

# Awareness Days

2022



KJP Creative

# JANUARY



- 1st January: New Years Day
- 3rd January: Festival Of Sleep Day (US)
- 2nd January: World Introvert Day
- 4th January: National Spaghetti Day (US)
- 4th January: World Braille Day
- 5th January: National Bird Day
- 6th January: National Cuddle Up Day
- 6th January: National Shortbread Day (US)
- 7th January: National Sickie Day
- 8th January: National Bubble Bath Day
- 11th January: Paget's Awareness Day
- 12th January: Kiss a Ginger Day
- 14th January: International Kite Day
- 16th January: World Religion Day
- 17th January: Brew Monday
- 17th January: Ditch New Year's Resolutions Day
- 17th January: Blue Monday
- 18th January: Winnie The Pooh Day
- 20th January: National Cheese Lovers Day
- 21st January: National Hugging Day
- 25th January: Burns Night
- 26th January: Australia Day
- 27th January: Holocaust Memorial Day
- 30th January: World Leprosy Day
- 30th January: National Croissant Day (US)
- 31st January: National Bug Busting Day

# FEBRUARY



- 1st February: Dignity Action Day
- 1st February: Chinese New Year
- 2nd February: Groundhog Day (US)
- 2nd February: World Wetlands Day
- 3rd February: Time To Talk Day
- 3rd February: World Read Aloud Day
- 4th February: World Cancer Day
- 4th February: Wear Red Day (Children's Heart Surgery Fund)
- 4th February: NSPCC Number Day
- 5th February: World Nutella Day
- 6th February: National Yorkshire Pudding Day
- 7th February: Send A Card To A Friend Day
- 8th February: Safer Internet Day
- 9th February: National Pizza Day
- 9th February: National Toothache Day
- 11th February: World Day of the Sick
- 14th February: Valentines Day
- 14th February: International Epilepsy Day
- 15th February: Singles Awareness Day
- 16th February: Innovation Day
- 17th February: Random Acts Of Kindness Day
- 18th February: Care Day 2022
- 18th February: National Drink Wine Day
- 20th February: National Love Your Pet Day
- 22nd February: World Thinking Day

# MARCH



- 1st March: Shrove Tuesday (Pancake Day)
- 1st March: St David's Day
- 1st March: World Compliment Day
- 2nd March: National Old Stuff Day
- 3rd March: World Hearing Day
- 3rd March: World Book Day
- 5th March: St Piran's Day
- 8th March: International Women's Day
- 9th March: World Panic Day (US)
- 10th March: No Smoking Day
- 15th March: World Speech Day
- 16th March: Young Carers Awareness Day
- 17th March: St Patrick's Day
- 18th March: Global Recycling Day
- 18th March: Comic Relief
- 18th March: World Sleep Day
- 20th March: Spring Equinox Day
- 20th March: National Native HIV/AIDS Awareness Day
- 20th March: International Day Of Happiness
- 21st March: World Down Syndrome Day
- 21st March: International Day of Forests
- 21st March: World Poetry Day
- 22nd March: World Water Day
- 23rd March: National Day of Reflection
- 24th March: World TB Day
- 25th March: FND Awareness Day UK
- 25th March: Wear a Hat Day
- 26th March: Purple Day
- 26th March: Clocks go forward
- 27th March: Mothering Sunday
- 30th March: World Bipolar Day

# APRIL



- 1st April: April Fools Day
- 1st April: Walk to Work Day
- 2nd April: World Autism Awareness Day (WAAD)
- 2nd April: International Children's Book Day
- 2nd April: International Pillow Fight Day
- 3rd April: World Party Day
- 4th April: National Vitamin C Day
- 7th April: World Health Day
- 10th April: National Siblings Day
- 11th April: World Parkinson's Day
- 15th April: Good Friday
- 16th April: World Voice Day
- 17th April: Easter Sunday
- 17th April: World Haemophilia Day
- 18th April: Easter Monday
- 16th April: WVD (World Voice Day)
- 17th April: International World Haemophilia Day
- 21st April: World Creativity And Innovation Day
- 20th April: World Stationery Day
- 21st April: National Bulldogs Are Beautiful Day
- 21st April: World Creativity and Innovation Day
- 22nd April: Earth Day
- 23rd April: St George's Day
- 23rd April: National Skipping Day
- 24th April: Scream Day
- 25th April: World Penguin Day
- 26th April: Drive It Day
- 26th April: National DNA Day
- 28th April: Stop Food Waste Day
- 28th April: Superhero Day
- 29th April: International Dance Day
- 30th April: International Jazz Day

