



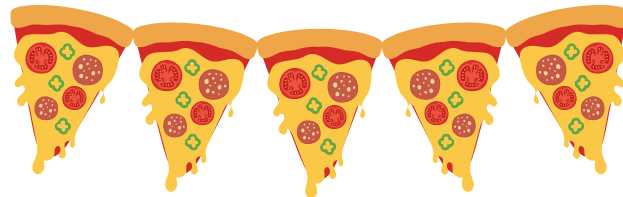
WAYS TO WELLNESS ACTIVITY PACK



Favourite Foods



SEPTEMBER
2026





WAYS TO WELLNESS ACTIVITY PACK



SEPTEMBER
2026



This activity pack gives you ideas for things to do during the month of September. The theme for September is Favourite Foods. September is a time when routines begin again and we start to settle into the new season.

Favourite foods are a great way to share experiences and enjoy something comforting and familiar.

Contents

- Your goal this month
- What's on this month
- Action for Happiness calendar
- 'Favourite Foods' Connect & Create ideas
- 'Favourite Foods' POP ideas
- Nature i-Spy
- Wild Acre
- Favourite Food 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 September is:

What I will do to achieve my goal:



What's On September 2026

SEPTEMBER						
			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
MON 14 SEP
10.30AM - 12PM
CORNERSTONE, DIDCOT

SEPTEMBER						
		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		



ABINGDON WALK
TUES 01 SEP
TBC
TBC

SEPTEMBER						
		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
FAVOURITE FOODS
WEDS 23 SEP
10.30AM - 12PM
SABRe, BANBURY

SEPTEMBER						
		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 25 SEP
7PM - 9.30PM
MARLBOROUGH CLUB, DIDCOT

OCTOBER 2026

09 ~ POP Sensory Session
11 ~ Oxford Half Marathon
13 ~ Spotlight Event
16 ~ Autumn Wellbeing Day
22 ~ Connect & Create
25 ~ Dan's Halloween Disco
30 ~ Friday Night Fever

NOVEMBER 2026

TBC ~ Wallingford
Fireworks
15 onwards ~ Christmas
Raffle
16 ~ POP Sensory Session
19 ~ Connect & Create
27 ~ Friday Night Fever

DECEMBER 2026

01 onwards ~ Christmas
Raffle
03 ~ Connect & Create
04 ~ POP Sensory Session
06 ~ Santa Dash
07 ~ Carol Service
14 & 15 ~ Christmas Parties
17 ~ Friday Night Fever
TBC ~ Santa Sleigh

Self-Care September 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY



7

Give yourself permission to say 'no'

14

If you're busy, allow yourself to pause and take a break

21

Don't compare how you feel inside to how others appear outside

28

Choose to see your mistakes as steps to help you learn

TUESDAY

1

Find time for self-care. It's not selfish, it's essential

8

Be willing to share how you feel and ask for help when needed

15

Find a caring, calming phrase to use when you feel low

22

Take your time. Make space to just breathe and be still

29

Write down three things you appreciate about yourself

WEDNESDAY

2

Notice the things you do well, however small

9

Aim to be good enough, rather than perfect

16

Leave positive messages for yourself to see regularly

23

Let go of other people's expectations of you

30

Remind yourself that you are enough, just as you are

THURSDAY

3

Let go of self-criticism and speak to yourself kindly

10

When you find things hard, remember it's ok not to be ok

17

No plans day. Make time to slow down and be kind to yourself

24

Accept yourself and remember that you are worthy of love



FRIDAY

4

Plan a fun or relaxing activity and make time for it

11

Make time to do something you really enjoy

18

Ask a trusted friend to tell you what strengths they see in you

25

Avoid saying 'I should' and make time to do nothing



SATURDAY

5

Forgive yourself when things go wrong. Everyone makes mistakes

12

Get active outside and give your mind and body a natural boost

19

Notice what you are feeling, without any judgement

26

Find a new way to use one of your strengths or talents



SUNDAY

6

Focus on the basics: eat well, exercise and go to bed on time

13

Be as kind to yourself as you would to a loved one

20

Enjoy photos from a time with happy memories

27

Free up time by cancelling any unnecessary plans





Favourite Foods Wellness Bingo!

