

# Activity Planner - October 2024

Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:

Blank activity box for Monday.

**1 Black History Month**  
Look into local events celebrating African and Caribbean history and heritage

**2 Breast Cancer Awareness**  
Share experiences and breast cancer awareness

**3 National Poetry Day**  
Read your favourite poems, and write a few of your own

**4 World Animal Day**  
Link up with local animal welfare groups and join in their events

**5 World Space Week**  
Share in the UN celebrations of space and do some star gazing

**6 Grandparents Day**  
Enjoy a day talking about grandparents and grandchildren and their special bond

**Key Dates:**

- Black History Month
- Breast Cancer Awareness Month
- National Poetry Day
- Grandparents Day
- World Smile Day
- The Big Draw
- National Curry Week
- Humphrey's Pyjama Week
- World Arthritis Day
- National Baking Week
- World Menopause Day
- Halloween

**7 World Smile Day**  
Put on your best smiles and have a photoshoot to share with the world

**8 The Big Draw**  
[Create some art and take part in the world's largest drawing festival!](#)

**9 World Post Day**  
Write a letter to someone special, maybe start a penpal relationship with another branch or care service

**10 National Curry Week**  
Hit the kitchen and cook up something with a kick

**11 Humphrey's Pyjama Week**  
[Join The Children's Trust and have a pyjama day.](#)

**12 World Arthritis Day**  
Team up with people around the world raising awareness for arthritis today

**13 World Sight Day**  
A global celebration of sight and a time for understanding blindness

**14 Recycle Week**  
This years focus is on reusing recyclable goods before sending them to the rubbish

**15 National Baking Week**  
Make some scones and other baked goods together

**16 Conkers**  
Tis the season to collect conkers (and battle with them)

**17 Pumpkin Carving**  
Prepare for Halloween with pumpkin carving, can you visit a local patch?

**18 World Menopause Day**  
[Raise awareness of the menopause and the support options available for improving health and wellbeing.](#)

**19 Brain Games**  
Enjoy wordsearches, crosswords and other brain games

**20 International Chef's Day**  
A great chance to spend some time in the kitchen cooking up classic cuisine

**21 Apple Day**  
Can you visit an orchard for the annual national celebration of the variety of apples grown in the UK

**22 DIY Apple Juice**  
Make your own apple juice with freshly picked apples

**23 Meditation**  
Relax and unwind with meditative music

**24 Classic Movie Night**  
Watch some classic black and white movies

**25 World Opera Day**  
Play some operatic songs and enjoy the stories and emotions

**26 Autumn Walk**  
Take a stroll and check out all the delightful new colours on display

**27 National Sleep-In Day**  
The clocks go back so enjoy an extra hour in bed and a special breakfast

**28 Reminiscence**  
What Halloween memories do the people you support have?

**29 Trick or Treat Day**  
Organise a visit from a local school or nursery to trick or treat around your care service

**30 Leaf Art**  
Using fallen leaves, crayons and crafty materials, what art can you create?

**31 Halloween**  
The best time of year for fancy dress

Blank activity box for Friday.

Blank activity box for Saturday.

Blank activity box for Sunday.

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