\*All dates are subject to change

# MAY



- 1st May: World Laughter Day
- 4th May: World Asthma Day
- 4th May: Star Wars Day
- 4th May: Firefighters' Memorial Day
- 6th May: International No Diet Day
- 5th May: International Day of the Midwife
- 8th May: World Fair Trade Day
- 8th May: World Ovarian Cancer Day
- 8th May: World Donkey Day
- 8th May: World Red Cross Day
- 9th May: National Lost Socks Day
- 10th May: World Lupus Day
- 11th May: Eat What You Want Day
- 12th May: ME Awareness Day
- 12th May: Limerick Day
- 12th May: World Fibromyalgia Day
- 13th May: World Cocktail Day
- 14th May: Spinal Cord Injury Awareness Day
- 16th May: National Children's Day UK
- 17th May: World Hypertension day
- 21st May: Hats for Headway Day
- 22nd May: World Goth Day
- 23rd May: World Turtle Day
- 29th May: National Biscuit Day
- 29th May: World Digestive Health Day
- 30th May: World MS Day

# JUNE



1st June: International Children's Day

1st June: World Milk Day

1st June: Global Day of Parents

4th June: National Fish and Chip Day

4th June: International Day of Innocent Children Victims of Aggression

5th June: World Environment Day

5th June: Butterfly Education and Awareness Day

6th June: National Cancer Survivors Day

6th June: National Neuro-Disabilities Day

8th June: National Best Friends Day

8th June: World Oceans Day

9th June: UK Clothing Poverty Awareness Day

13th June: Cupcake Day

14th June: World Blood Donor Day

15th June: National Beer Day

17th June: National Clean Air Day

17th June: Plastic Free Beauty Day

18th June: Autistic Pride Day

18th June: International Picnic Day

19th June: Father's Day

20th June: World Refugee Day

20th June: International Surfing Day

21st June: Global MND Awareness Day

21 June: World Humanist Day

21st June: World Music Day

21st June: Bring Your Dog To Work Day

23rd June: International Widows Day

23rd June: Public Service Day

23rd June: National Writing Day

25th June: Day of the Seafarer

27th June: International Sunglasses Day

# JULY



- 1st July: Canada Day
- 1st July: International Joke Day
- 2nd July: World UFO Day
- 3rd July: National Bereaved Parents Day
- 4th July: Independence Day (US)
- 4th July: Thank You Day
- 6th July: International Kissing Day
- 7th July: World Chocolate Day
- 8th July: SPANA World Tea Party (sick and injured working animals)
- 9th July: Byte Night
- 10th July: Don't Step On A Bee Day
- 11th July: World Population Day
- 12th July: National Simplicity Day
- 15th July: Social Media Giving Day (US)
- 15th July: National Hot Dog Day (US)
- 17th July: World Emoji Day
- 20th July: International Chess Day
- 24th July: National Tequila Day
- 24th July: 24/7 Samaritans The Big Listen
- 25th July: National Schizophrenia Awareness Day
- 27th July: Walk The Night Breast Cancer Care And Prostate Cancer UK
- 29th July: International Tiger Day
- 30th July: International Day Of Friendship
- 30th July: World Day against Trafficking in Persons
- 30th July: National Cheesecake Day (US)

\*All dates are subject to change

# AUGUST



1st August: Yorkshire Day  
1st August: World Wide Web Day  
4th August: Playday  
5th August: Cycle To Work Day  
5th August: National Dash Cam Day  
5th July: International Beer Day  
8th August: National CBD Day  
12th August: International Youth Day  
13th August: Happy National Prosecco Day  
13th August: International Left Handers Awareness Day  
15th August: Cavernoma Awareness Day  
18th August: Never Give Up Day  
16th August: Tell A Joke Day  
19th August: World Humanitarian Day  
19th August: World Photo Day  
20th August: World Honey Bee Day  
24th August: National Plum Day  
24th August: International Strange Music Day  
30th August: International Day Of The Disappeared

