

SPREAD THE HAPPINESS

September

October

November

December

January

February

March

April

May

June

July

01 Sunday: Super Hero Day	01 Tuesday: Bouncy Ball Day	01 Friday: All Saints & World Vegan Day	01 Sunday: 1st Day of Advent & Eat a Red Apple Day	01 Wednesday: New Years Day	01 Saturday: Eat Icecream for Breakfast Day	01 Sunday: St Davids Day	01 Wednesday: April Fools Day	01 Friday: Traffic Light Day	01 Monday: National Doughnut Day	01 Wednesday: Celebration Songs Day
02 Monday: Firefighters Day	02 Wednesday: Crazy Hair Day	02 Saturday: Tidy a Room Day	02 Monday: Learn a Christmas Song Day	02 Thursday: Podcast Me Happy Day	02 Sunday: Carrot Cake Day	02 Monday: British Pie Week	02 Thursday: Chick Chick Chicken Day	02 Saturday: Pineapple Crush Day	02 Tuesday: Say Something Nice Day	02 Thursday: Blow Bubbles Day
03 Tuesday: Sky Scraper Day	03 Thursday: World Smile Day	03 Sunday: Songs From Grease Day	03 Tuesday: Make a Gift For Someone Else Day	03 Friday: Ride a Horse Day	03 Monday: Homemade Soup Day	03 Friday: National Anthem Day	03 Friday: World Party Day	03 Sunday: 80's Song Day	03 Wednesday: Stroke a Cat Day	03 Friday: Submarine Day
04 Wednesday: Great Fire of London Day	04 Friday: World Teachers Day	04 Monday: Guy Fawkes Day	04 Wednesday: A Rub a Dub Dub Get in the Tub Day	04 Saturday: Cuddle Up Day	04 Tuesday: Songs from Mary Poppins Day	04 Wednesday: March Forth & Do Something Day	04 Saturday: International Carrot Day	04 Monday: Star Wars Day	04 Thursday: Fish and Chip Day	04 Saturday: Create Some Rain to Dance in Day
05 Thursday: International Charity Day	05 Saturday: Grandparents Day	05 Tuesday: Moustache Appreciation Day	05 Thursday: 06 Friday:	05 Sunday: Greatest Showman Songs Day	05 Wednesday: Chalk Day	05 Thursday: World Book Day	05 Sunday: Palm Sunday	05 Tuesday: Magical Beasts Day	05 Friday: Fish and Chip Day	05 Sunday: Strawberry Milkshake Day
06 Friday: Read a Book Day	06 Sunday: Alice in Wonderland Dress Up Day	06 Wednesday: Bat Awareness Day	06 Friday: 07 Saturday:	06 Monday: Watch Some of the Greatest Showman Day	06 Thursday: Recycle More Day	06 Friday: Dentist Day	06 Monday: Songs From the Queen Day	06 Wednesday: Castles Day	06 Saturday: Wear Green Day	06 Monday: Beach Day
07 Saturday: Don't Burn the Buns Day	07 Monday: 08 Tuesday:	07 Thursday: Paint a Poppy Day	07 Saturday: 08 Sunday:	07 Tuesday: Learn a Circus Trick Day	07 Friday: What Can We Do For Charity Day	07 Saturday: Alexander Bell Day	07 Tuesday: Hairdresser Day	07 Thursday: Wear Green Day	07 Sunday: 08 Monday:	07 Tuesday: Beach Day
08 Sunday: Orange Day	08 Tuesday: Chuck Berry Day	08 Friday: Remember Someone Day	08 Sunday: Wear Sparkly Clothes Day	08 Wednesday: Circus Dress Up Day	08 Saturday: Banana Sunday Day	08 Sunday: Learn Mickey Mouse Clubhouse Day	08 Wednesday: 09 Thursday:	08 Friday: Eat Green Day	08 Monday: Milkshake Monday	08 Wednesday: Stay Afloat Day
09 Monday: Teddy Bear Day	09 Wednesday: Martin Luther King Day	09 Saturday: Remembrance Sunday	09 Monday: Christmas Card Day	09 Thursday: Love Lettuce Day	09 Sunday: Mexico Monday Day	09 Monday: Songs From Disney Day	09 Thursday: Maunder Thursday	09 Saturday: Green Smoothie Day	09 Tuesday: Dough Disco Day	09 Thursday: Coke Float Day
10 Tuesday: Draw a Person Day	10 Thursday: World Mental Health Day	10 Sunday: Celebrate a Scientist Day	10 Tuesday: Law and Order Day	10 Friday: Be Determined Day	10 Monday: 11 Tuesday:	10 Tuesday: Teeth and Mouth Day	10 Friday: Good Friday	10 Sunday: Clean Up Ypur Room Day	10 Wednesday: Formal Dress Day	10 Friday: Teddy Bears Picnic Day
