

Activity Planner - May 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

5 African World Heritage Day

Learn about Africa's cultural and natural heritage

6 Share a Story

Have a Storytellers circle for Share-a-Story month

7 Bingo

Play bingo, you can mix things up with a musical or picture version

1 May Day

Celebrate Spring the Celtic way with nature walks and celebrating our environment

2 Smoothie Making

Using yoghurt and fruit, create smoothies with the people you support

3 Altra Exercise

[Try out Altra's Range of motion & stretching exercise](#)

4 World Laughter Day

Break out your best jokes and get chuckling

12 International Nurses Day

Make something nice for the nurses who support you

13 Crochet

Create crochet squares or animals with the people you support

14 Word Games

Play games like hangman, categories and the alphabet game

15 International Day of Families

Celebrate families for International Families Day

16 Musica Warm-up

[Get active with Altra & Musica's warm-up](#)

17 Eurovision Final

Put on your own show and share your talents!

18 World Baking Day

Hop in the kitchen and bake some treats

19 Aqua Painting

Using an aqua painting kit, see what portraits you can create

20 Picnic

Is the weather nice enough for lunch outside?

21 International Tea Day

Any excuse for a tea party!

22 Altra's Pub Quiz

[Test your knowledge with Altra's fun pub quiz!](#)

23 Swim Trip

Splash around to celebrate World Turtle Day

24 Optical Illusions

Test yourselves with some optical illusions

25 National Towel Day

Put your thumbs up for a fun day celebrating this British classic!

26 Riddle Me This

Enjoy some fun brain teaser games and riddles

27 Horse Racing Game

[Recreate this fun game for your community.](#)

28 Ask a Stupid Question Day

Do the people you support have a silly question they've always wanted to ask?

29 National Biscuit Day

Crack open some tins or make your own

30 National Creativity Day

Create and share your art, a story, a picture, or whatever your imagination wants!

31 Musica Sing-a-long

[Dream a Little Dream with Altra and Musica](#)

- May Day/Bealtaine
- African World Heritage Day
- Share-a-Story Month
- World Red Cross Day
- International Nurses Day
- International Day of Families
- Eurovision
- International Tea Day
- National Biscuit Day
- National Creativity 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](#)

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