

Activity Planner - April 2024

Mon

1 April Fools

Play some silly games like 'You laugh, you lose', 'Trick questions' and Riddles

Tue

2 Autism Awareness Day

Share stories to increase understanding and support for people with autism

Wed

3 Walking Tour

Plan a trip around the local area and go for a group walk

Thurs

4 70's Movie Night

Have a cinema night and watch some classic 70's movies

Fri

5 Flower Pressing

Celebrate Spring with some flower pressing

Sat

6 Lego Day

Use lego to get creative and build different objects

Sun

7 Good News Everyone

Read this week's good news stories and share some of your own

Key Dates:

- Easter Monday / April Fool's Day
- Autism Awareness Day
- National Walking Day
- Eid al-Fitr
- National Pet Day
- National Scrabble Day
- National Gardening Day
- World Art Day
- International Haiku Poetry Day
- World Heritage Day
- National Tea Day
- Earth Day
- St. George's Day
- International Dance Day
- Passover

8 Unicorn Day

Celebrate mythical stories (and Scotland) on this special day

9 Photo Sharing

Reminisce with photos from the people you support or choose an era to focus on

10 Eid al-Fitr

Reflect on what you learned about Ramadan. Ensure the people you support are able to observe, if they want to

11 National Pet Day

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

12 Book Club

Enjoy a new book to read

13 National Scrabble Day

Enjoy an afternoon of scrabble and other board games

14 National Gardening Day

Check on your plants from January. What fruit or veg can you grow in Spring?

15 World Art Day

Have a group creative session and make some art together

16 Decorate Cookies

Bake cookies in the shape of flowers and decorate them

17 International Haiku Poetry Day

Write and share haikus

18 World Heritage Day

Discuss and explore historical monuments and sites virtually or in person locally if you can

19 Meditation

Relax and unwind with meditative music

20 Baking

Bake scones and other nice treats

21 National Tea Day

Go on a world tour of tea!

22 Earth Day

Enjoy the beauty of the natural world and learn about conservation efforts for Earth Day

23 St George's Day

Celebrate St George's Day with some classic English folk tales

24 Activities of Daily Living

How can you incorporate Activities of Daily Living into your activity schedule?

25 Penguin Day

Learn about our well dressed friends, maybe even match outfits!

26 Mosaics

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

27 Memory Box

Decorate boxes to display memory items in the bedrooms of the people you support

28 Perfect Sunday

Reflect on what your perfect Sunday is at the end of the month

29 Dance Party

Shake your tailfeathers with the world on International Dance Day

30 End of Passover

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

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