



# WAYS TO WELLNESS ACTIVITY PACK



# Pride

JUNE  
2026





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## Pride

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This activity pack gives you ideas for things to do during the month of June. The theme for June is Pride. June is a time to celebrate love, identity, and being yourself.

Pride is a wonderful opportunity to learn about diversity, express who you are, and support others. It's a time to celebrate inclusion, kindness, and the many ways people can shine.

### Contents

- Your goal this month
- What's on this month
- Action for Happiness 'Pride' calendar
- 'Pride' Connect & Create ideas
- 'Pride' POP ideas
- Nature i-Spy
- Wild Acre
- Pride Wordsearch
- Mindful colouring pages

... and more!





## Your goal this month



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

**My 'Move' goal for June is:**

**What I will do to achieve my goal:**



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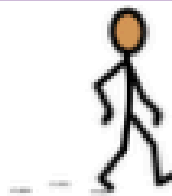
**STYLE ACRE'S BIG PICNIC**  
**TUES 02 JUNE**  
11AM - 2PM  
THE MANOR HOUSE  
HOWBERY PARK

JUNE						
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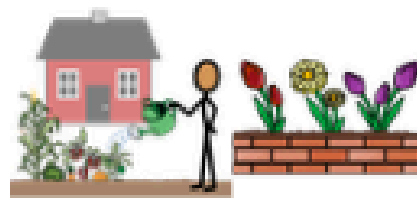
**THAMES RUN CARPARK VOLUNTEERING**  
**SUN 07 JUNE**  
7AM - 10AM

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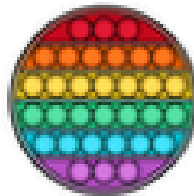
**BANBURY WALK**  
**THURS 11 JUNE**  
TBC

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**WALLED OPEN GARDENS**  
**SUN 14 JUNE**  
1PM - 5PM  
WALLINGFORD

JUNE						
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**POP SENSORY SESSION**  
**FRI 19 JUNE**  
1PM - 2.30PM  
WINDRUSH LEISURE CENTRE  
WITNEY

JUNE						
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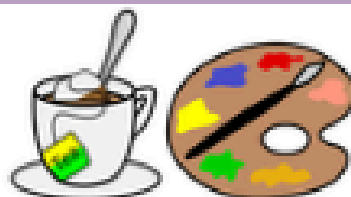
**MIDSUMMER SOIREE**  
**FRI 19 JUNE**  
5PM - 9PM  
THE EARTH TRUST

JUNE						
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**FRIDAY NIGHT FEVER**  
**FRI 19 JUNE**  
7PM - 9.30PM  
MARLBOROUGH CLUB, DIDCOT

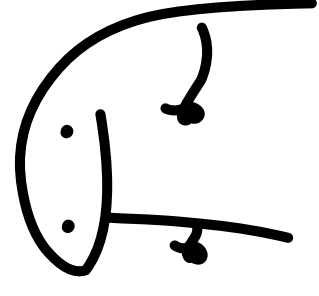
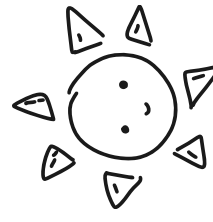
JUNE						
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**CONNECT & CREATE PRIDE**  
**THURS 25 JUNE**  
10.30AM - 12PM  
TURNSTYLE, WALLINGFORD

