENESS	ALMONDS 16 DAY	RANDOM ACTS 17 OF KINDNESS DAY	CARGIVERS 18 DAY	CHOCOLATE 19 MINT DAY
MUFFIN 2 DAY	O FAIRTRADE 21 FORTNIGHT, YOU CAN CARE WEEK	BE HUMBLE DAY, SINGLE TASKING DAY, THINKING DAY	BANANA 23 BREAD DAY	TOAST 24 DAY	CHOCOLATE 25 COVERED NUTS DAY	PISTACHIO 26 DAY
NO BRAINER Z	FLORAL 28 DESIGN DAY					

MARCH 2022

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
_			PANCAKE 1 DAY	ASH 2 WEDNESDAY	WORLD 3 WILDLIFE DAY	HEALTHCARE 4 SCIENCE WEEK	MULTIPLE 5 PERSONALITY DAY
	NO MORE 6 WEEK	CAREERS 7 WEEK, BRITISH PIE WEEK	WORLD KIDNEY8 DAY, INTERNATIONAL WOMEN'S DAY	GET OVER 9 IT DAY	CRUFTS (TIL 10 13TH), DAY OF AWESOMENESS	MOTHER'S DAY, 11 BRITISH SCIENCE WEEK	12 COMMONWEALTH DAY
_	jewel 13 day	NEURODIVERSITY 14 CELEBRATION WEEK	WORLD 15 CONTACT DAY	FREEDOM OF 16 INFORMATION DAY	ST PATRICK'S 17 DAY	COMIC 18 RELIEF/RED NOSE DAY	SPRING EQUINOX, 19 INTERNATIONAL DAY OF HAPPINESS
_	PROPOSAL 20 DAY	SHAKESPEARE 21 WEEK	WORLD 22 Water Day	PUPPY 23 DAY	WORLD TB 24 DAY	WAFFLE 25 DAY	EPILEPSY 26 AWARENESS
	CLOCKS GO ²⁷ FORWARD	AUTISM 28 AWARENESS WEEK	FAMILY SAFETY 29 WEEK, I AM IN CONTROL DAY	WORLD 30 BACKUP DAY	CRAYON 31 DAY		

APRIL 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					WALK TO 1 WORK DAY	AUTISM 2 AWARENESS DAY
GEOLOGISTS 3 DAY	COMMUNITY4 Garden Week	FIRST 5 CONTACT DAY	NATIONAL 6 WALKING DAY	WORLD 7 HEALTH DAY	ZOO LOVERS 8 DAY	UNICORN 9 DAY
PALM 10 SUNDAY	PARKINSON'S 11 AWARENESS WEEK	EDUCATION & 12 SHARING DAY	MAKE 13 LUNCH COUNT DAY	REACH AS 14 HIGH AS YOU CAN DAY	GOOD FRIDAY 15	WORLD 16 Voice Day
EASTER 17 SUNDAY	EASTER 18 MONDAY	THE BIG 19 PEDAL (TIL 29TH)	WORLD 20 Stationery Week	NATIONAL 21 TEA DAY	MOTHER 22 EARTH DAY	ENGLISH 23 LANGUAGE DAY
SCREAM DAY, 24 PIGS IN BLANKETS DAY	WORLD 25 PENGUIN DAY	london 26 Marathon	TELL A 27 STORY DAY	STOP FOOD 28 WASTE DAY	DANCE 29 DAY	TOUR DE 30 YORKSHIRE (TIL 2ND)

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BIG ASTHMA 1 BAKE SALE	DAWN 2 CHORUS DAY	SUN 3 AWARENESS WEEK	WORLD 4 ASTHMA DAY, STAR WARS DAY	WORLD 5 PASSWORD DAY	SPACE 6 DAY	FITNESS 7 DAY
fairtrade 8 day	lost sock 9 memorial day	MENTAL HEALTH AWARENESS WEEK	eat what 11 you want day	me 12 AWARENESS DAY	cocktail 13 day	decency 14 day
family 15 day	learning 16 at work week	water 17 saving week	museums 18 day	ibd 19 day	BIKE TO 20 SCHOOL/ WORK DAY	WORLD 21 MEDITATION DAY
WORLD 22 GOTH DAY	ENGLISH 23 TOURISM WEEK	BRITISH 24 TOMATO FORTNIGHT	GEEK 25 PRIDE DAY	SINGING 26 DAY	SAY 27 SORRY DAY	GREAT BRITISH 28 SPRING CLEAN
NATIONAL 29 BISCUIT DAY	BIKE 30 WEEK	PATIENT 31 PARTICIPATION WEEK				

