



# Ways to Wellness



## Spring Activity ideas

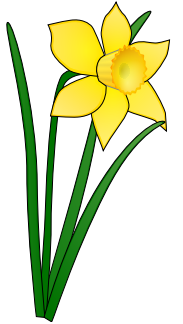


Spring is in the air and our theme for this activity pack is 'Bloom & Bounce'!

What fun activities can you come up with? Are they about growing, nourishing, moving or connecting?!

This pack has a few ideas to get you started!





- Make paper daffodils to brighten up your house
- Paint or draw a picture of a rabbit
- Plant some seeds to develop your gardening skills



- Grow your collection of bouncy balls!
- Go Wild (Acre!) and plant a tree
- Learn about trampolining
- Learn the names of trees that blossom

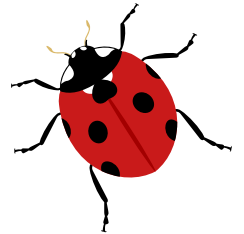




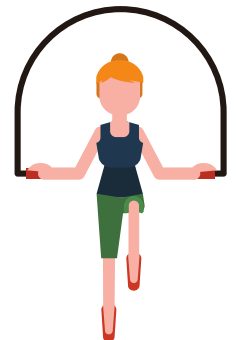
- Go for a walk and notice ten different flowers or types of wildlife that you see



- Dance to a song that mentions flowers (Build Me Up Buttercup?!)



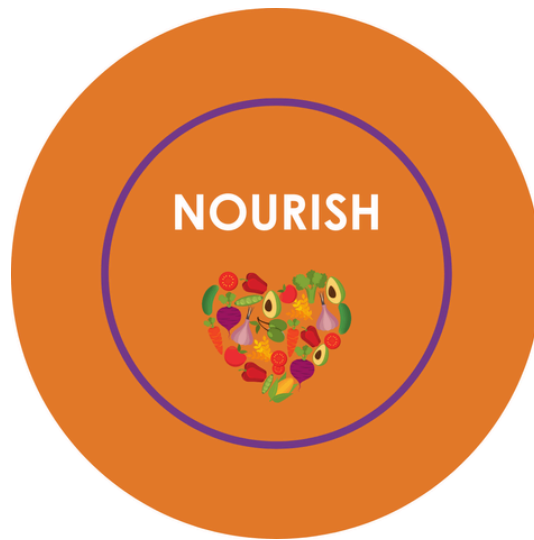
- Jump, skip or bounce 20 times a day! You can burn 300 calories by skipping for 15 minutes!



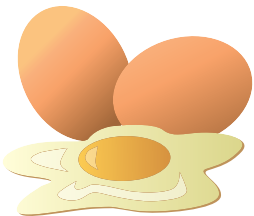
- Sign up for a challenge! Oxford Half? Bike Oxford? Or take a look at a virtual challenge with Medal Mad...

- Try an exercise you haven't done for a while! What about yoga?





- Start a recipe exchange – Find a healthy recipe and exchange it with two people for their recipes. Get them to do the same.



- Find a new way of cooking eggs!



- Cook with some seasonal fruit & veg



- Note down your hopes and dreams for spring and pop them somewhere you can see them



- Make spring thyme lemonade



- Plan in some down time - what makes you feel relaxed?





- Make a spring posy for someone you care about



- Call or write to someone and talk about your 5 best things to do in Spring time



- Meet up with someone you haven't seen in a while or sign up to chat with a volunteer buddy

- Help your housemate(s) or family to do a spring clean of the house



- Draw a colourful spring chalk painting on your driveway or pavement for all to see

- Paint a kindness pebble and leave it somewhere for someone else to find



- Tell some jokes, read a poem or act out a play – film it and send the video to a friend



- Have a picnic in your garden – each person make something for someone else to eat

