

2026 Calendar for early childhood education and care services

January

Welcome to 2026!

The Good for Kids team supports Early Childhood Education and Care services to implement the NSW Health funded Munch & Move program. Munch & Move is a fun play-based program that supports the healthy development of children.

International Day of Education

Celebrate education by organising a book swap or book fair using donations from your community. Or run a food science project that sparks child curiosity and hands-on engagement.

24

Australia Day

Participating in activities to celebrate/ acknowledge this day may have significant meaning for children, families, services and communities. Participation may promote a sense of belonging and identity or may form an important part of a healing journey. Scan the QR code below for more information and activity ideas.

26



February

Healthy Lunchbox Week

Promote healthy lunchbox ideas with families. For example:

- Set up a healthy lunchbox display
- Share the Good for Kids Balancing the Lunchbox resource with families
- Include healthy swaps in your newsletter or communication app
- Link families to the Cancer Council's lunchbox builder



9 to 15

The Freedom Ride

The Freedom Ride occurred on 12 February 1965. Led by Aboriginal activist Charles Perkins, university students travelled by bus to advocate for equal rights.

Scan the QR code below for more information and activity ideas.

12

National Apology Day

On this day 17 years ago, Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples, particularly to the Stolen Generation.

Scan the QR code below for more information and activity ideas.

13

Lunar New Year

Celebrate and learn about Lunar New Year by engaging in a cooking experience with the children.

2026 celebrates the year of the horse.



17

Harmony Week

17 to 23

Harmony Week recognises our diversity and brings together Australians from all backgrounds.

Celebrate by inviting families to share a recipe or plate of food from their culture, or explore sport and activities from different cultures.



Close the Gap Day

19

Close the Gap Day calls on people to take action towards health equality, to improve health and wellbeing outcomes for Indigenous people.

Scan the QR code below for more information and activity ideas.

International Day of Happiness

20

The International Day of Happiness is a global movement towards a happier, more inclusive, and resilient world.

By encouraging healthy eating and physical activity at your service, you are boosting child happiness, wellbeing and assisting their learning.



March

National Ride to School Day

20

Encourage families to ride, walk, scooter or skate to preschool this week, or include some bike skills during outdoor play.



You can register your service to be a part of this day on the Bicycle Network's website.

Ramadan



Ramadan is the month in which the first verses of the Quran were revealed to the Prophet Muhammad. During Ramadan, Muslims around the world fast from sunrise to sunset.

There may be staff and families attending your service who observe Ramadan.

Veggie Month



Veggie Month is a super time to explore and celebrate all things vegetables with the children at your service.

Keep an eye on your emails for details on how to register for this year's Veggie Month and access loads of fun activity ideas.

April

Easter

3 to 6

Easter is a great time to sing and dance to songs like 'Hop little bunnies, hop' and 'Little peter rabbit'.



You could also go on a scavenger hunt and search for Easter bunnies!

World Health Day

7

What does health mean to you? There are many ways to celebrate World Health Day at your service.

Why not sing and dance to some songs from the Munch & Move playlist, organise a healthy cooking experience or play a game outside to boost the heart rate?



Nature Play Week

Encourage a sense of wonder and excitement by getting the children out in nature this week.

Download the nature scavenger hunt resource from the Good for Kids website and explore your services outdoor spaces. How many plants and insects can you find?



ANZAC Day

25

ANZAC Day is a national day of remembrance recognising all Australians and New Zealanders who have served their country.

Is your service joining a local ceremony?



May

Mother's Day

10

Celebrate all mothers, mother figures and grandmothers by inviting them for a morning tea at your service.

You might like to organise a game outside and provide morning tea with foods such as:

- Fruit skewers
- Zucchini slice
- Cheese and crackers
- Veggie sticks and dips
- Carrot cake using wholemeal flour



Walk Safely to School Day

15

This day is a great opportunity for families to walk together and have conversations about being a safe road user.

Encourage families to walk to or from your service this week.

If possible, provide a safe space to store bikes, scooters and prams.



National Sorry Day

26

On this day Australians acknowledge and recognise members of the Stolen Generation and give people the chance to share steps towards healing.



Reconciliation Week

27 to 3 June

During this week, Australians benefit from learning about our shared history, culture, and achievements; and to explore how each of us can contribute to achieving reconciliation.

Scan the QR code below for more information and activity ideas.

June

Mabo Day

Mabo day commemorates the courageous efforts of Eddie Mabo in his campaign for recognition of native title and traditional land rights for Aboriginal and Torres Strait Islanders.

