

Activity Planner - January 2024

Mon

1 New Year Resolutions

Set New Year Resolutions or wishes for the New Year with the people you support

Tue

2 Sci-fi Day

Are there any sci-fi fans in your care service? Celebrate Science Fiction Day with movies or books

Wed

3 Mosaics

Create mosaics using magazines cut outs, stickered jewels or coloured squares

Thurs

4 Word Games

Play games like hangman, categories and the alphabet game

Fri

5 Veganuary

Try some vegan alternatives to your favourite foods for Veganuary

Sat

6 Quiz

Start off the year with a quiz

Sun

7 Snow Crafts

Create snow scenes using cotton wool or fake snow

Key Dates:

- New Year's Day
- Science Fiction Day
- Veganuary
- Mentoring Month
- Winnie The Pooh Day
- World Religion Day
- Burns Night

8 Mentoring Month

What could you learn from the people you support?

9 Winter Walk

Wrap up and enjoy a crisp winter walk

10 Hot Chocolate

Keep warm in the cold weather with hot chocolate

11 Gardening

[Find out what vegetables can be grown in January and keep growing throughout the year](#)

12 Knitting

Knit squares for a blanket, scarf or create animals

13 Escape Room

[Create your own escape room with mini puzzles suitable for the people you support](#)

14 Exercise

Follow the NHS exercise guidelines to keep fit

15 Brew Monday

Have a hot beverage and a chat to combat Blue Monday

16 Word Search Day

Celebrate Word Search Day to keep brains healthy

17 Meditation

Relax and unwind with meditative music

18 Winnie the Pooh Day

Read the Winnie The Pooh books or watch the cartoons to celebrate Winnie The Pooh Day

19 Photo Reminiscence

Share photo memories with the people you support to spark conversations

20 Salt Dough Ornaments

[Create salt dough ornaments with this simple recipe](#)

21 World Religion Day

Learn about all the religions across the world and celebrate diversity in your service

22 Cornflour Slime

[Create slime with cornflour and water for a sensory experience](#)

23 National Pie Day

Taste different flavours of pie, sweet and savoury, and find out which is the favourite

24 Reminiscence

Reminisce about school days. What was the favourite subjects, favourite teachers and memories?

25 Burns Night

[Celebrate Burns Night with a traditional haggis supper](#)

26 Australia Day

Host a travel day for Australia Day. With food tasting, virtual sightseeing and learning facts

27 Big Garden Bird Watch

Count the birds in the garden of your care service for the Big Garden Bird Watch

28 Lego Day

Use Lego to get creative and build different objects

29 World Puzzle Day

Celebrate World Puzzle Day with jigsaws, crosswords, brain teasers and word searches

30 Creative Writing

Celebrate Story Telling Week by holding a creative writing session and create short stories

31 Book Club

Host a book club or joint reading for Story Telling Week

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