

January – Monthly Observations

National Hobby Month, National Tea Month, National Oatmeal Month, National Slow Cooking Month, National Soup Month

Weekly Observations

January 11 – National Milk Day

January 15 – National Hat Day

January 21 – National Hugging Day

January 26 – National Green Juice Day

February – Monthly Observations

American heart Month, National Cook for Family Fun Month, National Cherry Month, National Children’s Dental Health Month, National Grapefruit Month, National Hot Breakfast Month, national Library Lovers Month,

Weekly Observations

February 3 – National Wear Red Day

February 4 – National Homemade Soup Day

February 6 – National Frozen Yogurt Day (Non-fat or Low-fat)

February 8 – National Kite Flying Day

February 11 – National Make a Friend Day & National Inventor’s Day

February 17 – National Random Acts of Kindness Day

February 22 – National Cook a Sweet Potato Day

February 23 – National Chili Day

February 27 – National Strawberry Day

March – Monthly Observations

National Celery Month, national Craft Month, National Nutrition Month, National Music in Our Schools Month

Weekly Observations

March 1 – National Peanut Butter Lover’s Day

March 3 – National I Want You to Be Happy Day

March 4 – National Day of Unplugging

March 10 – National Pack Your Lunch Day

March 12 – National Plant a Flower Day

March 14 – National Children’s Craft Day & National Napping Day

March 16 – National Artichoke Hearts Day

March 19 – National Lets Laugh Day

March 26 – National Spinach Day

March 30 – National Take a Walk in the Park Day

April – Monthly Observation

12345 Fit – Tastic National Dates Calendar

National Keep America Beautiful Month, National Garden Month

Weekly Observations

April 2 – National Love Our Children Day

April 6 – National Walking Day

April 8 – National Zoo Lovers Day

April 10 – National Siblings Day, National Farm Animals Day

April 11 – National Pet Day

April 14 – National Reach as High as You Can Day

April 21 – National Kindergarten Day, National High Five Day

April 22 – National Earth Day

April 23 – National Picnic Day

April 27 – National Tell a Story Day

April 30 – national Honesty Day

May – Monthly Observation

National Bike Month, National Egg Month, National Get Caught Reading Month, National Salad Month

Weekly Observations

May 3 – National Two Different Colored Shoes Day

May 3 – National Teacher Appreciation Day

May 4 – National Bike To School Day (changes annually)

May 20 – National Pick Strawberries Day

May 21 – National Learn to Swim Day

May 24 – National Scavenger Hunt Day

May 25 – National Tap Dace Day

June – Monthly Observation

National Aquarium Month, National Fresh Fruit and Vegetables Month, National Camping Month, national Dairy Month (non-fat or low-fat), National Great Outdoors Month

Weekly Observations

June 1 – National Say Something Nice Day

June 13 – National Weed Your Garden Day

June 17 – National Eat Your Vegetables Day

June 18 – National Go Fishing Day

July– Monthly Observation

National Anti-Boredom Month, national Picnic Month

Weekly Observations

August– Monthly Observation

National Family Fun Month, National Peach Month, National Water Month

Weekly Observations

August 2 – National Coloring Book Day

August 3 – National Watermelon Day

August 7 – National Kids Day, National Friendship Day, National Sisters Day

August 9 – National Book Lovers Day

August 12 – National Middle Child Day

August 13 – National Left Handers Day

September– Monthly Observation

National Little League Month, National Potato Month, National Whole Grains Month

Weekly Observations

September 4 – National Wildlife Day

September 6 – National Read a Book Day

September 13 – National Kids Take Over the Kitchen Day

September 17 – National Gymnastics Day

September 19 – National Talk Like A Pirate Day

October– Monthly Observation

October 3 (first Monday of oct.) – National Child Health Day

October 5 – National Walk to School Day

October 22 – National color Day

October 24 – National Food Day

November– Monthly Observation

National Family Stories Month, National Spinach and Squash Month, National Sweet Potato Awareness Month, National Vegan Month

Weekly Observations

November 15 – National Clean Out Your Refrigerator Day

November 17 – National Take a Hike Day

December– Monthly Observation

National Root Vegetables and Exotic Fruits Month, National Tomato and Winter Squash Month

Weekly Observations