



# WAYS TO WELLNESS ACTIVITY PACK



# Black History



OCTOBER  
2026





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## Black History

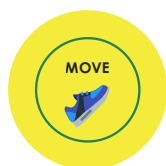


OCTOBER  
2026

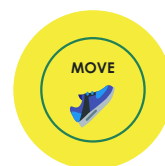


### Contents

- Your goal this month
- What's on this month
- Action for Happiness 'Picnics' calendar
- 'Picnics' Connect & Create ideas
- 'Picnics' POP ideas
- Nature i-Spy
- 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!

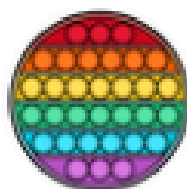
**My 'Grow' goal for October is:**

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



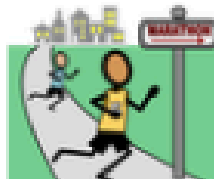
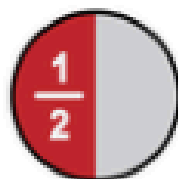
# What's On

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
|         |    | 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 |    |



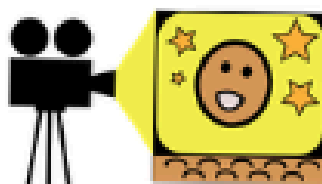
**POP SENSORY SESSION**  
**FRI 09 OCT**  
1PM - 2.30PM  
WINDRUSH LEISURE CENTRE  
WITNEY

| OCTOBER |    |    |    |    |    |    |
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| 12      | 13 | 14 | 15 | 16 | 17 | 18 |
| 19      | 20 | 21 | 22 | 23 | 24 | 25 |
| 26      | 27 | 28 | 29 | 30 | 31 |    |



**OXFORD HALF MARATHON**  
**SUN 11 OCT**  
9.30AM - 1PM  
OXFORD CITY

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
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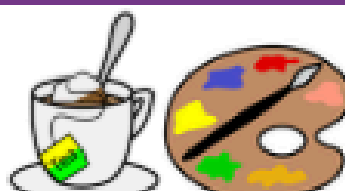
**SPOTLIGHT EVENT**  
**TUES 13 OCT**  
1PM - 3PM  
INVITE ONLY EVENT  
CORNERSTONE, DIDCOT

| OCTOBER |    |    |    |    |    |    |
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| 5       | 6  | 7  | 8  | 9  | 10 | 11 |
| 12      | 13 | 14 | 15 | 16 | 17 | 18 |
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**AUTUMN WELLBEING DAY**  
**FRI 16 OCT**  
11AM - 2PM  
WANTAGE MARKET GARDEN

| OCTOBER |    |    |    |    |    |    |
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| 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  
BLACK HISTORY**  
**THURS 22 OCT**  
10.30AM - 12PM  
T2, DIDCOT

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
|         |    | 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 |
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**LET'S TALK ABOUT  
MENOPAUSE**  
**FRI 23 OCT**  
1PM - 2.30PM  
T2, DIDCOT

| OCTOBER |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
|         |    | 1  | 2  | 3  | 4  |    |
| 5       | 6  | 7  | 8  | 9  | 10 | 11 |
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| 19      | 20 | 21 | 22 | 23 | 24 | 25 |
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**DAN'S HALLOWEEN DISCO**  
**SUN 25 OCT**  
4PM - 7PM  
MARLBOROUGH CLUB, DIDCOT

| OCTOBER |    |    |    |    |    |    |
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| 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 30 OCT**  
7PM - 9.30PM  
MARLBOROUGH CLUB, DIDCOT

# Optimistic October 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



# Black History Wellness Bingo!



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



|                                                                 |                                                              |                                              |                                                    |                                                 |
|-----------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------|----------------------------------------------------|-------------------------------------------------|
| I clapped along to a new song.                                  | I looked at pictures of inspiring Black people from history. | I coloured in a Black History Month picture. | I heard about Martin Luther King Jr. and his work. | I listened to music created by Black artists.   |
| I watched a short video about Black History Month.              | I used kind words today.                                     | I was a good friend to someone.              | I made someone feel included.                      | I include people no matter what they look like. |
| I am kind to people from all backgrounds.                       | I am friendly to everyone.                                   | I learned that everyone is important.        | I learned something new about the past.            | I learned that history includes many people.    |
| I painted something colourful in honour of Black History Month. | I looked at pictures of inspiring Black people from history. | I thought about what is fair and unfair.     | I went for a short walk outside.                   | I made someone feel happy.                      |
| I welcome new people into my group.                             | I ate a seasonal food.                                       | I speak kindly about all people.             | I learned about a famous Black person.             | I learned that Black history is important.      |



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## Connect & Create ideas

Invite friends to join you to make these creations!

