



WAYS TO WELLNESS ACTIVITY PACK



Picnics



MAY
2026





WAYS TO WELLNESS ACTIVITY PACK



MAY 2026

This activity pack gives you ideas for things to do during the month of May. The theme for May is Picnics. May is a time when the weather is warmer and the days are longer. Picnics are a great way to enjoy the outdoors.

Contents

- Your goal this month
- What's on this month
- Action for Happiness
 - 'Picnics' calendar
- 'Picnics' Connect & Create ideas
- 'Picnics' POP ideas
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- Wild Acre
- Picnic Wordsearch
- Mindful colouring pages
- ... and much more!



Your goal this month



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

My 'Grow' goal for May is:

What I will do to achieve my goal:



WHAT'S ON!

MAY 2026

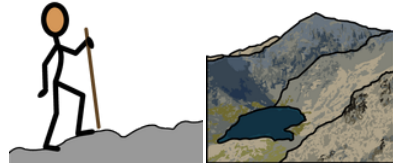


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MYSTERY WALK
TUES 05 MAY
11AM
OXFORD

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SNOWDON CHALLENGE
MON 11 - WEDS 13 MAY
MOUNT SNOWDON

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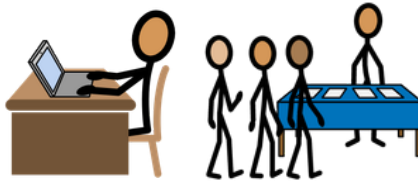
SPRING OPEN DAY
SUN 17 MAY
12PM - 3PM
WANTAGE MARKET GARDEN

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POP SENSORY SESSION
MON 18 MAY
10.30AM - 12PM
CORNERSTONE, DIDCOT

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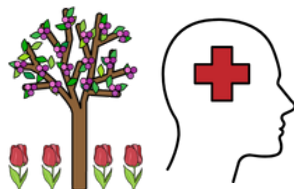
WORK PROGRAMME
JOB FAIR
TUES 19 MAY
10AM - 12PM
CIVIC HALL, DIDCOT

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CONNECT & CREATE
PICNICS
TUES 19 MAY
10AM - 12PM
SABRe, BANBURY

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SPRING WELLBEING DAY
FRI 22 MAY
11AM - 2PM
WANTAGE MARKET GARDEN

MAY						
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FRIDAY NIGHT FEVER
FRI 29 MAY
7PM - 9.30PM
MARLBOROUGH CLUB, DIDCOT



What's On

Join us for the Spring Wellbeing Day at Wantage Market Garden on Friday 22nd May

Sponsor our Snowdon hikers as they walk up the mountain this month! (12th May)

Find out all about jobs at the Job Fair at Didcot Civic Hall on the 19th

Cultural and Awareness Days

1st May - May Day

11th-16th May - Mental Health Awareness Week

21st May - Summer Solstice

JUNE 2026

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

JULY 2026

18th - Nelson Mandela Day
13th - Mental Health Aware Training
7th - Didcot Walk
14th - Connect & Create T2
20th - POP Session Didcot
South Asian Heritage Month

AUGUST 2026

19th - Superhero Tri
30th - Grief Awareness Day
4th - Witney Walk
7th - POP session Witney
20th - Connect & Create (Banbury)

MONDAY



5 Let someone know how much they mean to you and why

TUESDAY



6 Look for people doing good and reasons to be cheerful

WEDNESDAY



7 Make a list of what matters most to you and why

THURSDAY

1 Do something kind for someone you really care about

FRIDAY

2 Focus on what you can do rather than what you can't do

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

4 Send your friend a photo from a time you enjoyed together

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future





Picnics



Wellness Bingo!

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

Go on a teddy bears picnic!

Remember to wear your sun cream!

Hang your washing out in the sun

Plant some plants bees love!

Spot animals in nature

Stay hydrated!

Bring Comfort Outside

Take pictures of scenery

Slow down on a walk and look up

Remember to wear your sun hat!

Make a Scent Exploration Table

Paint with flowers or leaves

Observe bumble bees

Water the plants

Make someone smile!

