



**CROCO DOC**

**CALENDAR  
2026**

**caep** Asociación Española de Pediatría

**rtve**



**MÈDIA**

WASH YOUR  
HANDS: IT'S YOUR  
SHIELD AGAINST  
GERMS!

DID YOU KNOW...

Hands touch everything!  
Wash them with soap  
and water for at least 20  
seconds: before eating,  
after playing, and when  
sneezing. That way, you  
avoid getting sick and  
you take care of others!

2026

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
NEW YEAR

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**6**  
EPIPHANY  
(THREE KINGS' DAY)

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GET YOUR HEART MOVING, IT'S YOUR BODY'S ENGINE!

DID YOU KNOW...

The heart beats nonstop to send blood to the whole body. Doing sports, running, or dancing keeps it strong. Avoid too many sweets and rest well: engines need a break too!

2026

FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1
2	3	4	5	6	7	8
9	10	11	12	13	14 VALENTINE'S DAY	15 CARNIVAL
16	17	18	19	20	21	22
23	24	25	26	27	28 ANDALUSIA DAY	

SLEEPING WELL IS RECHARGING YOUR BATTERIES!

DID YOU KNOW...

While you sleep, your body repairs itself and your brain organizes your thoughts. Kids need 9 or 10 hours of sleep to grow up healthy. Avoid screens and video games before bed.

2026

MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
BALEARIC ISLANDS DAY

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**19**  
SPAIN FATHER'S DAY  
VALENCIA FALLAS FESTIVAL

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PALM DAY

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**DID YOU KNOW...**  
 Pollen can irritate your nose, eyes, and throat. If you sneeze or your eyes itch, it's your body reacting. Wash your face, avoid touching your eyes, and change your clothes when you get home.

2026

# APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
APRIL FOOLS

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GOOD FRIDAY

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**6**  
EASTER

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WORLD HEALTH DAY

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**23**  
SAINT GEORGE'S DAY  
 ARAGON DAY  
 CASTILE AND LEÓN DAY  
 BOOK DAY

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BRUSH, RINSE,  
AND SMILE!

**DID YOU KNOW...**

Brush your teeth after every meal. This removes plaque and bacteria. Use a soft brush and fluoride toothpaste. The dentist is your friend, don't be afraid!

2026

MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
INTERNATIONAL  
WORKERS' DAY

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MADRID COMMUNITY  
DAY

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WHIT MONDAY

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CANARY ISLANDS DAY

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PUT ON  
SUNSCREEN AND  
THE SUN WON'T  
HURT YOU!

**DID YOU KNOW...**  
The sun gives energy,  
but it can also burn. Put  
on sunscreen before  
going out, wear a hat  
and sunglasses, and look  
for shade at midday.  
That way you can play  
without worrying!

2026

JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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CORPUS CHRISTI

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LA RIOJA AND MURCIA  
REGION DAY

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ST. JOHN'S DAY

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EAT FRUITS AND VEGETABLES: THEY TAKES CARE OF YOU!

**DID YOU KNOW...**  
Fruits and vegetables have vitamins and minerals that protect your body. Red gives strength, green calms, and orange brings joy. Fill your plate with colors!

2026  
**JULY**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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SAINT JAMES THE APOSTLE DAY  
GALICIAN HOMELAND DAY

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**28**  
INSTITUTIONS OF CANTABRIA'S DAY

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DRINK WATER  
BEFORE YOU FEEL  
THIRSTY!

DID YOU KNOW...

With the heat, the body loses water and salts. Drink often! Watermelon and melon also hydrate. Avoid sugary sodas and always carry a water bottle with you.

2026

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					1	2
3	4	5	6	7	8	9 CANTABRIA DAY
10	11	12	13	14	15 ASSUMPTION OF THE VIRGIN MARY	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



2026  
**SEPTEMBER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 CEUT ADAY	3	4	5	6
7	8 ASTURIAS DAY EXTREMADURA DAY	9	10	11 CATALONIA NATIONAL DAY	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

A LITTLE PINCH FOR BIG PROTECTION!

DID YOU KNOW...

Vaccines teach the body to defend itself against viruses. Sometimes they hurt a little, but they protect you a lot. Thanks to them, many diseases have disappeared!

2026

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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VALENCIAN  
COMMUNITY DAY

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WORLD MENTAL  
HEALTH DAY

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VIRGIN OF THE PILAR  
NATIONAL DAY OF SPAIN

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HALLOWEEN

CLEAN HANDS  
KEEP THE FLU  
AWAY!

DID YOU KNOW...

With the cold, viruses multiply. Bundle up well and wash your hands. If you cough or sneeze, cover it with your elbow: a small gesture that protects everyone.

2026

# NOVEMBER

MONDAY

TUESDAY

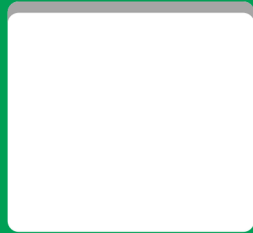
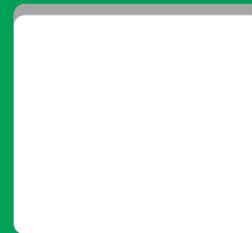
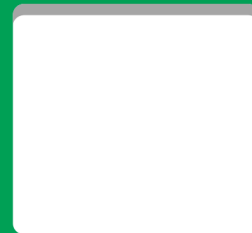
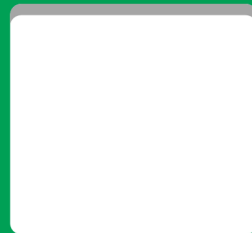
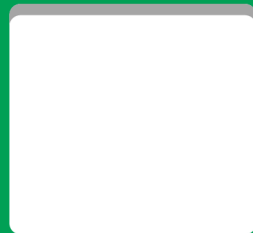
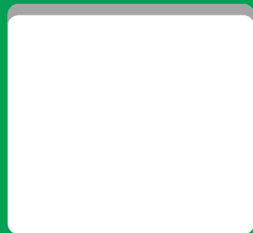
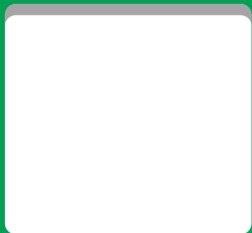
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



THE BEST GIFT IS BEING TOGETHER AND SMILING!



**DID YOU KNOW...**  
 The holidays are for resting and sharing. Laughing, playing, and saying thank you is good for the heart. A sincere hug cures more than any medicine!

2026

# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6 SPANISH CONSTITUTION DAY
7	8 IMMACULATE CONCEPTIONS DAY	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 ST. STEPHEN'S DAY	27
28	29	30	31 NEW YEAR'S EVE			