

WAYS TO WELLNESS ACTIVITY PACK



JOYFUL JANUARY



This activity pack aims to give you some ideas of things to do this month with the theme 'Joyful January'.

January can be cold, dark and seem to go on forever. Let's fill it with joy, fun and positivity!

Contents

Your goal this month

What's on this month

Action for Happiness Joyful January calendar

Joyful January Connect & Create ideas

Joyful January POP ideas

Moments of Joy Bingo

Mindful colouring pages



Your goal this month



This month our focus is on 'Grow'. Set yourself a Grow goal this month. It could be about gardening, nature, a creative hobby or learning something new.

My 'Grow' goal for Joyful January is:

What I will do to achieve my goal:



What's On

January

19th - Brew Monday - a positive call to connect with others over a cup of tea! Set up your own Brew Monday event with friends, or join Anita & others for a walk from T2 at 1pm (with a flask of freshly brewed tea!

22nd - Connect & Create - join us at T2 for some joyful connecting and creating! And/or invite friends over to yours to connect whilst being creative (see ideas in this pack).

Style Acre events

JANUARY 2026

FEBRUARY 2026

06 ~ Barn Dance & Party Night

MARCH 2026

Ways to Wellness dates

JANUARY 2026

19th - Brew Monday 19th
21st - Active Travel Forum
22nd - Connect & Create

Joyful January



FEBRUARY 2026

17th - Lunar New Year
2nd - Wellbeing Buddies meeting
21st - Mental Health Aware Training
TBC - Grief Awareness meetings start

The Night Sky



MARCH 2026

4th - Holi Festival
8th - International Women's Day
20th - Spring Equinox
25th - Mental Health Aware Training
Endometriosis Awareness Month
POP sessions start

Spring colours



Happier January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



JOYFUL JANUARY



Connect & Create ideas

Invite friends to join you to make these creations!

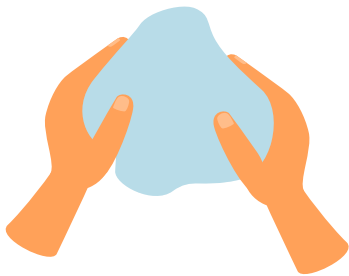
Smiley spoon dolls



Grab a wooden spoon and draw a smiley face on it! Use fabric scraps to give it clothes, hair, a hat, anything that brings you joy.



Cloud dough rainbows



Make cloud dough from cornflour, conditioner and food colouring. Create a rainbow!



Joyful bunting



Make joyful bunting from coloured card to decorate your home/hub/office!





JOYFUL JANUARY



POP ideas

Sensory activities to bring joy in January!

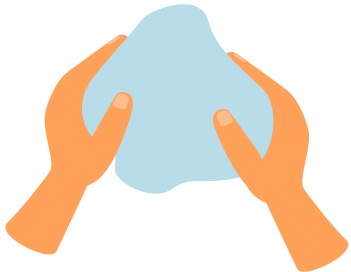
Wooden spoon scoops



Use wooden spoons to scoop different coloured rice from bowls onto a tray and mix them together



Cloud dough



Make cloud dough from cornflour, conditioner and food colouring. Squish, play and create!



Joyful bunting



Cut out bunting triangles from coloured card. Put a few blobs of paint on one and seal in a ziplok bag. Squish to create patterns. Repeat, dry and string them together to make bunting.