Feel the grass beneath your feet

Make a picnic placemat

Make a picnic basket full of goodies

Listen to music outdoors

Picnic story time!

Do something good for nature!

Do some litter picking

Do some recycling

Take a flask of tea out on a walk

Go for a woodland walk



Picnics



Connect & Create ideas

Invite friends to join you to make these creations!

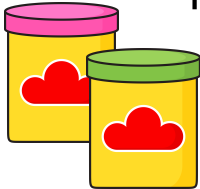
Sponge-Stamped Picnic Blanket Art

You can make your own picnic blanket with stamps made out of sponges, create a background and add some decorations on top!



Picnic Food Playdough Creations

Roll, press, and shape pretend picnic foods made out of playdough!



Bumble Bee Cup & Pompom Crafts

Cute bees made out of pom poms or cups that can come along to a picnic!





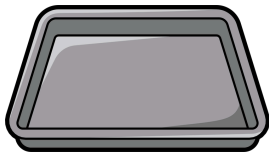
Picnics



POP ideas

Sensory activities inspired by Picnics!

Citrus Scent Play Station



A sensory tray filled with citrus fruits and textures.



Water Play "Fruit Wash" Station



Play and clean some fruit whilst preparing for a picnic!



Frozen Fruit Sensory Exploration



Feel some frozen fruit in bowls or ice blocks!



MAY NATURE I-SPY

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



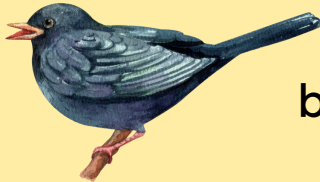
May Creatures



A badger



A bat



A blackbird



A cuckoo



A swan



A red kite



A deer

May Plants & Insects



Orchids



Moss



A buttercup



A ladybird



An oak tree



A honey bee



A butterfly

Wild Acre

GARDEN, WILDLIFE & PLANET May Edition

Garden:



- Sow runner beans and French climbing beans
- Start feeding houseplants with liquid fertiliser, once a week
- Watch Chelsea flower show for some inspiration
- Do the 'Chelsea chop' on herbaceous perennials such as sedum and phlox (cut back by 50% to get sturdier plants)
- Come to the Wellbeing event at the Wantage Market Garden on 22nd May and pot up a sunflower to take home!

Wildlife:



- **There's some new very important advice from the RSPB - not to feed birds peanuts or seeds between 1st May - 31st October. This is due to a nasty disease effecting garden birds, that is spread more easily during those months. Please remove bird feeders during those months and sterilise them ready for the autumn. It's also important to keep bird baths clean.
- To find out more information visit the RSPB website: <https://www.rspb.org.uk/whats-happening/news/how-to-help-garden-birds>

Planet:



- Go for a delicious picnic out in nature, but remember to take all your rubbish home with you. Items can be rinsed and recycled when you get home, or even better use reusable cutlery and crockery.



Picnics



WORDSEARCH

Can you find the picnic items hidden in the puzzle?



B	L	S	H	A	M	M	O	C	K	P	H
R	C	E	G	M	E	A	D	O	W	S	A
E	Q	H	M	F	W	E	X	A	M	Q	M
A	A	O	A	O	R	T	A	L	O	U	P
D	B	L	A	N	K	E	T	S	O	I	E
S	A	N	D	W	I	C	H	I	S	R	R
G	L	E	T	S	O	S	R	A	E	R	H
E	E	O	A	B	A	S	K	E	T	E	U
A	C	H	P	C	P	E	N	R	I	L	N
S	P	R	I	N	G	R	W	E	I	O	G
O	E	L	E	J	A	M	R	D	U	N	R
S	A	L	A	D	U	S	P	O	O	N	Y

BASKET

SANDWICH

HAMPER

BLANKET

JAM

SALAD

MEADOW

BREAD

SPOON

SPRING

HUNGRY

HAMMOCK





Can you find all 10 glasses of lemonade?



Pack for a Picnic!

Pack this picnic hamper by cutting, colouring and sticking the foods on the next page for a fun meal outdoors! Make sure to include a variety of different foods.



Pack for a Picnic!



Colour, cut and stick the food into the picnic basket!