11 Wednesday: Play Scrabble Day	11 Friday: 12 Saturday:	11 Monday: Rainbow Day	11 Wednesday: Get Outside Day	11 Saturday: Be Determined Day	11 Tuesday: 12 Wednesday:	11 Wednesday: Dress as a Disney Character Day	11 Saturday: Easter Saturday	11 Monday: Sandwich Day	11 Thursday: Random Act of Kindness Day	11 Saturday: Blueberry Muffin Day
12 Thursday: National Chocolate Milk Day	12 Saturday: No Plan Day	12 Tuesday: Celebrate a Scientist Day	12 Thursday: Gingerbread House Day	12 Sunday: Get Out of a Rut Day	12 Wednesday: Dip Day	12 Thursday: Plant a Flower Day	12 Sunday: Easter Sunday	12 Tuesday: Nurses Day	12 Friday: Go Polka Dot Crazy Day	12 Sunday: Make Your Favourite Sandwich Day
13 Friday: Roald Dahl Day	13 Sunday: Astronomy Day	13 Wednesday: World Kindness Day	13 Friday: Christmas Jumper Day	13 Monday: Paint without Brushes Day	13 Thursday: Tell Someone You Love Them Day	13 Friday: Whats the Time Mr Wolf Day	13 Monday: Easter Monday, Begin the Week With Kindness	13 Wednesday: Frog Jumping Day	13 Saturday: 14 Sunday:	13 Monday: Write a Letter Day
14 Saturday: Make a Hat Day	14 Monday: Healthy Dessert Day	14 Thursday: Pop Day	14 Saturday: 15 Sunday:	14 Tuesday: Draw a Smiley Face Day	14 Friday: Valentines Day	14 Saturday: 15 Sunday:	14 Tuesday: Fly a Kite Day	14 Thursday: Learn About Butterflies Day	14 Sunday: Climbing Day	14 Tuesday: Random Act of Kindness Day
15 Sunday: Batman Day	15 Tuesday: Beyonce Day	15 Friday: 16 Saturday:	15 Sunday: Digital Detox Day	15 Wednesday: Analogue Clock Day	15 Saturday: 16 Sunday:	15 Sunday: Dance Alarm Day	15 Wednesday: 16 Thursday:	15 Friday: Chocolate Chip Day	15 Monday: Fruit Kebab Day	15 Wednesday: Share Ice Cream Day
16 Monday: Dotty Day	16 Wednesday: Super Villians Day	16 Saturday: Fast Food Day	16 Monday: Hot Chocolate & Marshmallow Day	16 Thursday: 17 Friday:	16 Sunday: Bake my Favourite Cake Day (Please)	16 Monday: Tibetan Culture Day	16 Thursday: Grow Cress from Seed Day	16 Saturday: Try a New Vegetable Day	16 Tuesday: Legs, Wings and All Other Things Day	16 Thursday: Share Ice Cream Day
17 Tuesday: Country Music Day	17 Thursday: Wear Something Red Day	17 Sunday: Homemade Bread Day	17 Tuesday: We Like to Move it Day	17 Friday: Inventors Day	17 Monday: Random Act of Kindness Day	17 Tuesday: St Patricks Day	17 Friday: Roll Down a Hill Day	17 Sunday: Karaoke Day	17 Wednesday: Bug Hunt Day	17 Friday: Shark Day
18 Wednesday: Write a Random Message Day	18 Friday: Chocolate Cupcake Day	18 Monday: Mickey Mouses 91st Birthday	18 Wednesday: Bake Cookies Day	18 Saturday: Monkeying Around Day	18 Tuesday: Dress Like a Grandparent Day	18 Wednesday: 19 Thursday:	18 Saturday: 19 Sunday:	18 Monday: Visit a Park Day	18 Thursday: Bee Kind Day	18 Saturday: Community Picnic Day
19 Thursday: Talk Like a Pirate Day	19 Saturday: 20 Sunday:	19 Tuesday: Write a Random Message Day	19 Thursday: Get Outside Day	19 Sunday: Popcorn Day	19 Wednesday: Write a Random Message to a Friend Day	19 Thursday: First Day of Spring & Lets Laugh Day	19 Sunday: Digital Detox Day	19 Tuesday: Giraffe Day	19 Friday: Try Some Yoga Day	19 Sunday: Smile on Sunday Day
20 Friday: Dress Up Like a Pirate Day	20 Sunday: Random Acts of Kindness Day	20 Wednesday: 21 Thursday:	20 Friday: Party Dress Up Day	20 Monday: Fun at Work Day	20 Thursday: Love your Pet Day	20 Friday: Make Mothers Day Cards	20 Monday: Tourist in your own Town Day	20 Wednesday: 21 Thursday:	20 Saturday: Summer Solstice & Vanilla Milkshake Day	20 Monday: Space Exploration Day