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

Look at
pictures of
your favourite
foods and
choose your
top one

Draw your
favourite food
using crayons or
pencils

Play a guessing
game with
hidden food
pictures

Design a "dream
lunchbox" using
pictures or
drawings

Try a food you
haven't tried
before

Have dinner in a
new restaurant

Choose your
favourite meal
deal combo and
enjoy it for
lunch

Do a food
puzzle!

Play a food
memory game
with your
friends

Look at pictures
of your favourite
foods and
choose your top
one

Make a
healthy fruit
smoothie

Decorate a
cupcake or
biscuit.

Taste a fruit or
vegetable
you've never
tried.

Help make
your favourite
meal.

Make your
own
sandwich.

Set the table
for a meal.

Eat your
favourite meal
with a friend.

Wear a chef's
hat and
pretend to be
a chef.

Try a food
from another
country.

Go food
shopping and
choose a
healthy snack.

Make a
colourful fruit
kebab.

Learn to use
a new kitchen
utensil.

Grow herbs or
cress at home.

Smell
different
herbs and
spices.

Create a
menu for your
dream
restaurant.





Favourite Foods



Connect & Create ideas

Invite friends to join you to make these creations!



Favourite Foods Menu

Get creative with your favourite foods and make your very own menu! Include your favourite meal, snacks, starters and dessert!



Stamping with Foods!

Create your own art with different food stamps, like potatoes, apples and more! Be creative!



Cupcake Craft

Make your own cupcakes with cupcake cases, cotton wool and whatever you can find to add sprinkles and decorations!





Favourite Foods



POP ideas

Sensory activities inspired by Picnics!



Food Exploration

Explore different textures like potato, jelly, yoghurt or cooked pasta



Rainbow Marshmallows

Place the marshmallow in food coloring and leave it to dry. Alternatively, you can coat it with colored sugar for a vibrant look. If you're feeling adventurous, try the tie-dye method for a unique effect!



Stamping with Foods!

Create your own art with different food stamps, like potatoes, apples and more!
Be creative!



SEPTEMBER NATURE I-SPY

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

September Creatures



A robin



A frog



A snail



A goose



An ant



A field mouse



A blue tit

Fruit & Veg



An apple



A blackberry



A potato



Sweetcorn



A runner bean



A carrot



A tomato

Wild Acre

GARDEN, WILDLIFE & PLANET

September Edition

Garden:



- When some rain arrives - sow hardy annuals into beds for colour next year - like poppies, cornflowers, cerinthe
- Keep harvesting your tomatoes and cut off lower branches to keep air flowing
- Collect flower seeds from your favourite flowers to sow next spring
- Sow pak choi or mizuna for tasty crops to pick in winter
- Put 4th October in your diary for the Wantage Market Garden Plant Sale/Open Day!

Wildlife:



