

Activity Planner - February 2024



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



1 Dignity Action Day
Learn what dignity means in care and what it means to the people you support

2 Time to Talk Day
Sharing our feelings is essential for our wellbeing. Encourage discussions with tea and cake

3 Darts
Using real darts or magnetic darts, see who can get the highest score

4 Seated Exercise
Using the NHS recommended videos, engage in seated exercise

5 Nutella Day
Try all the different ways you can eat Nutella for Nutella Day

6 Apprenticeship Week
Learn about the jobs the people you support held in their life

7 Send a Card Day
Decorate, write and send cards to loved ones for Send a Card Day

8 Crochet
Create crochet squares or animals with the people you support

9 Pizza Making
Decorate pizzas with your favourite toppings for Pizza Day

10 Chinese New Year
Celebrate the year of the dragon for Chinese New Year

11 The Perfect Sunday
What would the perfect Sunday involve?

12 Yoga
Enjoy seated yoga to strengthen flexibility and balance

13 Pancake Day
Choose your favourite toppings for Pancake Day

14 Valentine's Day
Celebrate with cards or gifts for Valentine's Day with the people you support

15 Lent
Does anyone practice Lent in your care service? Do they need any support?

16 Nesting Box Week
Create nesting boxes for birds to hang in the garden of your care service

17 Random Acts of Kindness
For Random Acts of Kindness Day, what kind acts can you do for the people you support and care team

18 Gardening
Check on how the plants you started growing in January are getting on. What fruit or veg can you grow in February?

19 Radio
Reminisce with old radios and see what music and programmes used to be like

20 Pet Reminiscence
Are there any pet lovers in your care service? Have they got any photos to show?

21 Language Day
Learn a new language for Language Day

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

23 Board Games
Do you have any giant versions of board games, like snakes and ladders?

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

25 Music Requests
Ask the people you support for a song request to share with everyone

26 Fairy Tale Day
Celebrate Fairy Tale Day with Disney films or stories

27 Bingo
Play a game of classic Bingo

28 Movie Afternoon
Enjoy a movie showing with snacks and drinks

29 Leap Year Traditions
2024 is a leap year. What traditions are usually celebrated on a leap year?



- Dignity in Action Day
- Time to Talk Day
- Nutella Day
- Apprenticeship Week
- Chinese New Year
- Pancake Day
- Valentine's Day
- Lent
- Leap Year

E hello@nourishcare.com
T 023 8000 2288
nourishcare.com

