



WAYS TO WELLNESS ACTIVITY PACK



Fun in the Sun

AUGUST
2026



This colourful activity pack aims to give you some ideas of things to do this month with the theme of 'Fun in the Sun'. August is the heart of summer—expect long sunny days, warm evenings, and plenty of chances to enjoy outdoor adventures, seasonal treats, and making the most of the bright, golden weather!

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Let's go on a colour walk
Mindful colouring pages





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 August is:

What I will do to achieve my goal:

What's On

AUGUST

			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	



WITNEY WALK

FRI 07 AUG

10.45AM

WINDRUSH LEISURE CENTRE

AUGUST

			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

FRI 07 AUG

1PM - 2.30PM

WINDRUSH LEISURE CENTRE
WITNEY

AUGUST

			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	



SUPERHERO TRIATHLON

SAT 15 AUG

AFTERNOON

DORNEY LAKE, WINDSOR

AUGUST

			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

FUN IN THE SUN

THURS 20 AUG

10.30AM - 12PM

SABRe, BANBURY

AUGUST

			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 28 AUG

7PM - 9.30PM

MARLBOROUGH CLUB, DIDCOT

SEPTEMBER 2026

1 SEP- ABINGDON WALK
14 SEP - POP (DIDCOT)
23 SEP CONNECT & CREATE
25 SEP FRIDAY NIGHT FEVER

OCTOBER 2026

9 OCT - POP (WITNEY)
11 OCT - OXFORD HALF
13 OCT - SPOTLIGHT EVENT
16 OCT - WELLBEING DAY
22 OCT - CONNECT & CREATE
25 - DANCE DISCO
30 - FRIDAY NIGHT FEVER

NOVEMBER 2026

16 NOV - POP (DIDCOT)
19 NOV - CONNECT & CREATE
27 NOV - FRIDAY NIGHT FEVER

Altruistic August 2026



MONDAY



6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

TUESDAY



7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well

WEDNESDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

THURSDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

FRIDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

SATURDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

SUNDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

ACTION FOR HAPPINESS

Happier · Kinder · Together





Fun in the Sun

Wellness Bingo!



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

Sit outside and feel the sun or fresh air for 5–10 minutes

Listen to outdoor sounds (birds, wind, the sea!)

Watch clouds and describe the shapes ☁️

Blow bubbles and watch them float 🫧

Water plants with a watering can 🪴

Have a picnic snack outside 🍷

Roll a ball back and forth on some grass ⚽

Feel different textures outside (grass, bark, stones)

Watch shadows move across the ground 👤

Wear sunglasses and notice how the light changes 🕶️

Paint with water on fences or paving slabs 💧

Sit under a tree for shade and calm time 🌺

Do simple stretches outside 🧘

Pop bubble wrap in the sun (don't forget to apply sunscreen!)

Use a spray bottle to mist plants or cool down 💦

Blow on dandelions and watch the seeds float away

Tap sticks together and listen to the sound

Walk barefoot on the grass or sand 👣

Gently splash your hands in a shallow bucket of water 🚿

Make footprints on the ground or on sand

Watch someone draw in the sand and guess what it is!

Lay down and listen for planes in the sky ✈️

Lead a short "sun-walk" route! 🌞

Make a "sun safety" rule list together 📝

Have your dinner in the garden in the sunshine



AUGUST
2026



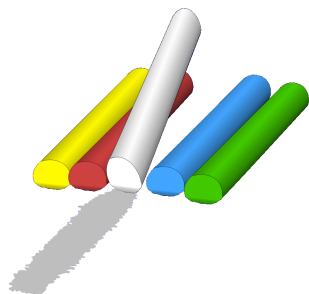
Connect & Create ideas

Invite friends to join you to make these creations!



Lollystick Beach Hut

Make a tiny beach hut out of lolly sticks, you can use a small cardboard box as a base!



Chalk Art

Draw hopscotch on the pavement, or draw a huge self potrait!



Hand Print Suns

With yellow paint, a paper plate and your hands you can make a super cool hand print sun!





Fun in the Sun

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POP ideas

Sensory activities inspired by summer!



Beach Box Exploration

Fill trays with sand,
shells, pebbles, blue
rice

Add mini buckets,
spades, and figures



Play with Water

Find things that float and
sink, use squirty bottles,
watering cans or a water
gun to play with water and
cool off!



Sun and shadow play

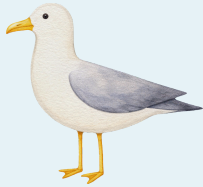
Create shadows with toys
or your hands, or draw
around someones shadow!



