



WAYS TO WELLNESS ACTIVITY PACK

FEBRUARY 2026



This activity pack aims to give you some ideas of things to do this month with the theme of 'The Night Sky'.

February is "the coldest month"—but also the shortest! So it's like winter's little speedster, zipping by faster than any other month, spring is right around the corner!

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'The Night Sky'
calendar
- The Night Sky Connect
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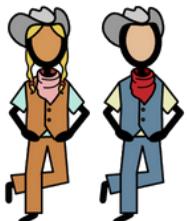
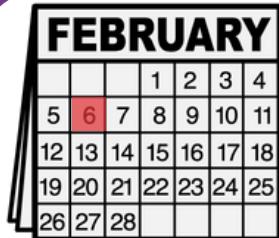
Your goal this month

This month our focus is on **'Move'**. Set yourself a Move goal this month. It could be learning a new sport, going outdoors to explore or trying the i-Spy game in this activity pack whilst out on a walk!

My 'Move' goal for February is:

What I will do to achieve my goal:

What's On

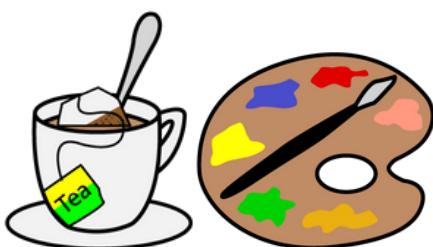


BARN DANCE

FRI 06 FEB

19:00 -23:00

BENSON PARISH HALL, BENSON



CONNECT & CREATE

THE NIGHT SKY

TUES 17 FEB

10.30 - 12:00

SABRe, BANBURY



FRIDAY NIGHT FEVER

FRI 27 FEB

19:00 -22:00

MARLBOROUGH CLUB, DIDCOT

Cultural and Awareness Days

17th Feb - Lunar New Year

MARCH 2026

- 13 ~ Friday Night Fever
- 18 ~ Connect & Create
- 23 ~ POP Sensory Session



APRIL 2026

- 16 ~ Style Acres Got Talent
- 23 ~ Connect & Create
- 27 ~ Friday Night Fever
- TBC ~ POP Sensory Session



MAY 2026

- 05 ~ Mystery Walk
- 11-13 ~ Snowdon Challenge
- 17 ~ WMG Spring Open Day
- 18 ~ POP Sensory Session
- 19 ~ Work Programme Job Fair
- 19 ~ Connect & Create
- 22nd - Spring Wellbeing Day
- 29 ~ Friday Night Fever



Friendly February 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



2

Ask a friend how they have been feeling recently

3

Do an act of kindness to make life easier for someone

4

Invite a friend over for a 'tea break' (in person or virtual)

5

Make time to have a friendly chat with a neighbour

6

Get back in touch with an old friend you've not seen for a while

7

Show an active interest by asking questions when talking to others

8

Share what you're feeling with someone you really trust

9

Thank someone and tell them how they made a difference for you

10

Look for good in others, particularly when you feel frustrated with them

11

Send an encouraging note to someone who needs a boost

12

Focus on being kind rather than being right

13

Smile at the people you see and brighten their day

14

Tell a loved one or friend why they are special to you

15

Support a local business with a positive online review or friendly message

16

Check in on someone who may be struggling and offer to help

17

Appreciate the good qualities of someone in your life

18

Respond kindly to everyone you talk to today, including yourself

19

Share something you find inspiring, helpful or amusing

20

Make a plan to connect with others and do something fun

21

Really listen to what people say, without judging them

22

Give sincere compliments to people you talk to today

23

Be gentle with someone who you feel inclined to criticise

24

Tell a loved one about the strengths that you see in them

25

Thank three people you feel grateful to and tell them why

26

Make uninterrupted time for your loved ones

27

Call a friend to catch up and really listen to them

28

Give positive comments to as many people as possible today

ACTION FOR HAPPINESS

Happier · Kinder · Together





Wellness Bingo!

See if you can complete all of these in February!

Say something nice about a friend	Paddle in puddles!	Wear your favourite colour	Tell yourself 5 things you like about yourself in the mirror	Tell a loved one what you love about them
Do a small act of kindness	Take a walk in nature	Dance like nobody is watching!	Call someone you love	Make a nutritious meal
Play an instrument	Relax on the sofa	Make someone smile	Listen to your favourite song	Say thank you to someone
Do some coloring	Watch your favourite TV programme	Set yourself a daily step goal	Learn a new skill	Visit a museum
Learn a magic trick	Meet up with a friend	Bake something yummy	See the goodness in everyone	Do some arts & crafts



THE NIGHT SKY



Connect & Create ideas

Invite friends to join you to make these creations!



Button Moon Collage

Make a button moon craft to add to your home décor!



Glitter Play Dough

The glitter playdough recipe is almost as fun to make as it is to play with! You could also use cookie cutters to make a night sky scene



Galaxy Painting

Roll marbles over a sheet of paper to create a galaxy-like piece of art!





THE NIGHT SKY



POP ideas

Sensory activities inspired by the Night Sky!



Button Arranging

Arrange buttons into the shape of a moon in a sensory tray



Messy Play with Glitter Play Dough



Make glitter play dough using flour, salt, glitter, vegetable oil and water!



Galaxy Painting



Roll marbles over a sheet of paper to create a galaxy-like piece of art! You can also use paint brushes, or use the marbles in a zip lock bag!



FEBRUARY NATURE I-SPY

Go for a walk in nature or visit your local park and see if you can find all these things this month!

A walk in nature



A tree with no leaves



Frost



A squirrel



A birds nest



A worm



Grass



A robin

Early signs of Spring



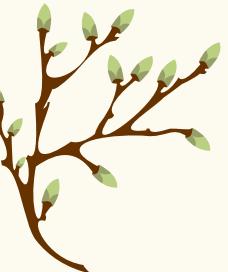
A snowdrop



A green shoot



A daffodil starting to grow



A branch with buds



Small flowers in the grass

GARDEN, WILDLIFE & PLANET: FEBRUARY EDITION

Garden:



- Sow some sweet peas for fragrant flowers in summer
- Buy and chit your potatoes
- Plan what you'd like to grow this year, make a collage for inspiration
- Do some frosty plant photography!
- Plant a bare root patio tree or fruit bush



Wildlife:



- Don't be too tidy! Create a wildlife habitat pile with leaves and logs
- Top up your bird feeders with high energy food like peanuts and fat balls
- Make some fat balls for the birds
- Go on a winter sensory walk and spot some wildlife
- Clean out nesting boxes ready for spring

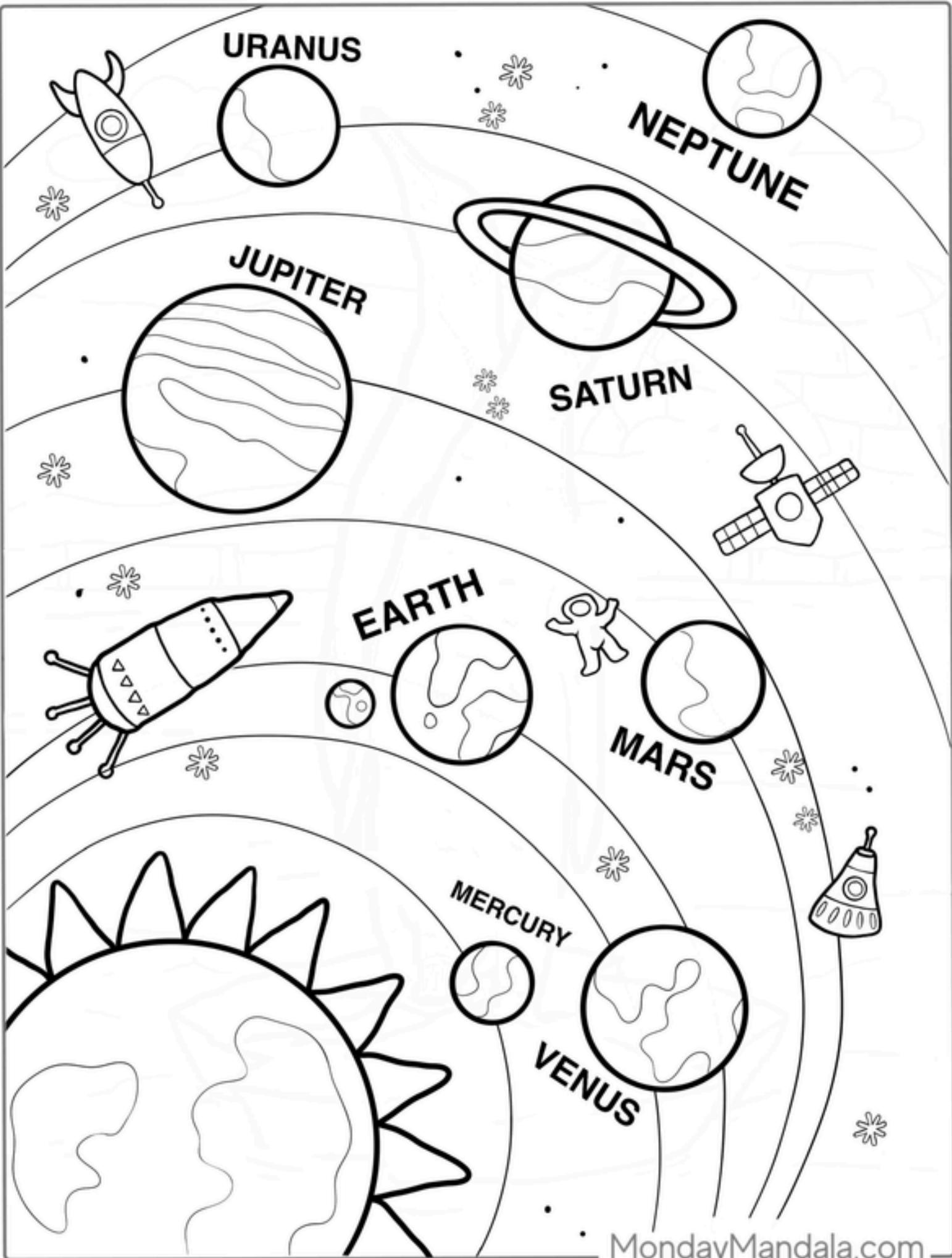


Planet:



- Eat a few more veggies. Try some vegetarian recipes and switch beef for beetroot. This reduces greenhouse emissions and is great for our health!







HAPPY CHINESE NEW YEAR



2026