2025

SOCIAL MEDIA CALENDAR

Important dates to add to your diary for content inspiration and promotional ideas

Customised for science and technology sectors

JANUARY

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	01 New Year's Day	02 National Science Fiction Day	03 Festival of Sleep Day	04 National Trivia Day
05	06	07	08 Typing Day	09	10	11
12	13 Clean Your Desk Day	14	15	16	17 International Mentoring Day	18 Get To Know Your Customers Day
19	20 Brew/Blue Monday	21 Big Energy Saving Week	22	23	24 Macintosh Computer Day	25
26	27	28 World Data Privacy Day	29 Chinese New Year	30	31 National Fun at Work Day	01

MONTHLY THEMES/KEY EVENTS

National Clean Up Your Computer Month

CONTENT IDEAS

Throwback Thursday: Share historical images or videos of Mac computers.

Company Culture: Showcase your company's fun and unique culture.

Customer Surveys: Conduct surveys to gather feedback and insights.

FEBRUARY

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	01
02	03 National Apprenticeship Week	04 World Cancer Day	05	06	07	08
09	10	11 Safer Internet Day	12 Darwin Day	13 World Radio Day	14 Valentine's Day	15
16 Innovation Day	17 Non profit Appreciation Week	18	19 Prevent Plagiarism Day	20	21 Language Day	22 Founders Day
23	24 Geneva Motor Show	25	26	27	28 National Science Day	01

MONTHLY THEMES/KEY EVENTS

Black History Month
Nonprofit Appreciation Week

CONTENT IDEAS

Poll: Ask your followers about their online habits and security concerns.

Language Map: Create a visual representation of the world's languages.

MARCH

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	01 Zero Discrimination Day
02	03 International Networking Week Starts	04  Global Engineering Day	05	06  World Book Day	07  Employee Appreciation Day	08  International Women's Day
09	10  National Mario Day	11  British Science Week	12  World Wide Web Birthday	13	14	15  World Consumer Rights Day
16	17  St. Patrick's Day	18  Global Recycling Day	19	20  International Day of Happiness	21	22  World Water Day
23  Mother's Day 30	24 World Backup Day 31	25	26	27	28	29  Earth Hour Day

MONTHLY THEMES/KEY EVENTS

Brain Tumour Awareness month
Women's History Month
Global Money Week

CONTENT IDEAS

Data Loss Horror Stories: Share real-life stories of people who have lost important data.

Happiness Workshop: Organise a virtual workshop on mindfulness and stress reduction.

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	01 April Fool's	02	03 World Cloud Security Day	04 Walk to Work Day	05
06	07 World Health Day	08	09 World IoT Day	10 Global Work From Home Day	11	12 International Day of Human Space Flight
13	14	15	16	17	18 Good Friday	19
20 Easter Sunday	21	22 Earth Day	23 St George's Day	24 International Girls In ICT Day	25 DNA Day	26 World Intellectual Property Day
27 Morse Code Day	28 UK FinTech Week	29	30 Stop Food Waste Day	31	01	02

MONTHLY THEMES/KEY EVENTS

Stress Awareness Month
World Autism Month

CONTENT IDEAS

Ethical Considerations of IoT: Discuss the ethical implications of IoT, such as privacy concerns and security risks.

Fintech Success Stories: Highlight successful fintech companies and their founders.

MAY

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	01  World Password Day	02	03
04	05  Early May Bank Holiday	06  Nurses Day	07	08	09	10  World Fairtrade Day
11	12  Learning at Work Week	13	14	15	16  National Bike to Work Day	17  World Telecommunication Day
18  International Astronomy Day	19	20	21	22	23	24  National Conservation Week
25	26	27  Wordpress Day	28  World Data Privacy Day	29	30  National Creativity Day	31  Autonomous Vehicle Day

MONTHLY THEMES/KEY EVENTS

National Inventors Month
Tell a Story Month
Mental Health Awareness Month

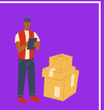
CONTENT IDEAS

Learning Programs: Promote your company's learning and development programs.

Poll: Ask your followers about their favorite WordPress features or plugins.

JUNE

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02  Leave the Office Early Day	03	04	05  World Environment Day	06	07 World Food Safety Day 
08 World Oceans Day 	09  London Tech Week	10	11	12	13	14 World Blood Donor Day 
15 Fathers Day 	16  World Refill Day	17	18	19	20  World Wi-Fi Day	21  First Day of Summer
22	23  International Women in Engineering Day	24  World Wellbeing Week	25	26	27	28  National Logistics Day
29	30  World Social Media Day	01	02	03	04	05

MONTHLY THEMES/KEY EVENTS

Pride month
London Tech Week
National Smile Month

CONTENT IDEAS

Summer Partnerships: Collaborate with other businesses to offer joint promotions or events.

