

Activity Planner - August 2024



Mon



5 Cornflour Slime

Create slime with corn flour for a sensory experience

12 World Elephant Day

Don't forget to enjoy this day with a trip to the zoo or nature documentary

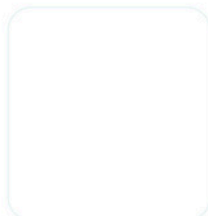
19 World Humanitarian Day

Engage with local charities and their fundraising activities today

26 National Dog Day

Join some local dog walks/visits with community groups

Tue



6 Scavenger Hunt

Set up a scavenger hunt across your care service

13 International Left-Handers Day

Try some fun left hand activities to see what it's like for people living in a right hand world all year

20 National Radio Day

Tune in to some of the celebrations on the radio and have a dance party!

27 Good News Everyone

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

Wed



7 Storytelling Circle

Head outside and share your best stories (real or made up) as a group

14 Book Club

Follow up on the summer romance with a hot blooded action or thriller

21 Mathematics

Are there any people you support who enjoyed maths?

28 Start of the Paralympic Games

Celebrate the start of the Paralympic Games with some themed events

Thurs

1 Lammas Day

Bake some bread and celebrate the harvest holiday!

8 International Cat Day

Learn about all the different cats around the world and if possible invite some local ones over

15 National Relaxation Day

Relax with some simple spa treats

22 Summer Scrapbook

Update your Summer Scrapbook

29 Ice Lollies

Make a batch of healthy ice lollies with fruit, juice and cream

Fri

2 10's Movie Night

Watch some of the best films from the previous decade

9 Rice Pudding Day

Make and share some rice pudding

16 Crochet

Create crochet squares or animals with the people you support

23 Pool Party

Cool down with a blow up pool party or water fight using sponges

30 National Beach Day

Head to the beach for a day trip, or if that's not possible, bring some beach to your home

Sat

3 Ice Cream party

Never a bad idea in the Summer

10 National Bowling Day

Play some bowling in your garden or hallway

17 Darts

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

24 Bingo

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

31 Flower Pressing

Commemorate the end of Summer with some flower pressing

Sun

4 Yoga

Enjoy seated yoga to strengthen flexibility and balance

11 End of the Olympic Games

Watch the Olympics closing ceremony

18 National Fajita Day

Have a mexican themed food party!

25 Notting Hill Carnival

Have your own carnival inspired by the famous London festival

Key Dates:

- Lammas Day
- International Cat Day
- National Bowling Day
- End of the Olympics
- International Left-Handers Day
- National Relaxation Day
- National Fajita Day
- World Humanitarian Day
- National Radio Day
- National Dog Day
- Start of the Paralympic Games
- National Beach Day



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