

# Activity Planner - March 2025



Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Key Dates:



**1 St David's Day**  
Get out your daffodils and celebrate all things Welsh on their national day

**2 The Oscars**  
Get all dressed up and share your favourite films from the last year

- St David's Day
- Pancake Tuesday
- Ash Wednesday
- International Women's Day
- Holi
- St Patrick's Day
- Spring Equinox
- Red Nose Day
- Mother's Day
- Eid-al-Fitr

**3 World Wildlife Day**  
Watch a David Attenborough documentary for World Wildlife Day

**4 Pancake Tuesday**  
Do you have all of your ingredients and toppings ready?

**5 Ash Wednesday**  
Share the small life improvements you are making for Lent

**6 World Book Day**  
Share your favourite stories on World Book Day

**7 British Pie Week**  
Share family pie recipes

**8 International Women's Day**  
A day to reflect on and celebrate the accomplishments of women

**9 Crafternoon**  
Craft some small gifts to share with your community

**10 Altra's Irish Expressions**  
[Get in the Celtic spirit with Altra](#)

**11 Music Therapy**  
Listen to music with the people you support and sing to lift spirits

**12 Mosaics**  
Create mosaics using magazines cut outs, jewel stickers or coloured squares

**13 World Kidney Day**  
Learn about and practise kidney health with a fruit picnic

**14 Holi**  
Celebrate Hinduism's 'Festival of Colours' with some bright art projects

**15 The Ides of March**  
Toga party anyone?

**16 St Patrick's Day Quiz**  
[Test your Irish knowledge with this fun quiz from Altra](#)

**ALTRA+**

Check out exclusive content from our wellbeing and engagement partners, Altra. To access a library of 1000+ Altra wellbeing resources and easily gather feedback from the people you support and their circle of care book a demo today.

**BOOK A DEMO**

**17 St Patrick's Day**  
[Remember to wear green and enjoy some Irish culture](#)

**18 Flower Pressing**  
Celebrate Spring with some flower pressing

**19 Blind Taste Test**  
Play this fun game using sandwich spreads and fruit

**20 Spring Equinox**  
Go for a nature walk and enjoy the world around you

**21 Red Nose Day**  
[Get involved with 'The funniest day of the year'](#)

**22 Board Games**  
Break out your favourite board games

**23 Altra Seated Workout**  
[Improve your health with Altra's easy seated workout](#)

**24 Shakespeare Week**  
Join in with Shakespeare Week by reading a play or a sonnet

**25 Fairy Tales**  
Share the tall tales and folk stories you've heard throughout your life

**26 Toy Reminiscence**  
Look at toys through the ages and see what memories you can evoke

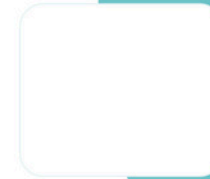
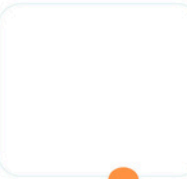
**27 World Theatre Day**  
Invite a theatre group or visit the local theatre for World Theatre Day

**28 Flower Arranging**  
Arrange spring bouquets of flowers for your care service

**29 Altra Musica's Mini Session**  
[Get active with Altra and Musica's Mini Spring Session](#)

**30 Mother's Day**  
Write some personal letters to share with the Mothers in your life

**31 Eid-al-Fitr**  
Host a big communal dinner to celebrate the end of Ramadan in Islam



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