

Activity Planner - March 2026



Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Key Dates:
2 Dr Seuss Day Create bright, bold seuss-style decorations	3 World Wildlife Day Step outside and see what wildlife you can spot near your home	4 Holi Using colourful ribbons, follow a seated ribbon dancing class	5 World Book Day Bring your favourite book to share with friends	6 British Science Week A fun guessing game: place inventions on your lifetime timeline	7 British Pie Week Bake your favourite pie, will it be sweet or savory?	8 International Women's Day Share stories and celebrate the strong women in your life	1 St David's Day Bake traditional Welsh Cakes to enjoy with tea
9 World Barbie Day Which Barbie will you be?	10 Music Request Each pick your favourite songs and play them through the day	11 Stretching Take part in some gentle movement to some peaceful music	12 Games Day Pick out your favourite boardgames to play with friends	13 Colour with Altra <u>Using Altra's template, get creative with some colouring</u>	14 Movie Night Grab some snacks and watch a musical movie	15 Mother's Day Celebrate the mother's and motherly figures in your life	<ul style="list-style-type: none"> St David's Day Holi World Book Day International Women's Day Mother's Day St Patrick's Day Eid-al-Fitr Spring Equinox
16 Irish Menu On the eve of St Patrick's Day, try some traditionally Irish foods	17 Altra's St Patrick's Day <u>Test your Irish knowledge with this fun quiz from Altra</u>	18 Global Recycling Day Find ways to recycle or reuse items you no longer need!	19 Eid-al-Fitr Host a big communal dinner to celebrate the end of Ramadan in Islam	20 Spring Equinox Flower Arranging Use some seasonal flowers to arrange a small bouquet	21 World Poetry Day Be creative and write a short poem or rhyme	22 Movement to Music Enjoy a gentle, seated workout set to music	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.
23 Shakespeare Day Enjoy a Shakespearean story by watching a theatre adaptation	24 Pet Therapy Welcome some furry friends for some company	25 Cupcake Baking <u>Bake and decorate some delicious cupcakes</u>	26 Book Club Discuss the last book, and move onto a classic tale	27 World Theatre Day Invite a local theatre group to perform, or sing some songs yourself!	28 Gardening Plant some bulbs and flowers in pots or the garden	29 British Summer Time Begins Enjoy the brighter evening by heading out on a walk	BOOK A DEMO
30 Spring Tea Celebrate the longer days with a delicious spring tea!	31 Birthday Celebrations Time to celebrate those born in March!						E hello@nourishcare.com T 023 8000 2288 nourishcare.com

