

primary school

2026 wellbeing lesson planner

term 1

10 Feb: Safer Internet Day
8 Mar: International Women's Day
16–22 Mar: Neurodiversity Celebration Week
21 Mar: Harmony Day
2 Apr: Autism Awareness Day/Month

friendship

FOR ALL PRIMARY YEAR LEVELS

New classes can be scary! Get tips to make new friends, and grow healthy friendships.



[LEARN MORE](#)

term 2

22 Apr: Earth Day
8 May: Do it for Dolly Day
17 May: International Day Against LGBTQIA+ Discrimination
17 May: International Child Helpline Day
17 May – 3 Jun: Reconciliation Week
Jun: Pride Month

bullying

FOR ALL PRIMARY YEAR LEVELS

As the year gets busier, friendships shift. Help students recognise and respond to bullying, and know where to get help.



[LEARN MORE](#)

term 3

5–12 Jul: NAIDOC Week
3–9 Aug: National Homelessness Week
17–21 Aug: Bullying No Way Week
10 Sep: R U OK? Day

Kids Helpline's Largest Anti-Bullying Lesson

being kind online

FOR GRADES: 4–6

The importance of making positive, respectful decisions online and how to deal with challenges.



[LEARN MORE](#)

term 4

10 Oct: World Mental Health Day
30 Oct: Day for Daniel
11 Nov: Remembrance Day
13 Nov: World Kindness Day
25 Nov: International Day For The Elimination of Violence Against Women

transition to high school

FOR GRADES: 6

Leaving Primary School is a big change! Learn normal concerns about starting at high school and get prepared for the transition.



[LEARN MORE](#)

Bonus: we have [resources](#) to help you navigate some of the above awareness days.

high school

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16–22 Mar: Neurodiversity Celebration Week
21 Mar: Harmony Day
2 Apr: Autism Awareness Day/Month

coping with changes & transitions

Help students start the year with confidence. Learn how to cope with changes and transitions in life, school, home and the community.

[LEARN MORE](#)

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bullying

Learn what bullying is (and isn't), the impacts, practical, in-the-moment responses and strategies to care for yourself and others.

[LEARN MORE](#)

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Kids Helpline's Largest
Anti-Bullying Lesson

respectful relationships

Learn how to manage boundaries within relationships and explore respectful communication styles.

[LEARN MORE](#)

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emotional intelligence

With exams and endings piling up, learn the purpose of feelings, how emotions work, and how to self-regulate.

[LEARN MORE](#)

How other schools use lessons: health classes, wellbeing programs, school events, awareness days, school camps, transition days, or other key events.