# Joyful June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Do something healthy which makes you feel good</p>	<p>Decide to look for what's good every day this month</p>	<p>Say positive things in your conversations with others</p>	<p>Re-frame a worry and try to find a helpful way to think about it</p>	<p>Take a photo of something that brings you joy and share it</p>	<p>Think of 3 things you're grateful for and write them down</p>	<p>Get out into green space and feel the joy that nature brings</p>
<p>Share a happy memory with someone who means a lot to you</p>	<p>Find joy in music: sing, play, dance, listen or share</p>	<p>Ask a friend what made them happy recently</p>	<p>Bring joy to others by doing something kind for them</p>	<p>Eat good food that makes you happy and really savour it</p>	<p>Write a gratitude letter to thank someone</p>	<p>Take a light-hearted approach. Choose to see the funny side</p>
<p>Send a positive note to a friend who needs encouragement</p>	<p>Look for something to be thankful for where you least expect it</p>	<p>Speak to others in a warm and friendly way</p>	<p>Take time to notice things that you find beautiful</p>	<p>Look for something good in a difficult situation</p>	<p>Get outside and find the joy in being active</p>	<p>Rediscover and enjoy a fun childhood activity</p>
<p>Notice how positive emotions are contagious between people</p>	<p>Watch something funny and enjoy how it feels to laugh</p>	<p>Create a playlist of uplifting songs to listen to</p>	<p>Bring to mind a favourite memory you feel grateful for</p>	<p>Show your appreciation to people who are helping others</p>	<p>Make time to do something playful, just for the fun of it</p>	<p>Be kind to you. Do something that brings you joy</p>
<p>Share a friendly smile with people you see today</p>	<p>Make a list of the joys in your life (and keep adding to it)</p>	<p>Make a list of the joys in your life (and keep adding to it)</p>	<p>Bring to mind a favourite memory you feel grateful for</p>	<p>Show your appreciation to people who are helping others</p>	<p>Make time to do something playful, just for the fun of it</p>	<p>Be kind to you. Do something that brings you joy</p>



Happier • Kinder • Together



# Pride

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# Wellness Bingo!

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

Say one nice thing to yourself



Say "Hello" to someone nearby



Think of a Pride role model or hero



Spot a rainbow-colored object in your home

Say one kind thing to a friend or family member

Look for rainbow reflections in glass or water

Say "I am proud of me" quietly or out loud

Spot something rainbow-colored in nature

Listen to a Pride-positive song



Think of one thing you can do to make someone smile

Go to a Pride parade



Make a rainbow flag



Hold a rainbow-colored object



Think of something you are proud of



Draw a rainbow with crayons or markers

Wave a rainbow scarf or ribbon



Make some hand print rainbow paintings!

Make rainbow inspired healthy snacks!

Create a kindness wall



Make a rainbow friendship bracelet

Spot a rainbow in the sky!



Meet up with a friend



Throw a pride party!



Make some rainbow cupcakes!



Design your own pride flag





# Pride

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## Connect & Create ideas

Invite friends to join you to make these creations!



### Rainbow Sun Catchers

With some coloured tissue paper or some sweet wrappers you can make a wonderful rainbow sun catcher!



### Rainbow Bubbles

Have fun experimenting with colors, smells, and bubble recipes with your friends this summer by making this playful bubble station!



### Rainbow Friendship Bracelets

Make a rainbow friendship bracelet for your friends or family!





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## POP ideas

Sensory activities inspired by Pride!



### Rainbow Ice Painting

Use food-colored ice cubes to "paint" rainbow streaks as they melt.



### Rainbow Sensory Bags

With some Ziplock bags, hair gel or clear slime, glitter, colored beads, small Pride charms - you can make a fun sensory pride bag!



### Glow-in-the-Dark Rainbows

Arrange glow sticks in rainbow order in a dark room for lots of colourful fun!



# JUNE NATURE I-SPY

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

## Proud Nature



A peacock



A dragonfly



A beetle



A red fox



A monarch butterfly



A stag



A tiger moth

## Summer Birds



A heron



A kingfisher



A seagull



A swan



A kestrel



A nightingale



A blue tit

# Wild Acre

## GARDEN, WILDLIFE & PLANET

### June Edition

#### Garden:



- Tie in climbing plants as they get taller
- Water veg trugs and pots regularly
- Deadhead (remove dead, crispy flowers) to encourage more flowers on any bedding plants
- Plant up an edible hanging basket with tumbling tomatoes and herbs
- Pinch out side-shoots on cordon tomatoes
- Plant a rainbow of summer flowers to celebrate Pride!