\*All dates are subject to change

# SEPTEMBER



- 3rd September: National Doodle Day
- 3rd September: Everywoman Day
- 4th September: International Bacon Day
- 4th September: National Fish and Chip Day
- 5th September: International Day Of Charity
- 6th September: National Read A Book Day
- 7th September: Youth Mental Health Awareness Day
- 8th September: International Literacy Day
- 10th September: World Suicide Prevention Day
- 13th September: Roald Dahl Day
- 13th September: Kids Take Over The Kitchen Day
- 15th September: World Lymphoma Awareness Day
- 15th September: International Dot Day
- 15th September: International Day of Democracy
- 16th September: National Teaching Assistants' Day
- 19th September: International Talk like a Pirate Day
- 20th September: Jeans For Genes Day
- 21st September: World Alzheimer's Day
- 21st September: International Day of Peace
- 22nd September: World Car Free Day
- 24th September: World's Biggest Coffee Morning (Macmillan)
- 26th September: European Day Of Languages
- 27th September: World Tourism Day
- 28th September: Ask A Stupid Question Day (US)
- 28th September: National Fitness Day
- 29th September: World Heart Day
- 29th September: Thank you Hidden Heroes Day
- 30th September: National Sporting Heritage Day

\*All dates are subject to change

# OCTOBER



- 1st October: International Coffee Day
- 1st October: International Day of Older Persons
- 1st October: World Vegetarian Day
- 1st October: World Smile Day
- 3rd October: Grandparent's Day
- 4th October: World Smile Day
- 4th October: World Animal Day
- 4th October: International No Disposable Cup
- 5th October: World Teachers Day
- 6th October: National Badger Day
- 7th October: World Dyslexia Awareness Day
- 8th October: World Sight Day
- 9th October: World Post Day
- 10th October: World Mental Health Day
- 13th October: Skeptics Day
- 13th October: National No Bra Day
- 15th October: Global Wave Of Light
- 16th October: World Food Day
- 16th October: Restart a Heart Day
- 17th October: International Day for the Eradication of Poverty
- 18th October: Anti-Slavery Day
- 18th October: Epilepsy Action National Tea & Cake Break
- 20th October: World Osteoporosis Day
- 21st October: Apple Day
- 22nd October: International Stammering Awareness Day
- 23rd October: Wear It Pink
- 27th October: National Black Cat Day
- 27th October: National Cheese Toastie Day
- 29th October: World Online Networking Day
- 31st October: Halloween
- 31st October: National Bug Busting Day

\*All dates are subject to change

# NOVEMBER



- 1st November: National Authors Day
- 3rd November: National Sandwich Day
- 5th November: Guy Fawkes Night
- 6th November: National Stress Awareness
- 7th November: International Stout Day
- 8th November: World Radiography Day
- 9th November: Social Media Kindness Day
- 9th November: World Freedom Day
- 13th November: World Kindness Day
- 13th November: Blue Wednesday
- 14th November: World Diabetes Day
- 18th November: Mickey Mouse's Birthday
- 18th November: World Pancreatic Cancer Day
- 19th November: World Toilet Day
- 19th November: International Men's Day
- 20th November: Universal Children's Day
- 21st November: World COPD Awareness Day
- 24th November: Thanksgiving (US)
- 25th November: White Ribbon Day
- 25th November: Black Friday
- 26th November: Small Business Saturday
- 29th November: Cancer Support Scotland Day
- 30th November: St Andrews Day

# DECEMBER



- 1st December: Tree Dressing Day
- 2nd December: International Day For The Abolition Of Slavery
- 3rd December: Make A Gift Day
- 4th December: National Cookie Day
- 5th December: International Volunteer Day
- 7th December: National Cotton Candy Day (US)
- 9th December: International Anti Corruption Day
- 10th December: Human Rights Day
- 10th December: Christmas Jumper Day
- 12th December: Gingerbread House Day
- 18th December: International Migrants Day
- 20th December: International Human Solidarity Day
- 20th December: Festival of Winter Walks
- 21st December: Winter Solstice
- 24th December: Christmas Eve
- 25th December: Christmas Day
- 26th December: Boxing Day
- 31st December: New Years Eve

Looking for help with your  
social media marketing or strategy?

KJP Creative  
info@kjpcreative.com  
www.kjpcreative.com

*Creativity is inventing, experimenting, growing,  
taking risks, breaking rules, making mistakes  
and having fun.*

*Mary Lou Cook*