### Salt Painted African Mask

Draw an outline of a mask, trace the outline with PVA glue, sprinkle some table salt and paint the salt and you'll have a beautiful salt painted mask (which have played a significant role in African ceremonies and festivals for centuries!)



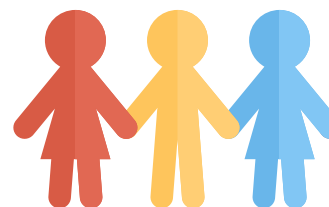
### Martin Luther King Dream Cloud

Write or draw dreams for a better future on cloud-shaped paper. Decorate with cotton balls and glitter!



### Paper Chain of Change

Make each paper link represent a positive action or value (like bravery, or fairness).





## POP ideas

Sensory activities inspired by Picnics!



### Sensory Mask Making

Explore different textures by sprinkling salt, dabbing paint and sticking colourful shapes onto a mask template.



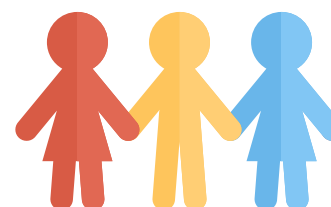
### Martin Luther King Dream Cloud

What would make the world a better place?  
Choose a picture, word or colour and add it to your fluffy cloud.



### Paper Chain of Change

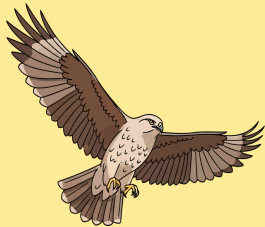
Make each paper link represent a positive action or value (like bravery, or fairness).



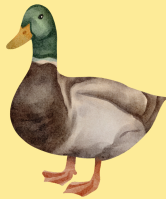
# OCTOBER NATURE I-SPY

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

## Creatures



A buzzard



A duck



A snail



A goose



An ant



A field mouse



A deer

## Arriving Birds



Redwing



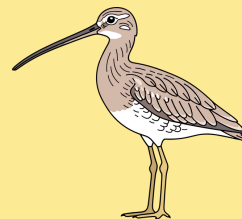
Song Thrush



Goldcrest



Skylark



Wader



Moorhen



Swan

# Wild Acre

## GARDEN, WILDLIFE & PLANET

### October Edition

#### Garden:



- Harvest squash leaving some stem attached to prevent rot and place in a warm, dry place
- Make more plants for your garden by digging up and dividing perennials such as hardy geraniums
- Sow broad beans
- Plant some bulbs for spring such as daffodils, crocus but leave tulips until November
- Start collecting fallen leaves to make leaf mould (composted leaves broken down by fungi to provide amazing soil conditioner)

#### Wildlife:



- Don't leave rotting pumpkins out for wildlife! It gives them bad tummy/dehydration.
- Leave your sunflower heads for the birds to feed on
- Create piles of leaves and logs for hedgehogs
- Clean out bird nesting boxes

