



TAKE ACTION DURING EVERY KID HEALTHY WEEK

Launched by Action for Healthy Kids (AFHK) in 2013, Every Kid Healthy Week is an annual observance on the calendar of National Health Observances that celebrates school wellness achievements. Every Kid Healthy Week is celebrated in schools across the nation every year in April. It helps communities learn more about how being healthy can help students do better in school and helping schools do a great job supporting healthy kids. We can all work together to make healthy choices, like cooking healthy foods and doing fun activities. Let's make sure all kids have a bright and healthy future!

How Can My School Join the Celebration?

Every Kid Healthy Week is all about celebrating your school's wellness initiatives and inspiring new ideas to promote healthy eating, physical activity, and mental health and wellness. Parents and schools can show their commitment to wellness by hosting an in-person or virtual event that focuses on healthy kids and families. Parents and family members can volunteer to help their kids' schools host an event, then keep the celebration going at home.

With activities that work for your school, even low-cost, low-lift ideas can create a powerful focus on kids' health and wellness throughout the week.

EVERY KID HEALTHY WEEK 2026 SCHEDULE

| APRIL 20 | APRIL 21 | APRIL 22 | APRIL 23 | APRIL 24 |
|----------------------------|---------------------|--------------------|----------------------------|-------------------|
| MINDFULNESS MONDAY | TASTY TUESDAY | WELLNESS WEDNESDAY | THOUGHTFUL THURSDAY | FAMILY FRIDAY |
| Mental Health and Wellness | Nutrition Education | Physical Activity | Vaping/Nicotine Prevention | Family Engagement |
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Celebration Ideas

There's no celebration too big or too small.

- Host an exciting new **taste test** featuring fruits, vegetables, whole grains or low-fat dairy products.
- Invite a local **fitness instructor** to **volunteer** to lead a virtual family Zumba or yoga class.
- Create a **school garden** or refresh an existing one, and invite parent volunteers to help.
- Plan a school-wide **Field Day, Walk-a-Thon or Fun Run** and engage parent volunteers to help with organization.
- Energize the classroom with fun brain break activities led by parent volunteers.
- Combine these ideas and work with community partners for a full health and wellness fair.

Register for a
chance to win
a \$1,000 grant



Register your event at
everykidhealthyweek.org

You'll find a planning toolkit, checklist, and lots of helpful resources to make your Every Kid Healthy Week event the best one yet — all at no cost to you!