JUNE 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			WORLD 1 MILK DAY	QUEEN'S 2 PLATINUM JUBILEE	BANK 3 HOLIDAY	FISH & 4 CHIPS DAY
GROWING FOR 5 WELLBEING WEEK	CARERS 6 WEEK	UK 7 Coaching Week	BEST 8 FRIENDS DAY	UK CLOTHING 9 POVERTY AWARENESS DAY	EMPLOYER 10 BRANDING AWARENESS WEEK	MKING LIFE 11 BEAUTIFUL DAY
red nose 12 day	adult 13 learners week	men's 14 health week	BUG 15 BUSTING DAY	fudge 16 day	PLASTIC 17 FREE BEAUTY DAY	PRIDE DAY, 18 AUTISTIC PRIDE, PANIC DAY
father's 19 day	school 20 sport week	WORLD 21 WELLBEING WEEK	windrush 22 day	national 23 Writing Day	reserves 24 day	DAY OF 25 THE SEAFARER
ARMED 26 FORCES DAY	BINGO 27 Day	LOGISTICS 28 DAY	CAMERA 29 DAY	SOCIAL 30 MEDIA DAY		

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					REGGAE 1 DAY	UFO 2 DAY
PLASTIC 3 BAG FREE DAY	INDEPENDENCE 4 DAY (USA), THANK YOU DAY	WORKAHOLICS 5 DAY	FRIED 6 CHICKEN DAY	WORLD 7 CHOCOLATE DAY	VIDEO GAME 8 DAY	BYTE NIGHT 9 - Boycott Your Bed
DON'T 10 STEP ON A BEE DAY	CHEER UP 11 THE LONELY DAY	SIMPLICITY 12 DAY	EMBRACE 13 YOUR GEEKNESS DAY	MAC AND 14 CHEESE DAY	SOCIAL 15 MEDIA GIVING DAY	CHERRY 16 DAY
WORLD 17 Emoji Day	WORLD 18 LISTENING DAY	DAIQUIRI 19 DAY	LOLLIPOP 20 DAY	BE 21 SOMEONE DAY	MANGO 22 DAY	VANILLA 23 ICE CREAM DAY
VANILLA 24 ICE CREAM DAY	schizophrenia 25 awareness day	ALL OR 26 NOTHING DAY	WALK 27 THE NIGHT	INTERN 28 DAY	TIGER 29 DAY	WORLD 30 FRIENDSHIP DAY
harry 31 potter's birthday						

AUGUST 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		YORKSHIRE 1 DAY	ice cream 2 sandwich day	watermelon 3 day	playday 4	CYCLE TO 5 WORK DAY	mead 6 day
	PSYCHIC 7 DAY	AFTERNOON 8 TEA WEEK	WOMEN'S 9 Day	LION 10 DAY	MOUNTAIN 11 DAY	YOUTH 12 DAY	BOWLING 13 DAY
	FINANCIAL 14 AWARENESS DAY	NORTHERN 15 CHRISTMAS WEEK	TELL A 16 JOKE DAY	NONPROFIT 17 Day	NEVER 18 GIVE UP DAY	WORLD 19 PHOTO DAY	POETRY 20 BEARS PICNIC
	SENIOR 21 CITIZEN'S DAY	BE AN 22 ANGEL DAY	SPONGE 23 CAKE DAY	WAFFLE 24 DAY	SECOND- 25 HAND Wardrobe Day	WOMEN'S 26 EQUALITY DAY	JUST 27 BECAUSE DAY
F	RAINBOW 28 BRIDGE REMEMBERANCE DAY	SUMMER 29 BANK HOLIDAY	BEACH 30 DAY	WORLD DISTANCE 31 LEARNING DAY			

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				ORGANIC 1 SEPTEMBER	COCONUT 2 DAY	DOODLE 3 DAY
BACON DAY, 4 WILDLIFE DAY	SUICIDE 5 Prevention Week	FIGHT 6 PROCRASTINATION DAY	GOOGLE 7 COMMEMORATION DAY	LITERACY 8 DAY	STAND UP 9 TO CANCER DAY	SWAP 10 IDEAS DAY
HOT CROSS 11 BUNS DAY	BALANCE 12 AWARENESS WEEK	roald dahl 13 story day	live 14 creative day	online 15 learning day	CHOOSE 16 YOUR CHOCOLATE DAY	GREAT BRITISH 17 BEACH CLEAN (TIL 25TH)
RESPECT 18 DAY	WEEK OF 19 HAPPINESS AT WORK	IT 20 PROFESSIONALS DAY	WORLD 21 ALZHEIMER'S DAY	DEAR 22 DIARY DAY	REDHEAD 23 APPRECIATION DAY	GHOST 24 HUNTING DAY
COOKING 25 DAY	BIKE TO 26 SCHOOL WEEK	NO 27 EXCUSES DAY	ASK A STUPID 28 QUESTION DAY	COFFEE 29 DAY	PODCAST 30 DAY	