#### Wildlife:



- Make sure your pond has a shallow slope for froglets (or hedgehogs if they fall in!) can get out
- Spot stag beetles flying around on warm evening
- Make a mini container pond

#### Planet:



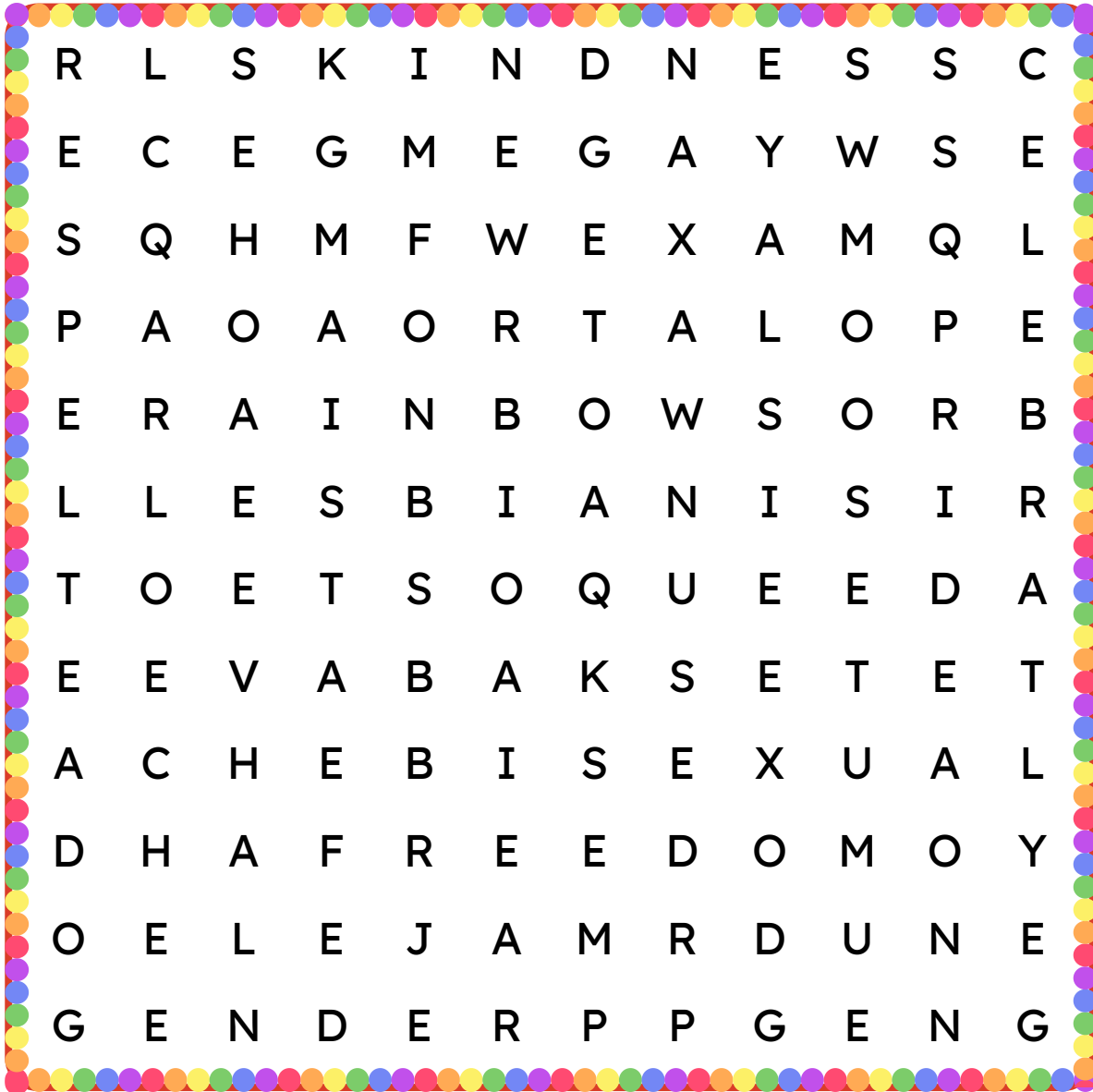
- Save your water - install a water butt in the garden to collect rain water. Direct water at the roots of plants rather than the leaves and use watering cans for more precise watering, rather than a hose. Watering plants deeply less frequently is better than little and often. Don't use a sprinkler! Lawns will recover after dry spells.



