



WAYS TO WELLNESS ACTIVITY PACK



Books & Films



JULY
2026





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This activity pack gives you ideas for things to do during the month of July. The theme for July is Books and Films.

Contents

Your goal this month

What's on this month

Action for Happiness 'Books & Films' calendar

'Books & Films' Connect & Create ideas

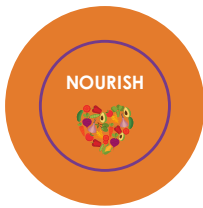
'Books & Films' POP ideas

i-Spy

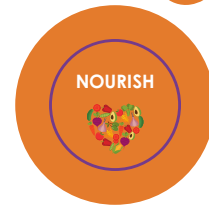
Wild Acre

Books & Films Wordsearch

Mindful colouring pages



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 July is:

What I will do to achieve my goal:

What's On

JULY						
			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	



DIDCOT WALK
TUES 07 JULY
 TBC
 TBC

JULY						
			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
BOOKS & FILMS
TUES 14 JULY
 10.30AM - 12PM
 T2, DIDCOT

JULY						
			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 20 JULY
 10.30AM - 12PM
 CORNERSTONE, DIDCOT

JULY						
			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 24 JULY
 7PM - 9.30PM
 MARLBOROUGH CLUB, DIDCOT

JULY						
			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	



TRUCK FESTIVAL
THURS 23 - SUN 26 JULY
 TICKET ONLY EVENT
 HILL FARM, STEVENTON

Jump Back Up July 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



Books & Films



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Wellness Bingo!

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

Tell someone about your favourite book 📖

Find someone who likes the same films as you 🎬

Make someone smile 😊

Go to an outdoors cinema! 🎥

Make your own comic strip! 📄

Act out your favourite scene from your favorite film!

Find a colorful illustration in a book 🎨

Watch your favourite movie 🎥

Find a book with bright colours

Draw a character from your favourite book 📖

Make your own movie 🎬

Listen to the pages as you flip through a book 📖

Listen to an audiobook 🎧

Explore different textures of books 📖

Give yourself a hug, you deserve it!

Have a movie day! 🎬

Listen to your favorite sound 🎧

Say a characters catch phrase 🗣️

Make some 3D glasses! 🕶️

Trace your favourite character 🦸

Draw a character from your favourite film

Make someone laugh 😂

Meet up with a friend

Relax and read a book in the garden 🌿

Smile at yourself in a mirror 🪞



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Connect & Create ideas

Invite friends to join you to make these creations!



Wizarding World Wands

Inspired by Harry Potter, make your own wizard wand and spell book!



Superhero Cape Station

Make a superhero cape, give your hero a name and catchphrase!



Story on a Plate

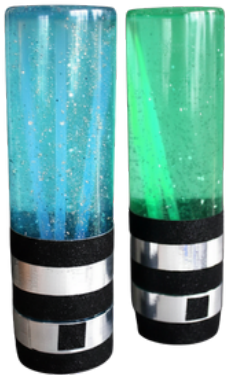
Make your own story on a paper plate and hang it for all to see!





POP ideas

Sensory activities inspired by books and films!



Light Saber Sensory Bottles

With glitter glue, glow sticks, food colouring, duct tape and “Voss” water bottles, you can create a super cool glow in the dark light saber sensory bottle!



Shadow Puppet Theatre

Creating a shadow puppet theatre requires three basic items: a light source, a screen, and your imagination!



Fairytale Sensory Tray

Step into a world of imagination with a fairy tale sensory tray, filled with colourful rice and tiny magical treasures!

