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
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 Dance 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**