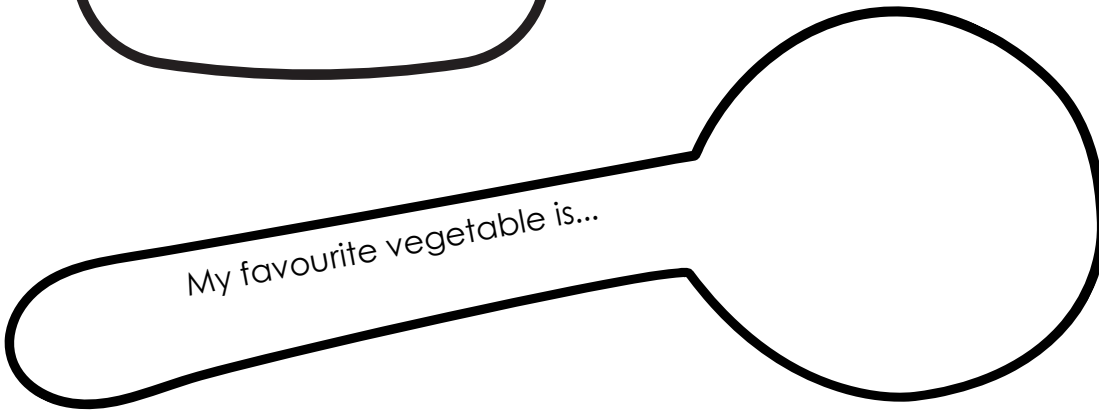
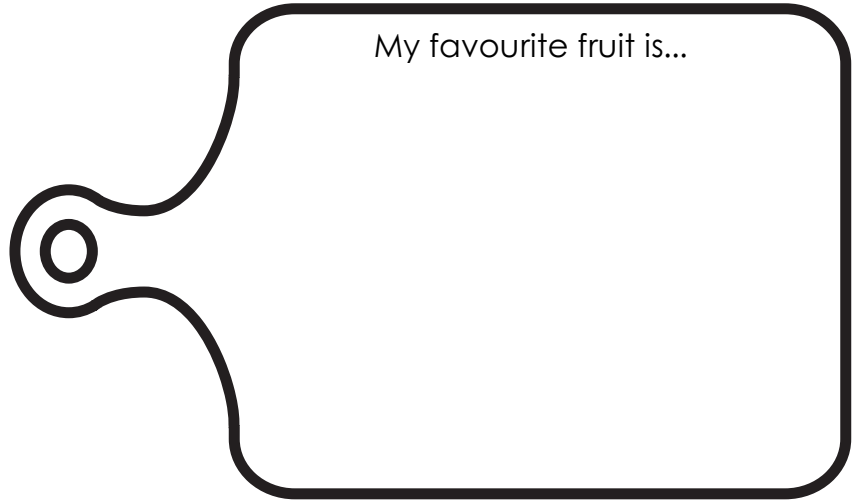
- Let ivy grow - the autumn flowers are vital for wildlife
- Leave some blackberries for the wildlife
- Keep leaving out fresh, shallow water dish out for wildlife to drink
- Leave seed heads for the birds to munch

Planet:



- Try and catch the 50 min film 'People's Emergency Briefing' - there are local showings without charge in the area. The UK faces a growing climate and nature emergency. Yet most people have never been fully briefed on what it means for our lives, our economy and our future. The film is intended as a catalyst for a wider public conversation, introduced by the Prime Minister and delivered by independent experts, so that the whole country can be fully informed about the risks we face and the solutions available:
<https://www.nebriefing.org/the-film>

FOOD I LIKE TO EAT...



FOOD SORT

Look at each food on the next page. Decide if it is an 'Everyday' food or a 'Sometimes' food.
Cut the foods out and stick it down in the right group on this page.

Sometimes Food

Everyday Food



Potato



Rice



Peas



Cheese



Chips



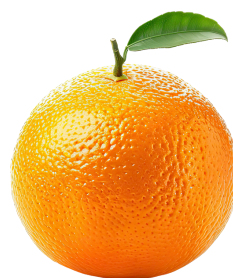
Pizza



Broccoli



Strawberries



Orange



Hamburger



Avocado



Ice cream



Crackers



Croissant



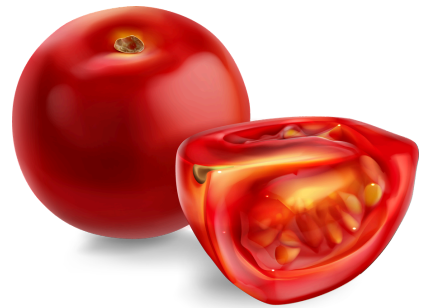
Lettuce



Banana



Fizzy Drink



Tomato



Chocolate



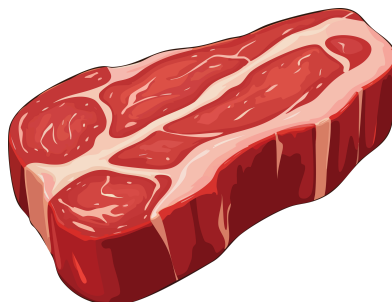
Fried Chicken



White Meat



Water



Red Meat



Milk

