



WAYS TO WELLNESS ACTIVITY PACK

Outdoor Adventures

APRIL 2026



This 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.

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Your goal this month



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

My 'Connect' goal for April is:

What I will do to achieve my goal:

What's On

APRIL						
		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		



STYLE ACRE'S GOT TALENT

THURS 16 APRIL

DOORS OPEN - 6PM

SHOW STARTS - 6.30PM - 9.30PM

HITHERCROFT SPORTS CLUB
WALLINGFORD

APRIL						
		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		



POP SENSORY SESSION

FRI 17 APRIL

1PM - 2.30PM

WINDRUSH LEISURE CENTRE
WITNEY

APRIL						
		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		



CONNECT & CREATE OUTDOOR ADVENTURES

THURS 23 APRIL

10.30AM - 12PM

T2, DIDCOT

APRIL						
		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		



FRIDAY NIGHT FEVER

FRI 24 APRIL

7PM - 9.30PM

MARLBOROUGH CLUB, DIDCOT

MAY 2026

4th - May Day

5th - Active Travel Walk - Oxford

21st - Summer Solstice

22nd - Wellbeing Day at Wantage
Market Garden

18th - POP Session Didcot

19th - Connect & Create (Banbury)

JUNE 2026

1st-7th - Volunteer Week

13th - Global Wellness Day

11th - Active Travel Walk - Banbury

19th - POP session Witney

25th - Connect & Create (Turnstyle)
Pride Month

JULY 2026

18th - Nelson Mandela Day

7th - Active Travel Walk - Didcot

14th - Connect & Create T2

20th - POP Session Didcot

South Asian Heritage Month

Active April 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Wellness Bingo!

See if you can complete all of the below ideas in April!

Make a shelter for hedgehogs

Go fishing!

Sit and watch the World go by

Outdoor Quiet Time

Leaf & Stick Printing

Outdoor Colour Hunt

Bring Comfort Outside

Take pictures of favourite outdoor spots

Bird Feeder Watching

Make a Bug Hotel!

Look out for fish in the water

Mud Painting

Observe butterflies

Water the plants

Plant something from a seed

Do a mini treasure hunt with friends

Take a pair of binoculars out on a walk

Create a Bird Watching Station

Make a mud kitchen!

Make a terrarium!

Do something good for nature!

See the goodness in everyone

Feel the warmer air on your skin

Make an obstacle course

Go for a woodland walk



Outdoor Adventures



Connect & Create ideas

Invite friends to join you to make these creations!



Nature Sun Catchers

Search for items in nature and stick them into a sun catcher using a paper plate and some sellotape!



Handmade Bird Feeders

All you need is an orange, bird seeds/food and some string!



Pebble Pets

Make a pebble pet using paints and pebbles! You could even make them a little habitat to live in!





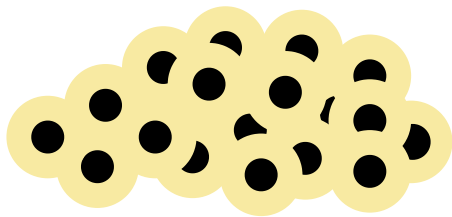
Outdoor Adventures

POP ideas

Sensory activities inspired by the great outdoors!

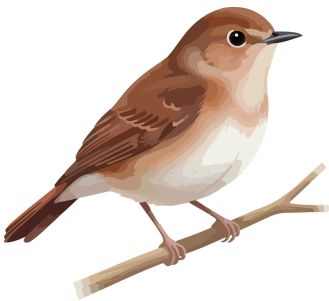
Frog Life Sensory Bin

Water beads for frog spawn, cupcake cases for lily pads, plastic frogs and you can feel the life of a frog!



Bird Buffet

Squeeze peanut butter, feel some seeds and leave the tidying up outside for the birds.



Garden Gatherings

With soft petals, crunchy leaves, grass, feathers and bark bits you can create a garden gathering to feel and enjoy!

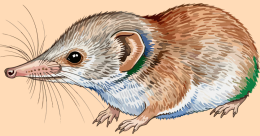


APRIL NATURE I-SPY

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



April Creatures



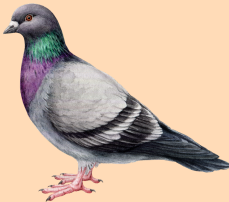
A water shrew



A swallow



A "Peacock" butterfly



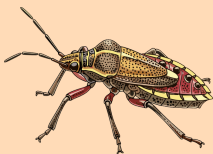
A wood pigeon



A hedgehog



A moth



A beetle

April Plants



A dandelion



Bluebells



A hole in a tree



A daisy



An oak tree



A magnolia



A tulip

Wild Acre

GARDEN, WILDLIFE & PLANET

April Edition

Garden:



- Give your veg trug the care it deserves - a good clean, splash of paint, fresh compost...
- Get sowing outside - hardy annuals like poppies and cornflowers
- Put twiggy sticks by peas and beans to support them as they grow
- Increase the amount of water you give houseplants
- Get a water butt to catch some of those April showers

Wildlife:



- Go on a mini beasts outdoor adventure and take photos
- Make a 'bee hotel' for solitary mason bees (they don't sting!) using bamboo canes
- Spot some tadpoles
- Don't trim your hedges - bird nesting season is here

Planet:



- Celebrate 'Earth Day' on 22nd April! Make April a no-buy month by cutting out fast fashion and using second-hand shops. Why not adventure down to the Style Acre shop for your bargains?



WORD SEARCH

Can you find the animals hidden in the puzzle?



FOX

RABBIT

HORSE

LEOPARD

MONKEY

FROG

ELEPHANT

MOOSE

SNAKE

CHICKEN

SQUIRREL

BEAR