Social Media Contests: Host a contest on social media to engage your audience.

JULY

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	01	02	03 International Plastic Bag Free Day	04	05 National Workaholics Day
06 Thank You Day	07	08	09	10	11 World Population Day	12 Amazon Prime Day
13	14	15	16 Artificial Intelligence Appreciation Day	17	18 World Listening Day	19
20 Space Exploration Day	21	22 World Brain Day	23	24	25 National Intern Day	26
27	28	29	30	31	01	02

MONTHLY THEMES

Plastic Free July

CONTENT IDEAS

Work-Life Balance Tips: Share tips on how to maintain a healthy work-life balance.

Brain Health Tips: Provide practical tips for improving brain health, such as puzzles, meditation, and healthy eating.

AUGUST

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01 World Wide Web Day	02
03	04	05 Instagram Reels Birthday	06	07	08	09
10 Update Your Bio Day	11	12 IBM PC Day	13	14	15 Relaxation Day	16 National Authenticity Day
17 National Nonprofit Day	18	19 World Photo Day	20	21 World Entrepreneurs Day	22	23 Hashtag Day
24	25 Summer Bank Holiday	26	27	28	29	30
31						

MONTHLY THEMES/KEY EVENTS

National Inventors Month

CONTENT IDEAS

Bio Best Practices: Explain the importance of regularly updating your bio.

Quote of the Day: Share inspirational quotes from famous entrepreneurs.

SEPTEMBER

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	01	02	03 Global Talent Acquisition Day	04	05 National Charity Day	06 Fight Procrastination Day
07 Clean Air Day	08	09 Emergency Services Day	10	11	12	13 Programmers Day
14 Recycle Awareness Week	15 National Coding Week	16	17	18	19	20 Software Freedom Day
21	22 Autumn Equinox	23 International Day of Sign Languages	24	25	26 World's Biggest Coffee Morning	27 Google's Birthday
28 Ask a Stupid Question Day	29	30 International Podcast Day	01	02	03	04

MONTHLY THEMES/KEY EVENTS

World Alzheimer's Month
National Coding Week

CONTENT IDEAS

Coding Poll: Ask your followers about their favourite programming languages or tools.

The Future of Google: Discuss potential future developments and innovations from Google.

OCTOBER

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	01	02	03 National Techies Day	04
05	06 World Space Week	07 National LED Light Day	08	09	10 World Mental Health Day	11
12	13	14 World Standards Day	15 World AI Day	16 Steve Jobs Day	17 Spreadsheet Day	18 Wear Pink Day
19	20 World Statistics Day	21	22 Caps Lock Day	23	24	25
26 Daylight Saving Time	27 National Mentoring Day	28	29 National Internet Day	30 National Checklist Day	31 Halloween	01

MONTHLY THEMES/KEY EVENTS

Cyber Security Awareness Month
Global Diversity Awareness Month
Breast Cancer Awareness Month

CONTENT IDEAS

Poll: Ask your followers about their favourite spreadsheet function.

The Role of Data in Decision Making: Highlight the importance of data-driven decision-making

NOVEMBER

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	01 World Vegan Day
02 World Communication Week	03 Smart Home Day	04	05 Bonfire Night	06 National Stress Awareness Day	07 National Programmatic Advertising Day	08 STEM Day
09	10 Web Summit Lisbon	11 Remembrance Day	12	13 World Kindness Day	14	15 National Philanthropy Day
16	17 Road Safety Week	18 National Entrepreneurs Day	19 International Men's Day	20	21 World Television Day	22
23 Computer Security Day 30	24	25	26	27 Thanksgiving	28 Black Friday	29 Systems Engineer Day

MONTHLY THEMES/KEY EVENTS

Men's Health Awareness Month
International Leadership Week
National Career Development Month
Movemeber

CONTENT IDEAS

Challenge: Encourage people to share their best communication tips.

Smart Home Giveaways: Host a giveaway for smart home devices.

DECEMBER

MONTHLY CONTENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	01	02 World Computer Literacy Day	03	04	05 International Volunteer Day	06
07 International Civil Aviation Day	08 Computer Science Education Week	09	10 Digital Rights Day	11 National App Day	12 Christmas Jumper Day	13
14	15	16	17	18	19	20
21 Shortest Day	22 Mathematics Day	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27
28 National Download Day	29	30 Resolution Planning Day	31 New Year's Eve	01	02	03

MONTHLY THEMES/KEY EVENTS

National Grief Awareness Week
Christmas/Holiday Season

CONTENT IDEAS

Volunteer Challenge: Encourage people to volunteer their time for a cause they care about.

Offer Download Discounts: Offer discounts on digital products or services.

Where Ideas Go Digital

cecdigital.co.im