#### Planet:

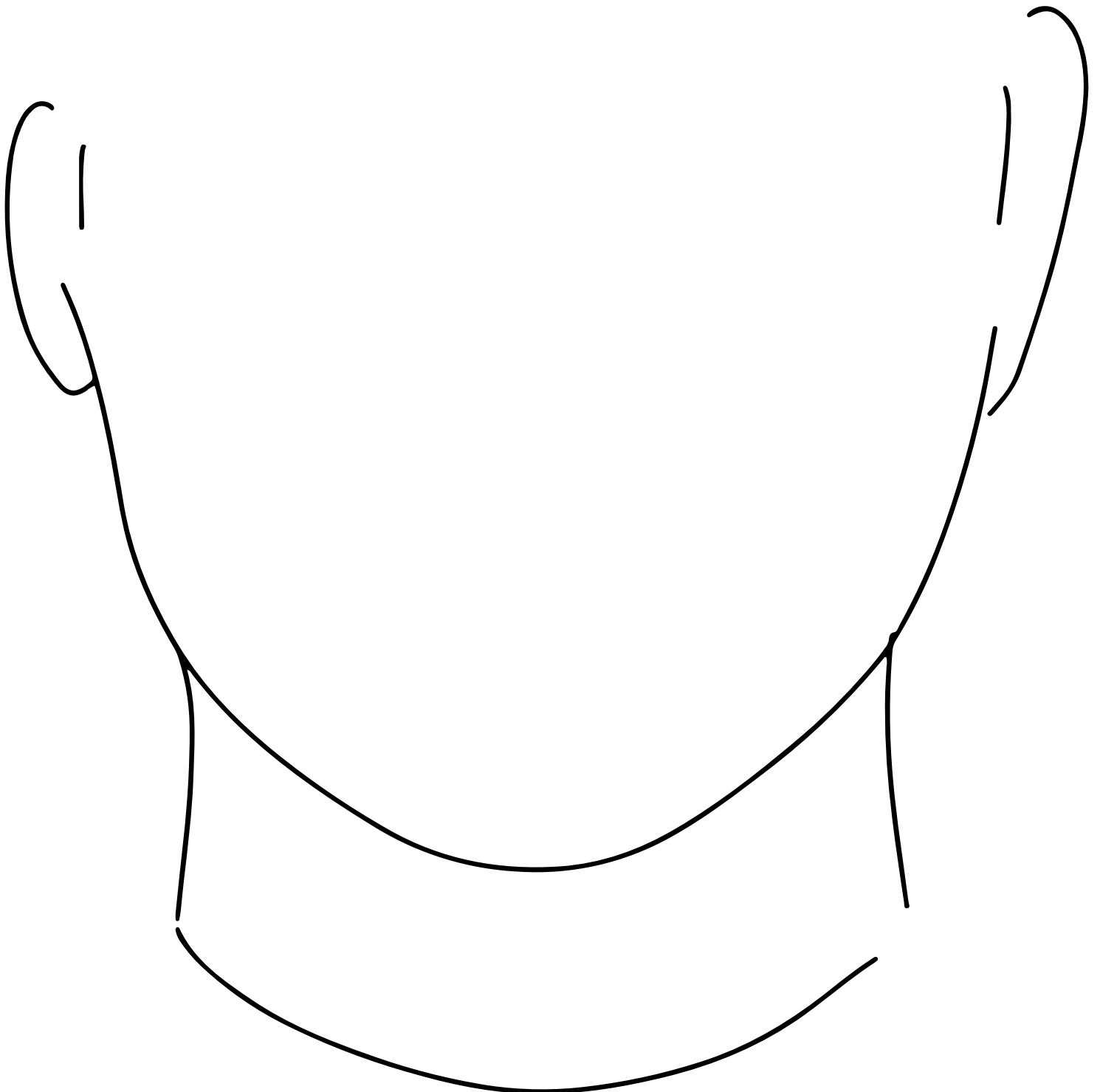


- 'No disposable cup day' on Sunday 4<sup>th</sup> October - celebrated every year on the 4th of October to encourage the UK to stop using disposable cups, pushing people toward reusable alternatives and tackling the country's high consumption of single-use items.



