

# March Activities

# 2022

| MON  | TUE  | WED   | THU  | FRI   | SAT  | SUN  |
|--|--|---|--|---|--|--|
|  | <b>1st</b><br><b>Shrove Tuesday</b><br>Encourage the people you support to help make pancakes, decorate them and eat them!             | <b>2nd</b><br><b>Lent</b><br>Is Lent an important tradition for any of the people you support?  | <b>3rd</b><br><b>World Book Day</b><br>Discuss your favourite books with the people you support  | <b>4th</b><br><b>National Nutrition Month</b><br>Guess how much sugar is in different foods, e.g jelly babies, cola, pasta sauce                | <b>5th</b><br><b>Exercise</b><br><u>Get moving with Joe Wicks' armchair exercises!</u>   | <b>6th</b><br><b>Arts &amp; Crafts</b><br>Celebrate Michaelangelo's birthday by creating your own masterpieces                 |
| <b>7th</b><br><b>National Feet Week</b><br>Ensure the people you support are seeing a podiatrist regularly for a spot of pampering!        | <b>8th</b><br><b>International Women's Day</b><br><u>Celebrate women everywhere by learning about women in history.</u>                | <b>9th</b><br><b>Exercise</b><br><u>Get moving with some simple sitting exercises recommended by the NHS</u>                                | <b>10th</b><br><b>Lavender Bags</b><br>Using lavender, rice, and miniature rattan bags to make sensory lavender bags                     | <b>11th</b><br><b>National Nutrition Month</b><br>Taste test different foods and learn about the different benefits!                            | <b>12th</b><br><b>Crufts</b><br>Organise a dog show for local, staff or family dogs. Alternatively, invite a PAT dog or organise a viewing party of Crufts | <b>13th</b><br><b>Bake Off</b><br>Encourage a bake off or cake decorating competition between the people you support and staff |
| <b>14th</b><br><b>Butterfly Garden</b><br>Organise a butterfly garden and watch the butterfly process for National Butterfly Day           | <b>15th</b><br><b>Flower Arranging</b><br>Brighten up your homes with daffodils, arranged in vases and ribbon                          | <b>16th</b><br><b>National Hydration Week</b><br>To celebrate, NHW2022, host a Tea Party using their recipes or your own!                   | <b>17th</b><br><b>St Patrick's Day</b><br>Go green for St Paddy's Day! Taste some Guinness, have an Irish stew and search for shamrocks! | <b>18th</b><br><b>Red Nose Day</b><br>Fundraise for Red Nose Day, host a bake sale, an exerciseathon or a joke competition                      | <b>19th</b><br><b>Quilting</b><br>Celebrate national quilting day by starting a joint blanket or a quilt with the people you support                       | <b>20th</b><br><b>World Oral Health Day</b><br>Make your own flavoured toothpaste to encourage good dental health              |
| <b>21st</b><br><b>World Poetry Day</b><br>Encourage a creative writing session for World Poetry Day. Try using Spring as a category        | <b>22nd</b><br><b>Travel Tuesday</b><br>Take the people you support on a virtual cruise, enjoying different destinations and cuisines. | <b>23rd</b><br><b>Neurodiversity Celebration Week</b><br>To celebrate #NCW2022, why not encourage a talent show for the people you support. | <b>24th</b><br><b>Film Club</b><br>Which film would the people you support enjoy with some classic cinema snacks?                        | <b>25th</b><br><b>Reminiscence</b><br>Reminisce for Tolkien Day. Do any of the people you support remember when his books were first published? | <b>26th</b><br><b>Exercise</b><br>Enjoy a sports themed afternoon. Play darts, snooker, giant badminton or anything else that takes your fancy!            | <b>27th</b><br><b>Mother's Day</b><br>Celebrate Mother's Day with afternoon tea and fizz or reminisce through photo albums!    |
| <b>28th</b><br><b>Theatre Afternoon</b><br>Bring the theatre to you with an online showing of a production or a local group of performers! | <b>29th</b><br><b>Gardening</b><br>Vegetables to plant in February include beetroot, spring onions, peas, carrots and lettuce.         | <b>30th</b><br><b>Garden Walk</b><br>For Walk in the Park day, enjoy a stroll around the garden as spring begins!                           | <b>31st</b><br><b>Quiz</b><br><u>How well do the people you support know their logos? Print off the worksheets and find out!</u>         | <b>MONTHLY FOCUS</b><br>National Nutrition Month<br>Neurodiversity Celebration Week<br>National Hydration Week<br>National Feet Week<br>Lent    |  |  |

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