

Activity Planner - December 2025



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 First Day of Advent Time to Decorate!	2 Visitors If you can, arrange to visit, or have a visit from a local school	3 Showing Support A day to celebrate, learn about, and support people with disabilities	4 Decoration Making Make some handmade Christmas decorations	5 Breathing Exercises <u>Try out these useful breathing exercises courtesy of Altra</u>	6 Everyday is a School Day! Learn about how animals adapt during winter- hibernation, migration, etc.	7 Winter Walk Head out on a walk, admire the decorations and how the seasons are changing
8 Christmas Card Making Design, make & write Christmas cards to send to loved ones	9 Cheese Board Make and enjoy your own delicious cheeseboard	10 Human Rights Day Discuss & outline the basic rights of older people & care home residents	11 Christmas Jumper Day Host a Christmas Jumper Day with activities and raise money for Save The Children	12 Shopping Take a Christmas shopping trip	13 Gift Wrapping Wrap gifts for people in need using donations from everyone in your care service	14 Hanukkah Enjoy eating Hanukkah treats, such as latkes, sufganiyot & applesauce
15 Christmas Wreaths Using plants from the local area, create your own Christmas wreaths	16 Find the Elf Hide a toy elf somewhere in the home and see who can spot it first!	17 Altra Workout <u>Work off some of the festive treats with Altra's Gentle Seated Workout</u>	18 Quiz Night Participate in a Christmas-themed quiz	19 Giving Back Visit a local charity and donate your time to help others at Christmas!	20 Christmas Baking Bake some festive treats, such as mince pies or cookies	21 Carolling Either go carolling or invite carollers to perform at your care service
22 Winter Solstice Make simple solstice-themed crafts: pinecone decorations, evergreen wreaths, or sun catchers.	23 Movie Night Before the celebrations begin, relax with a festive film	24 Christmas Eve If possible, head to a local Christmas eve service or event	25 Merry Christmas! Enjoy the day with those around you	26 Boxing Day Guess the Gift Wrap mystery objects in boxes and have residents guess what's inside	27 Name that Tune! Play some festive songs, first to guess the title wins!	28 Drinks Bar Make a festive bar (hot chocolate, mulled cider etc.) to enjoy throughout the day
29 Resolutions Prepare to bring in the new year by discussing resolutions	30 Reflection Reflect on the year passed and share your favourite memories	31 New Years Eve Bring in the new year with a party!				

Key Dates:

- First Day of Advent
- International Day of People with Disabilities
- Human Rights Day
- Christmas Jumper Day
- Hanukkah
- Winter Solstice
- Christmas Eve
- Christmas Day
- Boxing Day
- New Years Eve

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

