

# Activity Planner - March 2024

Mon



**4 Beach Trip**

Celebrate the start of spring with a beach walk

**11 Ramadan Begins**

Learn about Ramadan and what it means. Ensure the people you support are able to observe, if they wish to

**18 Scavenger Hunt**

Host a scavenger hunt or an Easter egg hunt for the people you support and their families

**25 Egg Painting**

Paint ceramic or polystyrene eggs with designs of your choice

Tue



**5 St Piran's Day**

Find out about the National day of Cornwall

**12 Toy Reminiscence**

Look at toys through the ages and see what memories you can evoke

**19 Shakespeare Week**

Celebrate Shakespeare Week with reading a play or a sonnet or watching a film adaptation

**26 Transport Reminiscence**

Look at transport through the ages and see how far it has come

Wed



**6 Easter Cards**

Create Easter cards ready to give out for Easter

**13 Baking**

Spend the afternoon baking and decorating sweet treats

**20 International Day of Happiness**

What advice do the people you support have for a happy life?

**27 World Theatre Day**

Invite a theatre group or visit the local theatre for World Theatre Day

Thurs



**7 World Book Day**

Celebrate your favourite books by dressing up as a character or sharing why it's a favourite

**14 Mathematics**

Are there any people you support who enjoyed maths?

**21 Fragrance Day**

Hold a sensory reminiscence session for Fragrance Day

**28 Crafts**

Colour Easter themed pictures for the holiday and for mindfulness

Fri



**1 St David's Day**

Find out who St David is and why he is celebrated on 1st March

**8 International Women's Day**

Celebrate the ladies in your care service with a ladies lunch

**15 Red Nose Day**

Celebrate Red Nose Day with different activities; bake sale, face painting etc

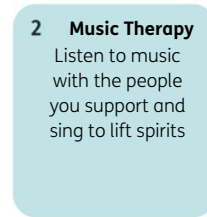
**22 Easter Bonnets**

Create Easter bonnets for a bonnet parade

**29 Good Friday**

Learn about Good Friday and why it is celebrated

Sat



**2 Music Therapy**

Listen to music with the people you support and sing to lift spirits

**9 Meatball Day**

Enjoy meatballs or vegetarian meatballs for Meatball Day

**16 Nutrition & Hydration Week**

Enjoy different food and drinking tasting to encourage good nutrition and hydration

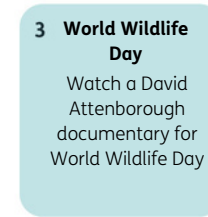
**23 Meteorological Day**

Learn about World Meteorological Day and how it's kept people safe

**30 Flower Arranging**

Arrange spring bouquets of flowers for your care service

Sun



**3 World Wildlife Day**

Watch a David Attenborough documentary for World Wildlife Day

**10 Mother's Day**

Celebrate Mother's Day with the people you support, with their loved ones or in remembrance

**17 St Patrick's Day**

Celebrate St Patrick's Day with everything green and a pint of Guinness

**24 Snooker**

Have a few games of snooker on a mini table

**31 Easter Sunday**

How did the people you support traditionally celebrate Easter?

Key Dates:

- St David's Day
- World Wildlife Day
- World Book Day
- International Women's Day
- Mother's Day
- Ramadan
- Red Nose Day
- Nutrition & Hydration Week
- St Patrick's Day
- Easter

E [hello@nourishcare.com](mailto:hello@nourishcare.com)

T 023 8000 2288

[nourishcare.com](http://nourishcare.com)