AUGUST NATURE I-SPY

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

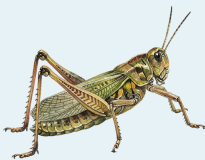
Summer Creatures



A seagull



A bumble
bee



A grass
hopper



A rabbit



A snail



A newt



An
elephant
hawk-moth

Fun in the Sun



The sun



A shield
bug



Lavender



A
sunflower



A
caterpillar



A white
cloud



An aphid

Wild Acre



GARDEN, WILDLIFE & PLANET

August Edition

Garden:



- Sow some spinach, spring cabbages and rocket for a tasty crop in autumn/spring
- Pot on biennials like foxgloves
- Enjoy crops of tomatoes, try some new varieties!
- Hibiscus are in flower now - plant this hardy, beautiful shrub for a tropical splash of colour
- Keep picking dahlias as they flower to encourage more flowers

Wildlife:



- With this hot weather keep leaving out fresh, shallow water out for wildlife
- Let summer flowers go to seed for the birds e.g. goldfinches adore Japanese anemone seeds
- Try and spot a Migrant Hawker dragonfly, large numbers arrive in the UK this month
- Take part in the BIG Butterfly Count until 9th August - <https://bigbutterflycount.butterfly-conservation.org/>

Planet:

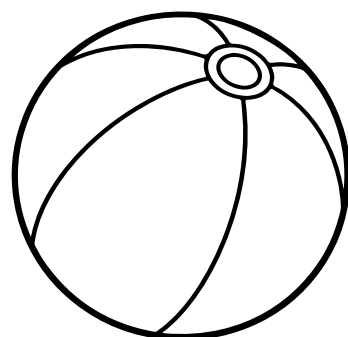
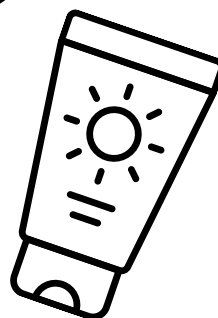
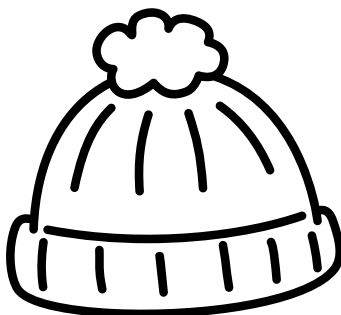
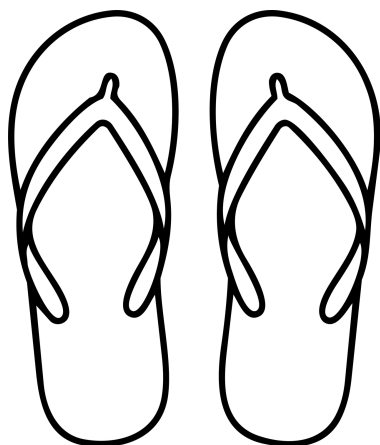
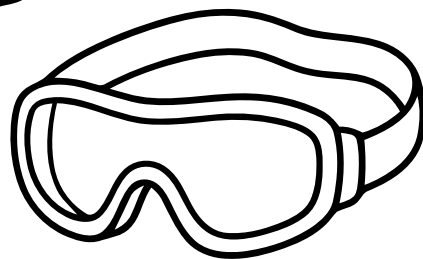
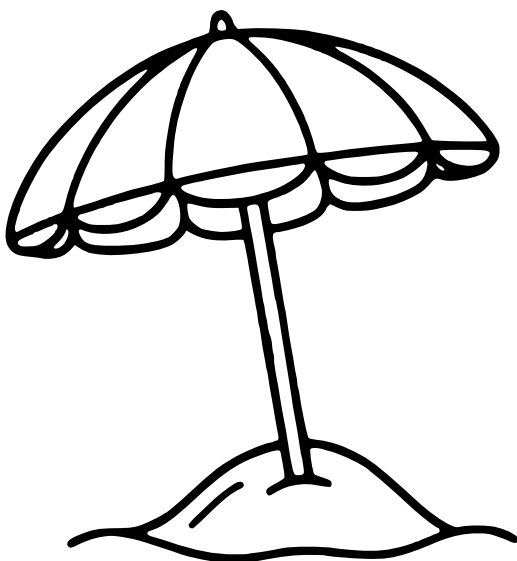
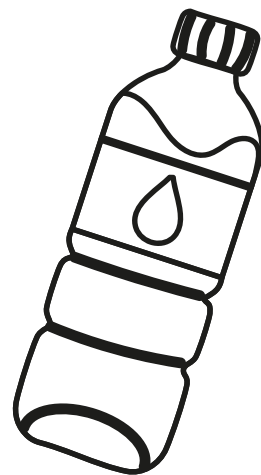
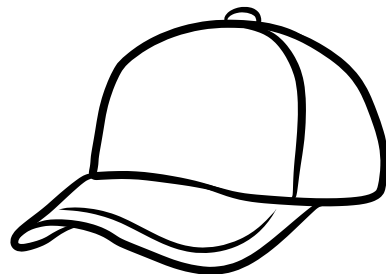
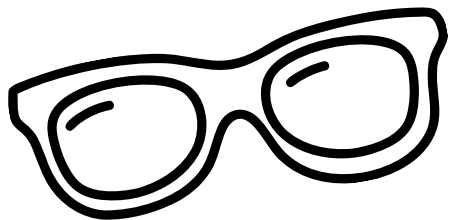