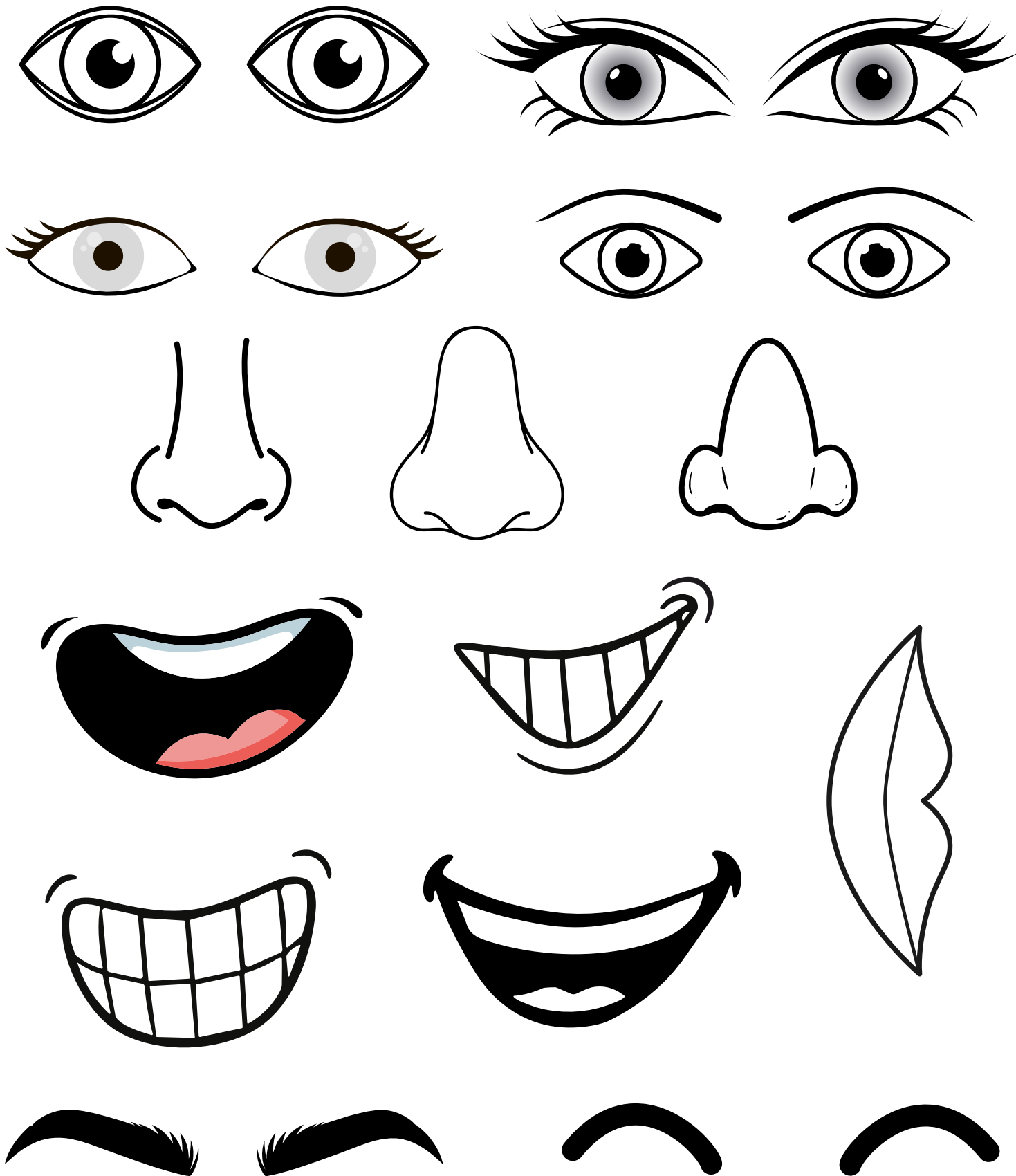
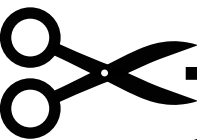
# THIS IS ME

In the empty face below, cut, colour and stick your facial features onto the face. If you want, draw some hair too!



# MY FEATURES

Which facial features look the most like you? If you can't find any that look like you - you can draw your own!



# Rosa Parks

- Rosa Parks is often called “the mother of the civil rights movement.”
- She became well known after she was arrested and fined. This happened because she did not follow a rule about segregation on a city bus.
- Segregation was a law that separated black people and white people. Rosa Parks refused to give up her seat to a white passenger.



# Martin Luther King Jr.

- Martin Luther King Jr. was an important leader in the civil rights movement.
- He worked to make sure Black people had equal rights.
- He believed in peaceful protest, which means making change without violence.
- He gave famous speeches, including his “I Have a Dream” speech.
- His work helped change unfair laws and made life more equal for many people.



# Nelson Mandela

- Nelson Mandela was an important leader in South Africa.
- He fought against apartheid, which was a system of unfair laws that separated people by race.
- Because of this, he was sent to prison for many years.
- After he was released, he helped bring peace and equality to South Africa.
- In 1994, he became the first Black president of South Africa.

