

Activity Planner - May 2024

Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



1 May Day
Celebrate Spring with arts and crafts using flowers, leaves and other things from nature

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

3 World Laughter Day
Watch and/or perform your favourite comedy bits

4 Star Wars Day
May the 4th be with you, give a Star Wars film a watch

5 African World Heritage Day
Learn about Africa's cultural and natural heritage

- May Day/Bealtaine
- World Laughter Day
- African World Heritage Day
- Deaf Awareness Week
- International Nurses Day
- Mental Health Awareness Week
- International Day of Families
- National Doughnut Week
- International Tea Day
- National Numeracy Day
- Vesak
- National Biscuit Day

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

7 Deaf Awareness Week
Learn some simple sign language

8 Share a Story
Have a Storytellers circle for Share-a-Story month

9 Optical Illusions
Test yourselves with some optical illusions

10 Mother Ocean Day
Learn about the world under the waves

11 Eurovision Final
Put on your own show and share your talents!

12 International Nurses Day
Make something nice for the nurses who support you

13 Mental Health Awareness Week
Share experiences about mental health and what we can do to support each other

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

15 International Day of Families
Celebrate families for International Families Day

16 British Sandwich Week
Have a creative sandwich contest in honour of Sandwich Week

17 Doodle Day
Enjoy an afternoon of drawing

18 National Doughnut Week
Support The Children's Trust with some tasty treats!

19 Book Club
How was last months book? Time for another?

20 80's Movie night
Watch your favourite 80's movies

21 International Tea Day
Any excuse for a tea party!

22 Number Games
Play some number based games and puzzles for National Numeracy Day

23 Vesak
Practise some mindfulness and meditation for Budda Day

24 Fashion Show
Get ready for Summer with a fashion show!

25 Entertainment
Try a new style of entertainment for this month, a magician or a dance class?

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

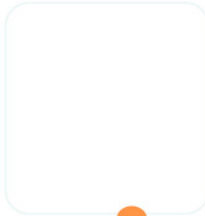
27 Nature Walk
Go exploring nature and pick wild flowers

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

31 Word Games
Play games like hangman, categories and the alphabet game



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