- Opt for naturally air-drying for clothes - with all this heat we don't need to use tumble dryers at all. Dryers use a lot of energy and are not good for the environment. By working with nature and the elements, we can save money, save energy and save the planet.



Pack the Beach Bag

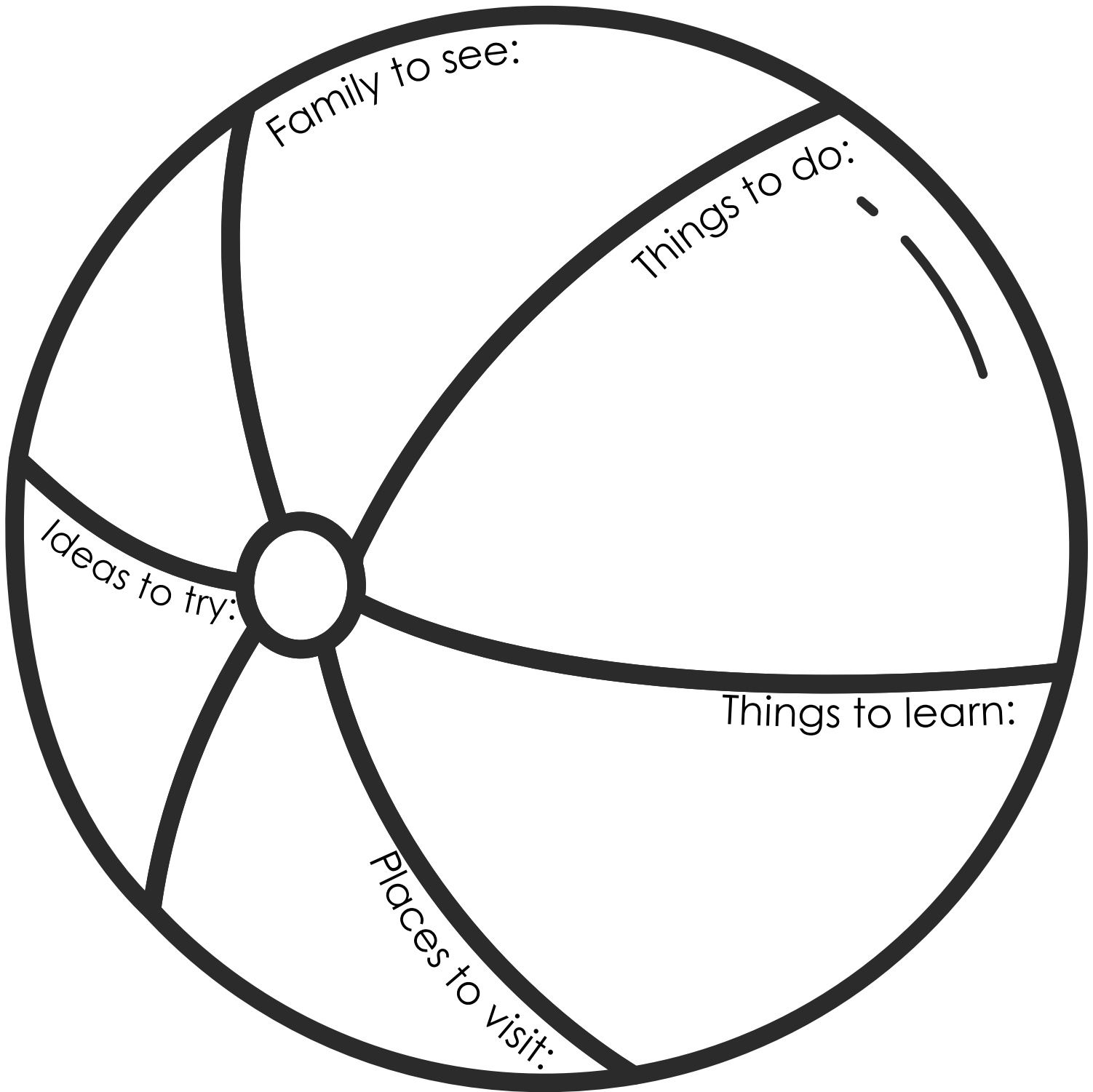
Colour in the things you think you'll need at the beach. Don't colour the things you don't need.