# WORD SEARCH



Can you find the Pride words hidden in the puzzle?



LOVE

KINDNESS

GAY

PRIDE

RESPECT

LESBIAN

RAINBOW

FREEDOM

BISEXUAL

CELEBRATE

GENDER

QUEER



# Proud to be Me!

What am I good at?

What do other people think I am good at?

What makes me happy?

How am I different from my friends?

Who loves me?

Whom do I love?

Something a friend did that makes me feel proud of them is...

# I CAN MAKE A BETTER WORLD BY...

Even small changes  
make a big  
difference!



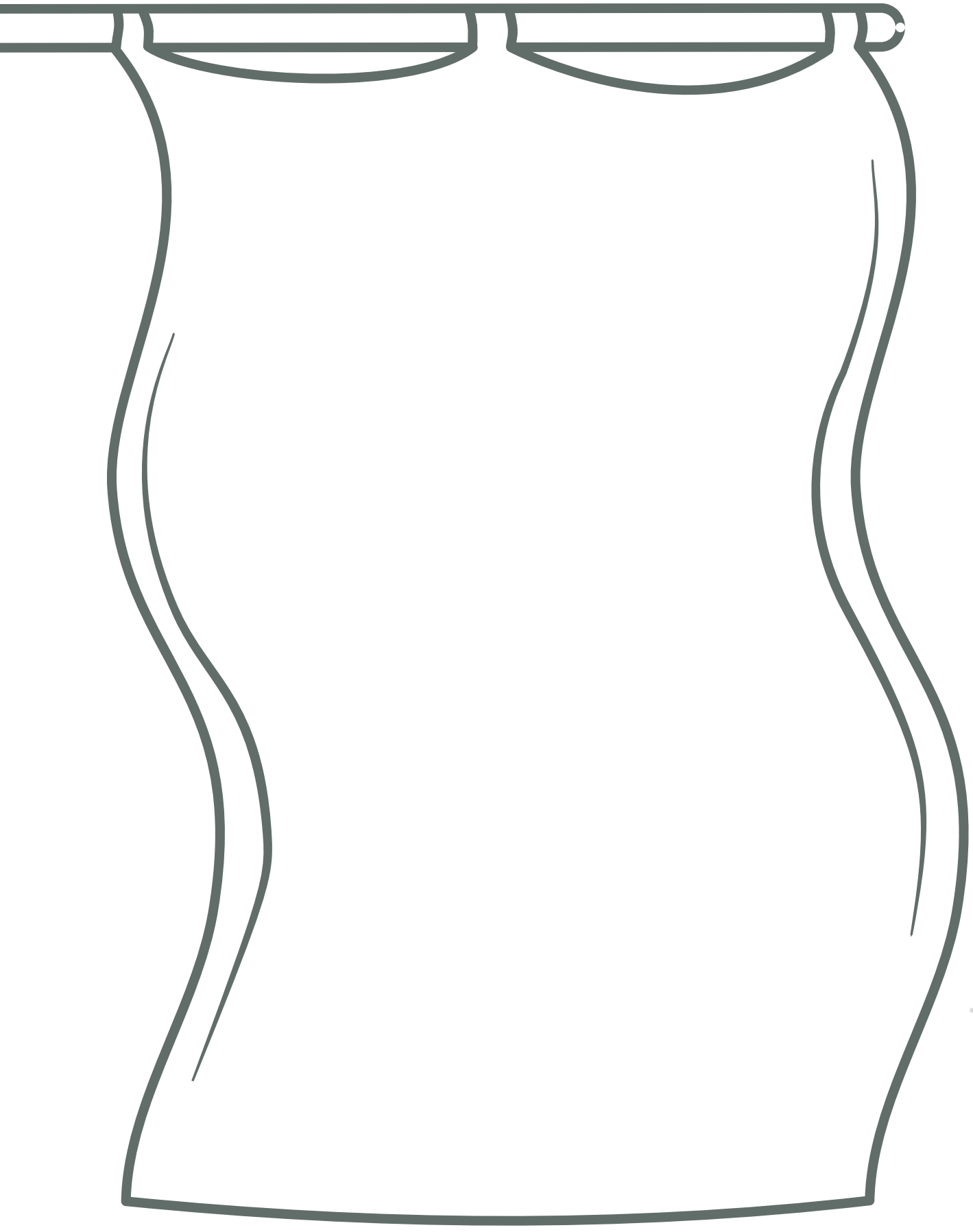
How could we be kinder to others?