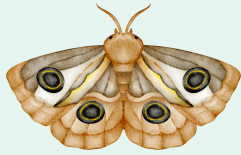


JULY NATURE I-SPY

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



Beautiful Nature



A moth



A
wildflower
meadow



A
damselfly



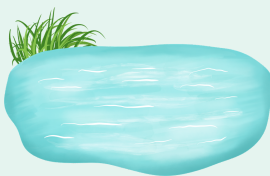
Honeysuckle



A honey
bee



A rabbit



A pond

Nature in July



Fungus



An ant



A swift



A
caterpillar



A
magnolia



Lavender



A
ladybird

Wild Acre

GARDEN, WILDLIFE & PLANET

July Edition

Garden:



- Keep watering! Use cans rather than a hose if possible to conserve water
- Pick sweet pea flowers, the more you pick the more flowers you'll get
- Sow some biennials like foxgloves, wallflowers, honesty.
- Feed and deadhead roses
- Time to prune cherry and plum trees
- Water tomatoes regularly to stop them splitting

Wildlife:



- Leave fresh, shallow water out for wildlife
- See if you can spot some swifts, before they migrate in early autumn
- Use a bat detector to hear bats hunting insects on a warm evening, the common pipistrelle can eat up to 3,000 midges a night!
- July is the best month for butterflies, see how many you can spot

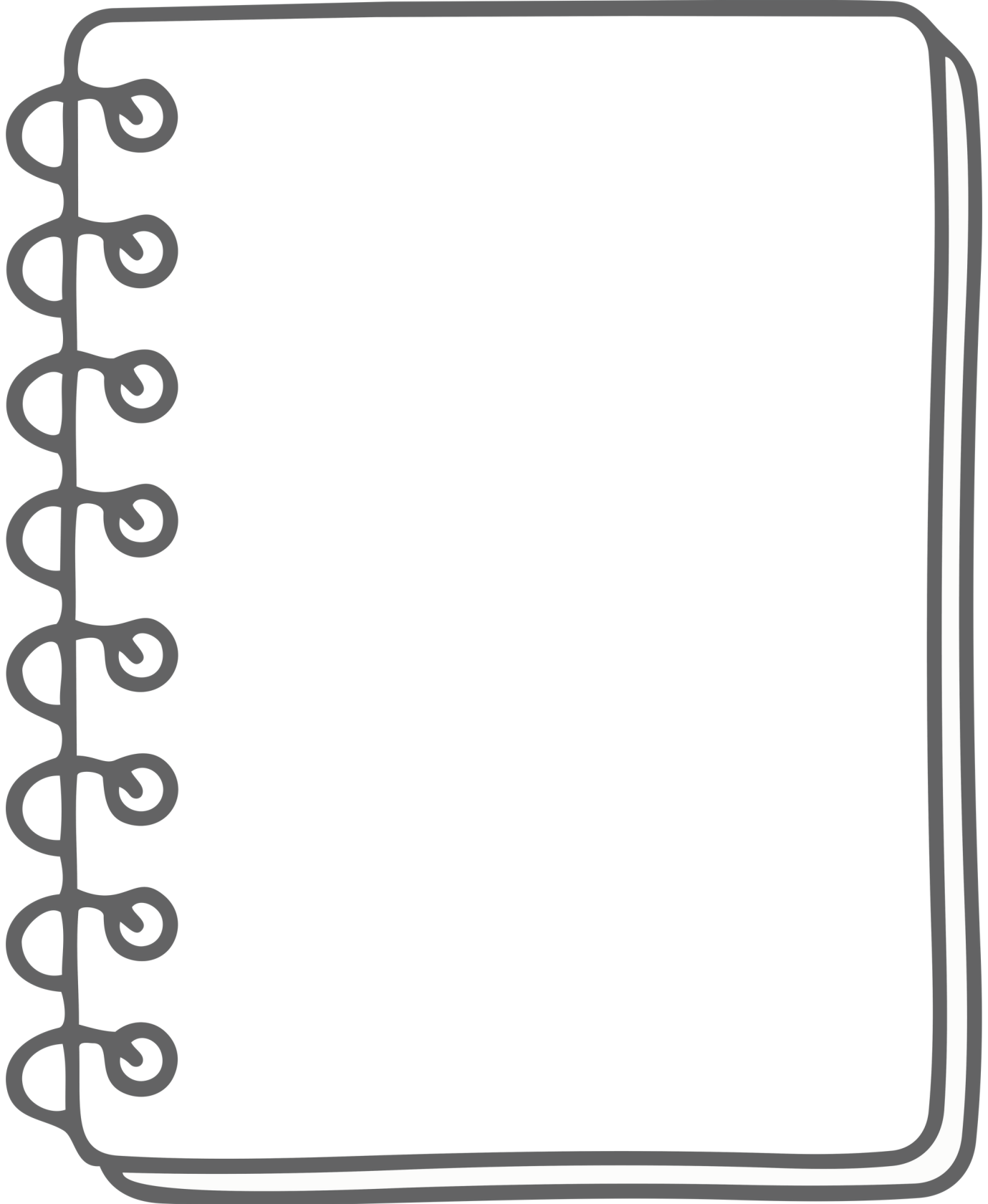
Planet:



- While on your summer holidays support a local nature/wildlife reserve by exploring the area. You might spot sun-bathing reptiles like an adder, sand lizard, smooth snake or common lizard, all native to the UK.

THE COVER PAGE

Let's design a new book cover for your favourite story or book. You can pick any story or book of your choice.



THE STORY OF YOU

Style Acre
Supporting people with learning disabilities



You can write or draw your story!

In the boxes below, share your story!
What important events have happened
in your life? What are your strongest
memories? What hobbies or passions
are important to you?

The diagram consists of seven rectangular boxes connected by lines, forming a path for a story. The boxes are arranged as follows:

- Where were you born?** (Top left)
- When I was little....** (Middle left)
- My favourite thing to do is...** (Center)
- I find it hard to....** (Top right)
- My biggest struggle has been....** (Bottom left)
- My biggest success has been....** (Bottom center)
- I hope that....** (Bottom right)

Lines connect the boxes in a sequence: 'Where were you born?' to 'When I was little....', 'When I was little....' to 'My favourite thing to do is...', 'My favourite thing to do is...' to 'I find it hard to....', 'I find it hard to....' to 'My biggest struggle has been....', 'My biggest struggle has been....' to 'My biggest success has been....', and 'My biggest success has been....' to 'I hope that....'. There is also a direct line from 'Where were you born?' to 'My biggest success has been....'.



MICKEY MOUSE

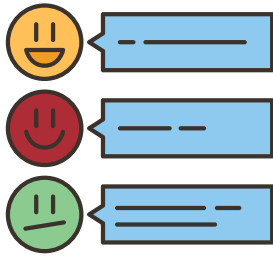


SHREK
COM





Activity Packs Feedback



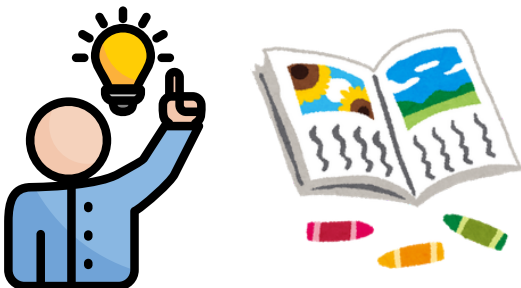
Feedback helps us
improve our work
and **understand**
what others think.



Did you **like** this
monthly activity
pack?



☐	Yes	✓
☐	No	✗
☐	Not sure	🤔



Was the activity
pack **easy** for you
to understand?



☐	Yes	✓
☐	No	✗
☐	Not sure	🤔

Activity Packs Feedback



Did you **enjoy** using it
at home?

☐

Yes

☐

No

☐

Not sure



Did the activity
pack make you
feel **happy** or
interested?

☐

Yes

☐

No

☐

Not sure





What did you **like**
the most about the
activity pack?





How can we
improve this activity
pack **next time?**