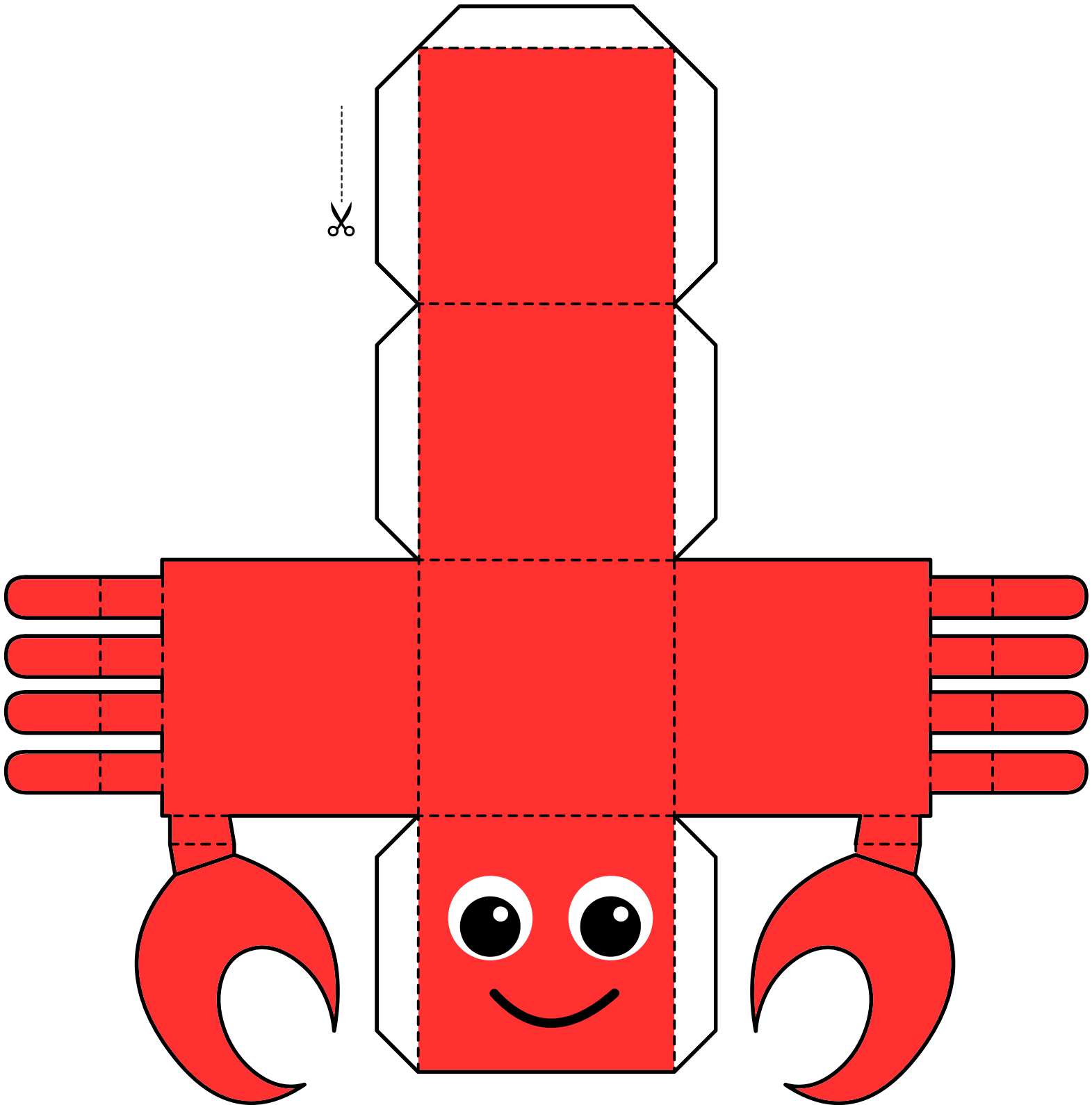
Beach Ball Planner

Write in each section of the beach ball and then give it some colour!