MOMENTS OF JOY BINGO

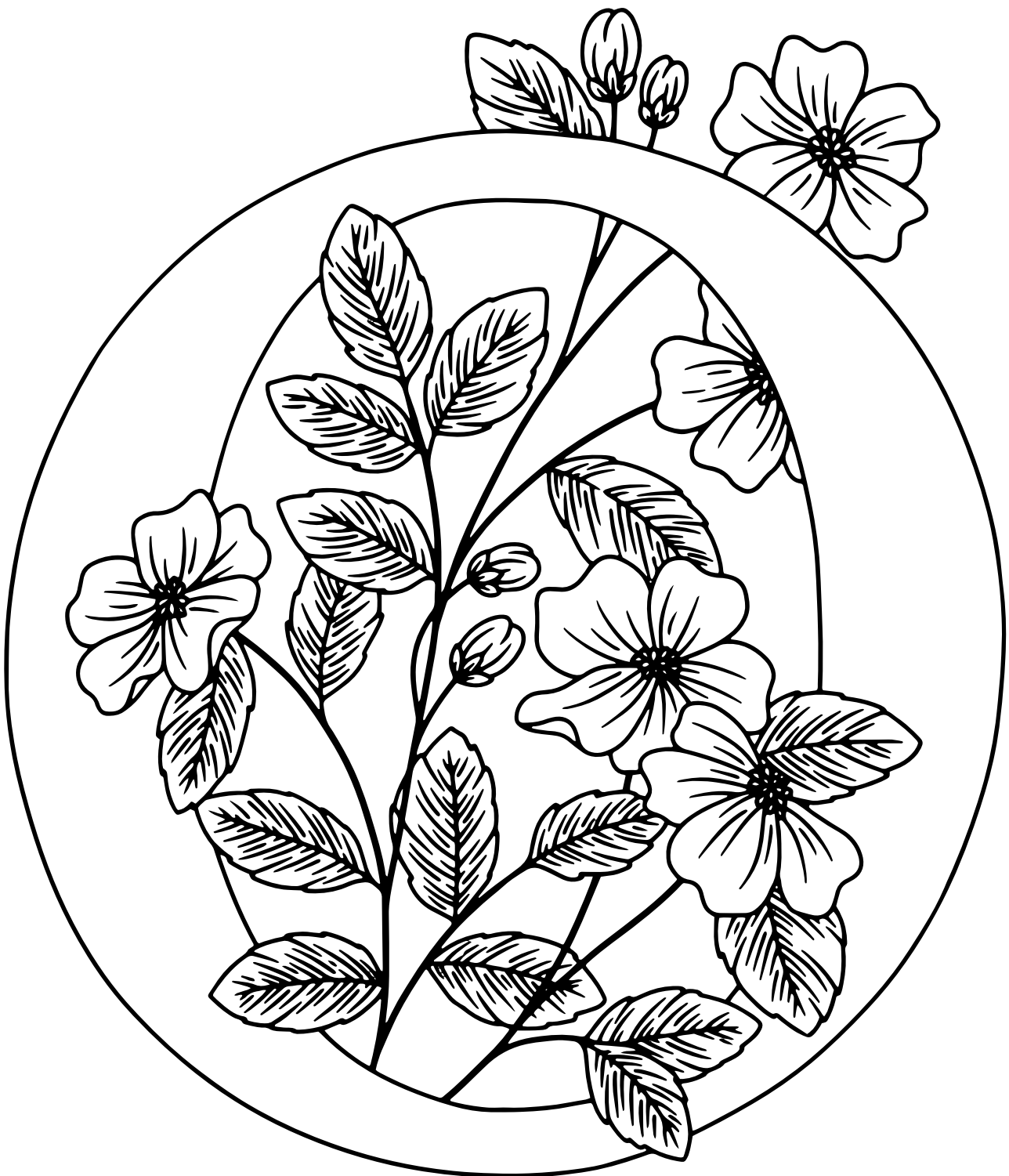
Take a moment to appreciate the little things this
#joyfuljanuary

| | | | | |
|---|--|--|--|---|
| <p>I shared food with a friend</p>  | <p>I listened to birdsong</p>  | <p>I made something</p>  | <p>I gave someone a compliment</p>  | <p>I learnt a new fact</p>  |
| <p>I painted something colourful</p>  | <p>I watched the clouds</p>  | <p>I smelt petrichor (the smell of rain)</p>  | <p>Someone gave me a compliment</p>  | <p>I smiled at someone and they smiled back</p>  |
| <p>I did some yoga</p>  | <p>I had a hug</p>  | <p>I spent time with an animal</p>  | <p>I enjoyed a story</p>  | <p>I felt the wind in my hair</p>  |
| <p>I spent time near a river, lake or sea</p>  | <p>I laughed at something funny</p>  | <p>I enjoyed a magazine</p>  | <p>I caught up with a friend</p>  | <p>I noticed something new out of my window</p>  |
| <p>I listened to some music I love</p>  | <p>I went for a walk somewhere new</p>  | <p>I did some breathwork</p>  | <p>I watered a plant</p>  | <p>I planned a holiday</p>  |

