

Activity Planner - April 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

7 Activities of Daily Living
How can you incorporate Activities of Daily Living into your activity schedule?

1 April Fool's Day
Keep your wits about you with some fun pranks and games

2 National Walking Day
Join the nation for a walk to celebrate Spring

3 Altra Flag Design
[Design your own flag with Altra's activity sheet](#)

4 Photo Sharing
Reminisce with photos from the people you support or choose an era to focus on

5 Pet Therapy
Organise a pet therapy session in your care service. What unique animal can you request?

6 Lego Day
Use lego to get creative and build different objects

Key Dates:

- April Fool's Day
- National Walking Day
- Hanuman Jayanti
- Passover
- National Scrabble Day
- International Haiku Poetry Day
- Good Friday
- Easter Sunday
- Earth Day
- St George's Day
- International Dance Day

7 Activities of Daily Living
How can you incorporate Activities of Daily Living into your activity schedule?

8 Mystery Movie Night
Get some popcorn and watch some of the latest mystery movies

9 Unicorn Day
Celebrate mythical stories (and Scotland) on this special day

10 Altra's Musica Scottish Song
[Have a Scottish sing a long to Wild Mountain Thyme with Altra](#)

11 Hanuman Jayanti
Learn about Hanuman and make some orange and red craft decorations for this Hindu festival

12 Passover
Learn about Passover and what it means. Ensure the people you support are able to observe, if they want to

13 National Scrabble Day
Enjoy an afternoon of scrabble and other board games

14 Decorate Eggs
A classic crafting afternoon!

15 Good News Everyone!
Read this week's good news stories and share some of your own

16 Altra Spanish Spelling Bee
[Get together and enjoy this unique quiz from Altra](#)

17 International Haiku Day
Write and share haikus

18 Good Friday
Take part in meditation on this day of reflection

19 Memory Box
Decorate boxes to display memory items in the bedrooms of the people you support

20 Easter Sunday
Organise a treasure hunt for your community on this important day

ALTRA+

Check out exclusive content from our wellbeing and engagement partners, Altra. To access a library of 1000+ Altra wellbeing resources and easily gather feedback from the people you support and their circle of care book a demo today.

BOOK A DEMO

21 Spring Gardening
[A bank holiday is the perfect chance to garden! What fruit or veg can you grow in Spring?](#)

22 Earth Day
Enjoy the beauty of the natural world and learn about conservation efforts for Earth Day

23 St George's Day
Celebrate St George's Day with some classic English folk tales

24 Altra's Musica Movement
[A perfect tune for When You're Smiling from Musica and Altra](#)

25 Penguin Day
Learn about our well dressed friends, maybe even match outfits!

26 Baking
Bake scones and other nice treats

27 Perfect Sunday
Reflect on what your perfect Sunday is at the end of the month

28 Flower Pressing
Celebrate Spring with some flower pressing

29 Dance Party
Shake your tailfeathers with the world on International Dance Day

30 Altra Colouring Bee
[A fun colouring activity for the springtime with Altra](#)

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