3 World Environment Day

Today is about increasing worldwide awareness and action to protect the environment.

This is a great day to start a compost bin, get outside for some gardening or learn how to sort waste and recycle!



5 Pride Month



Pride month is an opportunity to acknowledge and celebrate the diversity of families, but also the gender diversity of children. Your service might recognise this day by creating a rainbow fruit platter or reading a story about gender or family diversity.

FLIP ME



Worimi Artist
Lara Went 'The
heart of a child'



Scan for
resources

Good for Kids.
Good for Life



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NAIDOC Week

NAIDOC Week recognises the First Nations people and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



5 to 12

Teddy Bear's Picnic

10

Encourage families to bring their favourite teddy bear in for a fun picnic.



Breastfeeding Week



1 to 7

World Breastfeeding Week aims to raise awareness and protect, promote and support breastfeeding.

Get in touch if your service would like more support around breastfeeding.

Dental Health Week



Did you know that tooth decay can begin as soon as a baby gets their first tooth?
For healthy teeth:

- Brush teeth morning and night
- Eat more fruit and veggies
- Choose water as a drink
- Have regular dental check-ups

Aboriginal and Torres Strait Islander Children's Day

4

Today is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

Bring Elders, families and their children together for cultural activities, storytelling, sporting events or scan the QR code below for more ideas.

National Science Week



15 to 23

Science Week encourages young people to be fascinated by science and the world we live in.

Early Childhood Educators' Day

2



This is a day to recognise and celebrate the great work YOU do in early learning services and your wonderful contribution to the wellbeing and healthy development of the young children in your care. You are appreciated, loved and valued!

Father's Day

6

Invite fathers, father figures or grandfathers to visit your service and play some fun outdoor games with their children.



You could also support the children to create a card with a drawing of a favourite active game they play together with their fathers.

R U OK? Day

10

R U OK? encourages people to stay connected and have conversations that can help others through difficult times.

As Early Childhood Educators you are likely to experience stressful situations in and outside of work. Talking to your colleagues and asking if they are ok is important today, and every day.



Grandparents Day

25



This is a day to spend time with an older loved one and connect across generations.

There are lots of ways you can facilitate a celebration:

- Invite grandparents for morning tea.
- Create a dance or skit to perform for grandparents. You may like to record this for grandparents unable to attend.
- Write cards to grandparents and go for an excursion to the post office to send the card.

World Teacher's Day

National Nutrition Week

30

National Nutrition Week encourages all Australians to embrace a healthy diet and lifestyle. Fruit and veg fall into five different colour categories – red, purple/blue, orange, green and white/brown.



The Good for Kids team recognise and appreciate teachers and the important role they play in shaping the next generation.

Have you ever asked a child why they like coming to childcare or preschool? It's often because of you!



National Recycling Week

9 to 15



This week brings a focus to the environmental benefits of recycling and provides the tools to minimise waste and manage material resources responsibly at home, work and school.

There are many ways services can practice recycling. Organise a worm farm to eat food scraps or use old milk bottles as targets and practice bowling or overarm throwing.

Diwali

8



Diwali is referred to as the festival of lights and is celebrated to honour Rama-Chandra, the seventh avatar.

The festival is often celebrated through traditional Indian foods, dancing and musical performances. Put on some traditional Indian music and get dancing with the children!

Remembrance Day

11



Each year on this day Australians observe one minute of silence at 11am, to remember those who have died or suffered in wars or armed conflicts.

International Day of People with Disability

3



How can your service adapt the Munch & Move activities to meet the needs of all children?

Consider, could you support a child in a wheelchair to access the vegetable garden? Could you support a non-speaking child to communicate what games they like to play or what food they would like to eat?

Christmas time

Merry Christmas and Happy New Year from the Good for Kids team!



If your service is having a Christmas celebration, this can be a great time to show off all the fundamental movement skills the children have learnt throughout the year. You could even ask parents and carers to join in for one of the favourite games.

Graduations

It's graduation time!



Why not encourage families to bring a plate of their favourite healthy celebration food? Think fruit skewers, savoury scones, frittatas, salads, and veggie sticks and dips.

The Good for Kids team can provide support through:

- Service visits
- Telephone and email support
- Network groups
- Policy and menu reviews
- Professional development

Got questions? Contact us:



HNELHD-GoodForKids@health.nsw.gov.au



@Munch & Move with Good for Kids

Check out our website: www.goodforkids.nsw.gov.au



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July

August

September

October

November

December