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						WORLD 1 SMILE DAY
GUARDIAN 2 ANGELS DAY	TECHIE'S 3 DAY	NO 4 DISPOSABLE CUP DAY	DO 5 SOMETHING NICE DAY	BADGER 6 DAY	YOU MATTER 7 TO ME DAY	OCTOPUS 8 DAY
ASTRONOMY 9 DAY	WORLD MENTAL HEALTH 10 DAY, WORK LIFE WEEK	face your 11 fears day	12 freethought day	international 13 day for failure	CHOCOLATE 14 WEEK	world 15 values day
FAMILY 16 LEARNING FESTIVAL (TIL 30TH)	CONFLICT 17 RESOLUTION DAY	CHOCOLATE 18 CUPCAKE DAY	NEW 19 FRIENDS DAY	SPIRIT DAY, 20 SLOTH DAY	CELEBRATION 21 OF THE MIND DAY	MAKE A 22 DIFFERENCE DAY
WEAR IT 23 PINK	UNITED 24 NATIONS DAY	I CARE 25 ABOUT YOU DAY	PUMPKIN 26 DAY	CHEESE 27 TOASTIE DAY	FRANKENSTEIN 28 FRIDAY	ONLINE 29 NETWORKING DAY
CHECKLIST 30 DAY	halloween 31					

NOVEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			EXTRA 1 MILE DAY	ALL SOULS 2 DAY	JAPANESE 3 CULTURE DAY	USE YOUR 4 COMMON SENSE DAY	BONFIRE 5 NIGHT
_	STRESS 6 AWARENESS DAY	JOB 7 ACTION DAY	NORTH WEST SEXUAL VIOLENCE AWARENESS WEEK	SOCIAL 9 MEDIA KINDNESS DAY	SESAME 10 STREET DAY	EDUCATION 11 DAY	CHICKEN 12 SOUP FOR THE SOUL DAY
_	WORLD 13 KINDNESS DAY	WORLD 14 DIABETES DAY	15 ENTREPRENEUR'S DAY	BOOK WEEK 16 SCOTLAND	hiking 17 day	USE LESS 18 STUFF DAY	INTERNATIONAL 19 MEN'S DAY
_	UNIVERSAL 20 CHILDREN'S DAY	LEADERSHIP 21 WEEK	GO FOR A 22 RIDE DAY	CASHEW 23 DAY	24 THANKSGIVING (USA)	25 CARERS RIGHTS DAY, BLACK FRIDAY	SMALL 26 BUSINESS SATURDAY
_	AURA 27 AWARENESS DAY	CYBER 28 MONDAY	GIVING 29 TUESDAY	ST 30 ANDREW'S DAY			

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CHRISTMAS 1 LIGHTS DAY	BUILD 2 Joy Day	MAKE A 3 GIFT DAY
SANTA'S 4 LIST DAY	ILLUMINATION 5 STREET WEEK	ST NICHOLAS 6 DAY	LETTER 7 WRITING DAY	BROWNIE 8 DAY	CHRISTMAS 9 CARD DAY	CHRISTMAS 10 JUMPER DAY
NATIONAL 11 APP DAY	green 12 monday	roast 13 chestnuts day	monkey 14 day	national 15 cupcake day	CHOCOLATE 16 COVERED ANYTHING DAY	DEVICE 17 APPRECIATION DAY
BAKE 18 COOKIES DAY	HARD 19 CANDY DAY	HUMAN 20 SOLIDARITY DAY	YULE, 21 WINTER SOLSTICE	COOKIE 22 EXCHANGE DAY	CHRISTMAS 23 MOVIE MARATHON DAY	CHRISTMAS 24 EVE
CHRISTMAS 25 DAY	BOXING 26 DAY	fruitcake 27 Day	CALL A 28 FRIEND DAY	STILL NEED 29 TO DO DAY	resolution 30 planning day	new 31 year's eve