

February Activities

2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|--|---|--|--|
| | 1st Dignity Action Day Create a dignity tree (dignity tree) with people you support | 2nd Music Ask for music requests or test out chart toppers from different eras and genres | 3rd Time To Talk Day Host a Coffee Morning to encourage conversation amongst the people you support and staff | 4th Oral Health Month: Craft Teeth Create teeth and toothbrushes in an arts & crafts session | 5th Scrabble A game of Scrabble can be adapted for all ages and capabilities and is great for improving and maintaining memory | 6th Religious Service If any of the people you support are religious, why not host a religious service. There are many virtual services available! |
| 7th Mocktail Monday Making mocktails is a fun and easy way to encourage fluid intake and give the people you support a treat! | 8th Tinnitus Awareness Week To raise awareness for TAW, try some hearing-based sensory activities | 9th Exercises <u>Get moving with some simple sitting exercises recommended by the NHS</u> | 10th In The News Read and analyse the latest news and get the people you support's opinions | 11th Oral Health Month: Knitting Teeth Host a knit and natter club and attempt knitting teeth for Oral Health Month | 12th Sensory A giant parachute and balloons with rice inside makes for a great sensory activity | 13th Galentine's Day Celebrate the ladies you support with a Lunch Club for Galentine's Day |
| 14th Valentine's Day Learn about the origins or design and write Valentine's cards for partners and loved ones | 15th Travel Tuesday Pick a country and theme the day around it from history to food to clothing | 16th Book Club Offer a book club or the chance to borrow a book. Some local libraries offer a mobile library service | 17th Random Acts of Kindness Day Encourage service users to be kind, give compliments or start a Kindness Well | 18th Oral Health Month: Science Experiments Create elephant toothpaste, your own toothpaste, yeast and sugar experiment | 19th Indoor/Garden Games Skittles, boules and hoopla are fun games for all ages and abilities | 20th Sunday Cinema Club Watch a requested film accompanied with popcorn and ice cream |
| 21st You Can Care Week To celebrating your staff, ask the people you support to choose an employee of the month | 22nd Therapy Animals Encourage staff to bring in animals, organise a PAT dog or visit a pet shop, farm or rescue centre | 23rd Exercises <u>Stretch your muscles with armchair yoga, suitable for beginners and seniors</u> | 24th Smoothie Making Encourage fluids and fruit with a smoothie tasting session | 25th Oral Health Month: Nursery Visit If safe, encourage a visit from a school or nursery to learn about dental care | 26th Gardening Vegetables to plant in February include kale, basil, aubergines, broad beans and tomatoes | 27th Gents Club Celebrate the gents you support with a Gents Club |
| 28th Rare Disease Day Don your brightest colours to celebrate Rare Disease Day | MONTHLY FOCUS Raynaud's Awareness Month Dental Health Month Valentine's Day | | | | | |

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