

2026



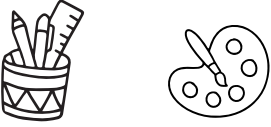






Primary school calendar



Ask

RU OK?®

ANY DAY

January	February	March	April
<p>It's important to teach the R U OK? message year-round. Our <u>R U OK? in Primary Schools Guide</u> helps students build the confidence to ask R U OK? any day.</p> 	<p>Show these videos to your new class to help them learn <u>how to be a good friend</u>, and a <u>listening legend</u>.</p> 	<p>Display the R U OK? message at your school year-round by using our templates to create a mural or print <u>R U OK? posters</u>.</p> 	<p>It's school holiday time! The break is a great chance to unwind, prioritise your wellbeing and check in with your colleagues. Our <u>Staffroom Conversation Guide</u> has tips to help you have an R U OK? Conversation.</p>
May	June	July	August
<p>Need tips on how to bring R U OK? into your classroom? This <u>presentation</u> guides students through the 4 steps of an R U OK? Conversation.</p> 	<p>Navigate our interactive video – <u>'Find the way to ask R U OK?'</u>, where students join Healthy Harold and 'choose their own journey' during R U OK? Conversations.</p> 	<p>NAIDOC Week (5-12 July) celebrates and recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. R U OK? Stronger Together resources encourage people to <u>Ask your mob, in your way, R U OK?</u>.</p>	<p>It's one month until R U OK?Day 2026! Don't forget to finalise your plans, get merch orders in and <u>register your event or activity</u>.</p> 
September	October	November	December
<p>R U OK?Day, on 10 September 2026, is a reminder that any day is the day to ask 'are you OK?'. We have free <u>Educator resources</u> on our website, including lesson plans and activity templates.</p> 	<p>Host a <u>'Hey Sport, R U OK?'</u> round at your school. Whether it's netball, cricket or soccer – you can organise any sporting event to bring the community together to share the R U OK? message.</p> 	<p>Help young people navigate an R U OK? Conversation and empower them to help the people in their world with our free Youth Conversation guides. They're available on our <u>online store</u> or you can <u>print them yourself</u>.</p> 	<p>The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family, or other challenges. Make sure to check in with colleagues before you head off for the holidays. If you or someone you know needs support during the holidays, there is <u>help available</u> 24/7.</p>