21 Saturday: International Peace Day	21 Monday: Find 5 Ways to Cook an Apple Day	21 Thursday: World Hello Day	21 Saturday: 22 Sunday:	21 Tuesday: National Hugging Day	21 Friday: A Day Without News Day	21 Saturday: Down Syndrome Awareness Day (Odd Socks)	21 Tuesday: Learn to Tame a Dragon Day	21 Wednesday: Latin America Culture Day	21 Sunday: Fathers Day	21 Tuesday: Read Something New Day
22 Sunday: Lion king Soundtrack Song Day	22 Tuesday: Eat Apple Pie Day	22 Friday: I Love Numbers Day	22 Sunday: Hanukkah Begins	22 Wednesday: Celebrate your Life Day	22 Monday: Shop for Pancake Ingredients Day	22 Sunday: World Water Day & Mothering Sunday	22 Wednesday: Celebrate Dragons Day	22 Friday: Latin American Dancing Day	22 Monday: Unicorn Day	22 Wednesday: Digital Detox Day
23 Monday: Digital Detox Day	23 Wednesday: Pumpkin Soup Day	23 Saturday: Fibonacci Day	23 Monday: 24 Tuesday:	23 Thursday: We Work Out Day	23 Sunday: Pancake Practice Day	23 Monday: National Puppy Day	23 Thursday: St Georges Day & Ramadan Starts	23 Saturday: End of Ramadan	23 Tuesday: Fairy Cake Day	23 Thursday: Vanilla Ice Cream Day
24 Tuesday: Speech Bubble Day	24 Thursday: United Nations Day	24 Sunday: Play Dominos with Friends Day	24 Tuesday: Christmas Eve	24 Friday: Compliment Day	24 Monday: Shrove Tuesday	24 Tuesday: Optometrist Day	24 Friday: Random Act of Kindness Day	24 Sunday: Yorkshire Pudding Day	24 Wednesday: International Fairy Day	24 Friday: Visit Your Friend Day
25 Wednesday: Comic Book Day	25 Friday: Oprah Winfrey Day	25 Monday: 26 Tuesday:	25 Wednesday: Christmas Day	25 Saturday: Chinese New Year - Year of the Rat	25 Tuesday: Waffle Day	25 Wednesday: Waffle Day	25 Saturday: World Penguin Day	25 Monday: 26 Tuesday:	25 Thursday: Community Picnic Day	25 Saturday: Plan Summer Fun Day
26 Thursday: Love Note Day	26 Saturday: Pumpkin Day	26 Tuesday: Victoria Sponge Day	26 Sunday: Boxing Day	26 Wednesday: Healthy Me Day	26 Sunday: Tell a Fairy Tale Day	26 Thursday: Spinach Day	26 Sunday: Walk Like a Penguin Day	26 Tuesday: 27 Wednesday:	26 Friday: Chocolate Pudding Day	26 Sunday: Uncle and Aunt Day
27 Friday: 28 Saturday:	27 Sunday: Diwali	27 Wednesday: Run, Run as Fast As You Can Day	27 Friday: Reflection Day	27 Monday: Chocolate Cake Day	27 Thursday: Polar Bear Day	27 Friday: Find a Feather Day	27 Monday: Camel Day	27 Wednesday: Circle of Life Day	27 Saturday: No Plans Day	27 Monday: No Plan Day
28 Saturday: Ask a Silly Question Day	28 Monday: Carve a Pumpkin Day	28 Thursday: Random Act Of Kindness Day	28 Saturday: What has been great in 2019 Day	28 Tuesday: Skipping Day	28 Friday: Dance Alarm Day	28 Saturday: Random Act of Kindness Day	28 Tuesday: Egyptian Day	28 Thursday: Flood the World with Flowers Day	28 Sunday: Bucket & Spade Day	28 Tuesday: Climb a Hill Day
29 Sunday: International Coffee Day	29 Tuesday: Make a Difference to Another Day	29 Friday: Meet a Friend Day	29 Sunday: What is next for me in 2020 day	29 Wednesday: Jump as Many Times as You Can Day	29 Saturday: No Plans Day	29 Sunday: Doctors Day	29 Wednesday: Bake a Scone Day	29 Friday: #dancealrmday	29 Monday: Under the Sea Day	29 Wednesday: Lasagne Day
30 Monday: National Mudpack Day	30 Wednesday: Brilliant Beast Story Day	30 Saturday: Saint Andrews Day	30 Monday: Hanukkah Finishes	30 Thursday: National Croissant Day	30 Sunday: 31 Friday:	30 Monday: Rice Krispie Cake Day	30 Thursday: Honesty Day	30 Saturday: 31 Sunday:	30 Tuesday: Sea Horse Day	30 Thursday: National Cheesecake Day
31 Tuesday: Halloween	31 Thursday: Halloween	31 Saturday: Halloween	31 Tuesday: New Years Eve	31 Friday: Backwards Day	31 Monday: Backwards Day	31 Tuesday: Backwards Day	31 Sunday: Summer Songs Day	31 Friday: Summer Songs Day		