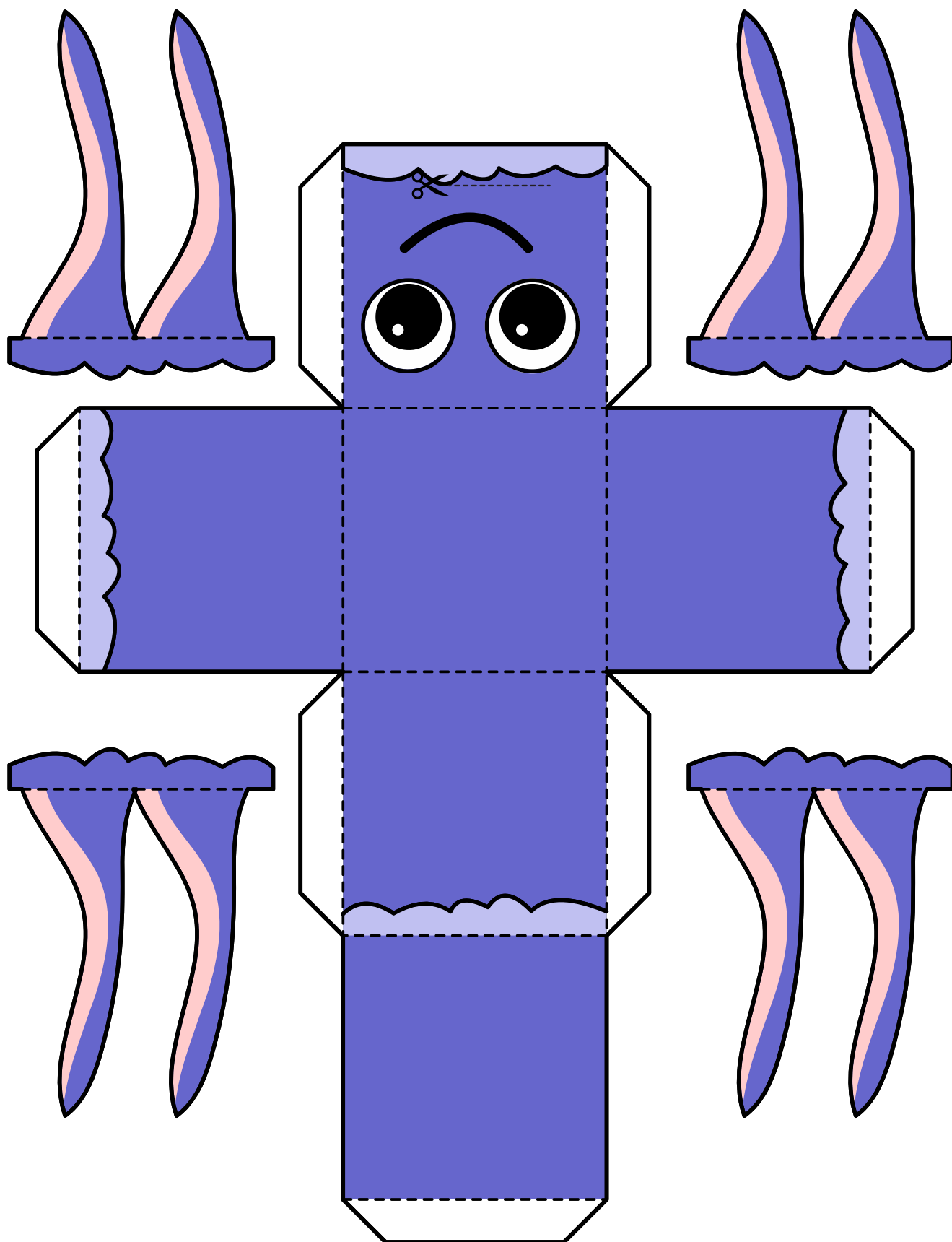
FOLDABLE CRAB

Cut out and fold along the dotted lines.
Paste down the flaps to make your own crab!



FOLDABLE OCTOPUS

Cut out and fold along the dotted lines.
Paste down the flaps to make your own octopus.





**HELLO
SUMMER**