How could you make others feel good about themselves?

NAME:.....

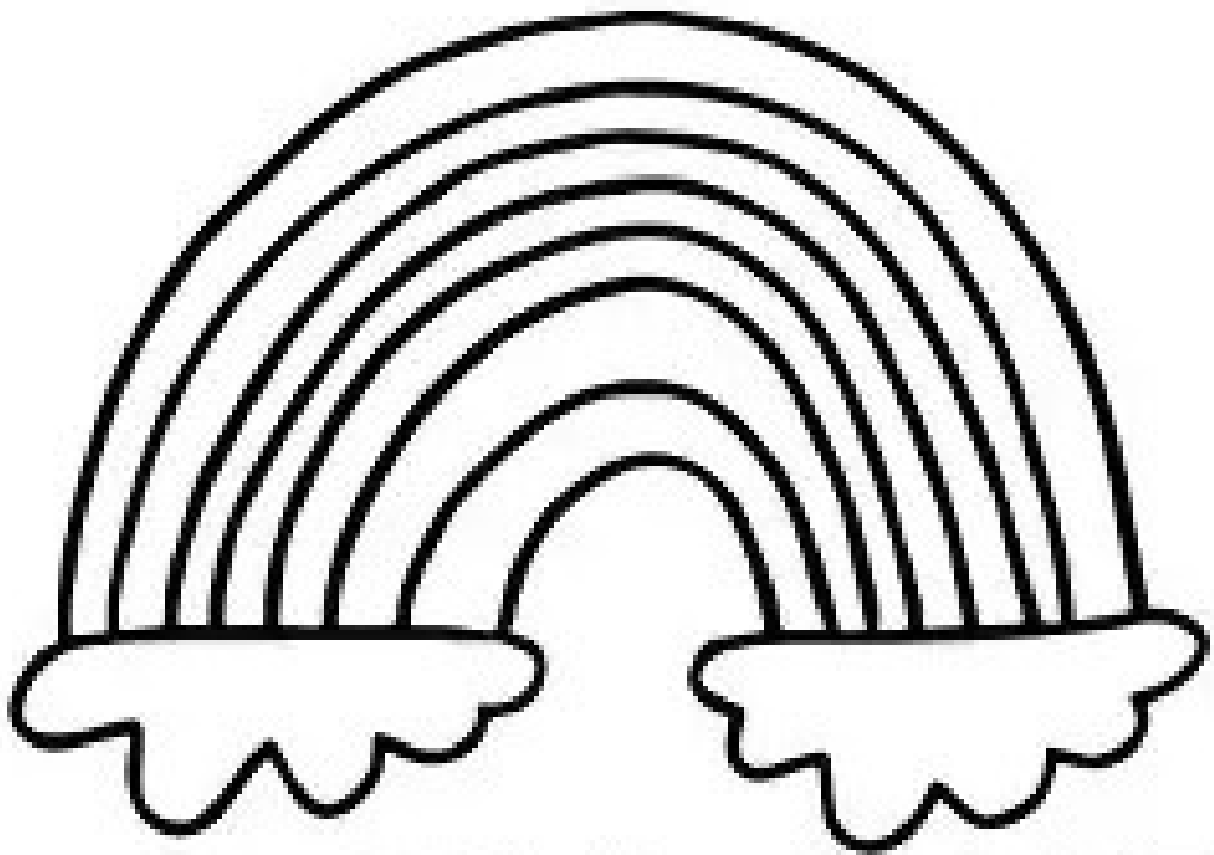


# Design a Pride Flag!









HAPPY  
PRIDE  
MONTH



YOU

ARE

SO

LOVED