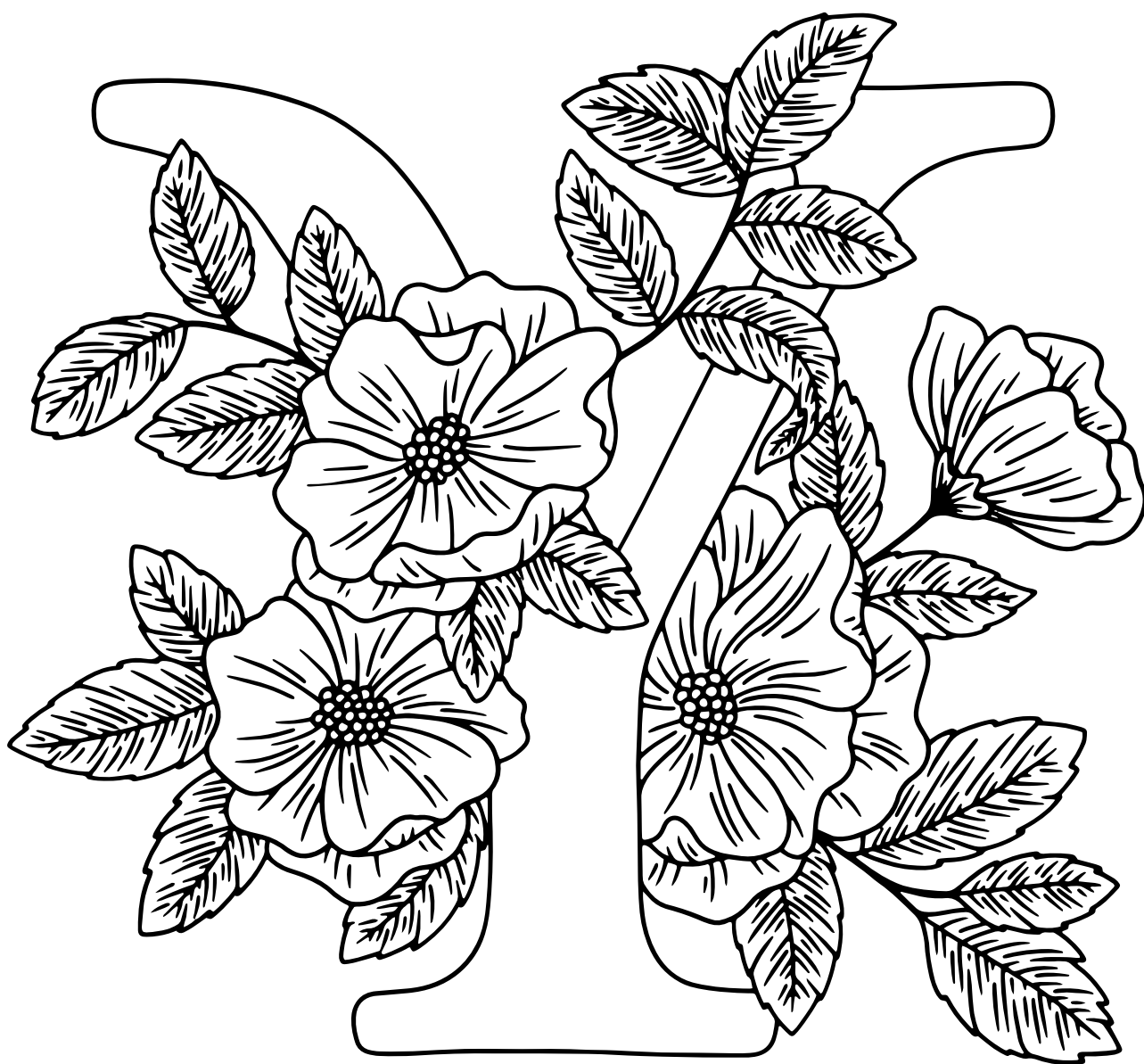
Joyful January Colouring



Joyful January Colouring



Joyful January Colouring





WILD ACRE JANUARY PLANNER



Things to do in your garden this month:

How to help wildlife this month:

January tip for looking after our planet: