



WAYS TO WELLNESS ACTIVITY PACK



Spring Colours



MARCH 2026



This colourful activity pack aims to give you some ideas of things to do this month with the theme of 'Spring Colours'. March is the month where winter and spring overlap—expect brighter days, surprise showers, and plenty of signs that nature is waking up again!

Contents

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Your goal this month



This month our focus is on **'Nourish'**. Set yourself a Nourish goal this month. It could be doing some stretching, reading a book, or listening to some uplifting music!

My 'Nourish' goal for March is:

What I will do to achieve my goal:

What's On

MARCH						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



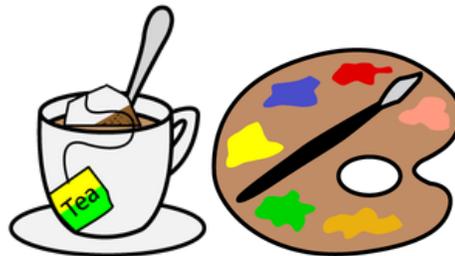
FRIDAY NIGHT FEVER
FRI 13 MARCH
 7PM - 10PM
 MARLBOROUGH CLUB, DIDCOT

MARCH						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



POP SENSORY SESSION
MON 16 MARCH
 10AM - 12PM
 CORNERSTONE, DIDCOT

MARCH						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



CONNECT & CREATE
SPRING COLOURS
18 MARCH
 10:30AM - 12PM
 TURNSTYLE, WALLINGFORD

Cultural and Awareness Days

Endometriosis Awareness Month

4th - Holi Festival

8th - International Women's Day

20th - Spring Equinox

APRIL 2026

- 2nd** - Autism Awareness Day
- 5th** - Easter
- 17th** - POP Session Witney
- 29th & 30th** - MHFA
- 23rd** - Connect & Create (T2)

Outdoor adventures



MAY 2026

- 4th** - May Day
- 21st** - Summer Solstice
- 22nd** - Wellbeing Day at Garden
- 14th** - Wellbeing Buddies meeting
- 18th** - POP Session Didcot
- 19th** - Connect & Create (Banbury)
- 5th** - Mystery Walk

Picnics



JUNE 2026

- 1st-7th** - Volunteer Week
 - 13th** - Global Wellness Day
 - 11th** - Banbury Walk
 - 19th** - POP Session Witney
 - 25th** - Connect & Create (Turnstyle)
- Pride Month

Pride



Mindful March 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Set an intention to live with awareness and kindness

Notice three things you find beautiful in the outside world

Start today by appreciating your body and that you're alive

Notice how you speak to yourself and choose to use kind words

Bring to mind people you care about and send love to them

If you find yourself rushing, make an effort to slow down

Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



Wellness Bingo!

Cross off as many as you can in the month of March!

Do some colourful flower arranging



Make someone smile today



Have a Spring Art Session



Mindful Breathing with Bubbles



Listen to birdsong



Get out and enjoy the start of the sunshine!



Meet up with a friend



Make a vision board for March



Spend some time cloud watching



Go to a POP session!



Use Coloured Chalk Outside



Make a fruit salad with lots of colours



Have a cup of tea and relax



Make a Gratitude Garden



Go to a Connect & Create session



Colour-Themed Snack Time



Throw a colour party for Holi Festival



Make a rainbow collage



Wear your favourite colour!



Smile whenever you feel like it



Do some stretching



See the goodness in everyone



Feel the warmer air on your skin



Finger Paint Flowers



Celebrate women for International Women's Day





Spring Colours



Connect & Create ideas

Invite friends to join you to make these creations!



Colourful Ribbon Wands

Make a ribbon wand using paper, ribbons or string! They are great fun to play with!



Spring Flower Wreaths

With coloured paper and some folding, you can make a beautiful Spring flower wreath!



Tissue Paper Blossom Trees

Create a blossom tree using tissue paper and toilet roll tubes!





Spring Colours



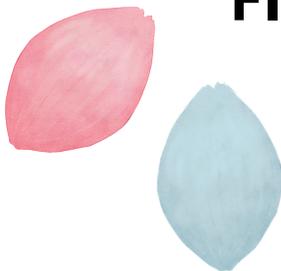
POP ideas

Sensory activities inspired by the colours of Spring!



Colourful Ribbon Wands

Wave the ribbons around, listen to the noise and look at all the colours.



Flower Petal Arranging

Explore soft petals, sweet scents, and a rainbow of spring colours!



Sensory Spring Garden

Make a sensory spring garden with coloured green rice or vermicelli and edible flowers!



MARCH NATURE I-SPY

Take a walk in nature or visit your local park. See if you can spot all of these things this month!

Creatures in Spring



A bumble
bee



A lamb



Frog
spawn



A duck



A frog



A magpie



A butterfly

Spring Colours



A yellow
flower



A blue
flower



A red
ladybird



Pink
blossom



A
rainbow



A white
cloud



Blue sky

Wild Acre

GARDEN, WILDLIFE & PLANET March Edition

Garden:



- Sow some broad beans - lovely big seeds for easy sowing
- Plant onion and shallot sets
- Weeding - they will be starting to grow now!
- Divide your snowdrops for more clumps next year
- Enjoy the beautiful spring flowers

Wildlife:



- Keep feeding the birds with high energy food, nesting season is starting
- Try and spot an early butterfly
- Hedgehogs are starting to emerge from hibernation - leave out some water and food for them
- Spot some frog spawn

Planet:



- Only buy peat-free compost when starting to think about your garden this spring. This will help to protect our rare peat bogs, which store carbon and are a vital habitat for many species.



LET'S GO ON A COLOUR WALK!

Tick each colour in the circle when you find it outside!



Yellow



Pink



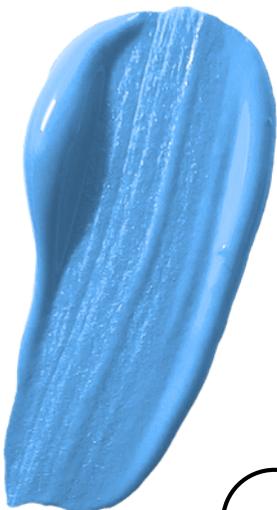
Purple



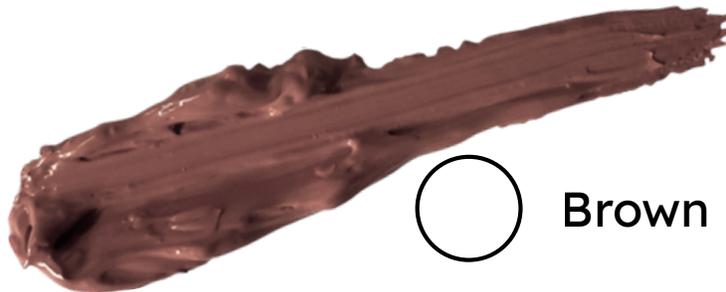
Orange



Green



Blue



Brown



White





