



WAYS TO WELLNESS ACTIVITY PACK



NOVEMBER
2026



This colourful activity pack aims to give you some ideas of things to do this month with the theme of 'Autumn Colours'. November is a time when autumn is in full swing—expect crisp air, falling leaves, and a rich mix of reds, oranges, and golds all around. It's the perfect chance to enjoy seasonal changes, explore nature, and make the most of the cosy, colourful days before winter arrives!

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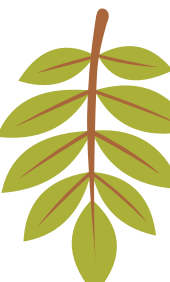
'Autumn Colours' POP ideas

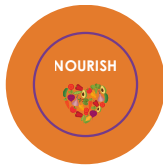
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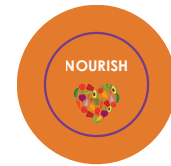
Mindful colouring pages

...and much more!





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 'Connect' goal for November is:

What I will do to achieve my goal:

November What's On

NOVEMBER

			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		



WALLINGFORD FIREWORKS SAT 7 NOV

6PM
KINECROFT, WALLINGFORD

NOVEMBER

			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		

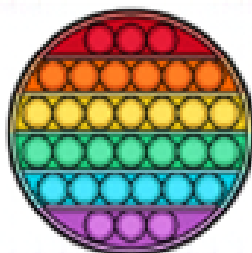


CHRISTMAS RAFFLE FROM 15 NOV

TICKETS ON SALE
DRAW TO TAKE PLACE 15 DEC

NOVEMBER

			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 16 NOV

10.30AM - 12PM
CORNERSTONE, DIDCOT

NOVEMBER

			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 AUTUMN COLOURS THURS 19 NOV

10.30AM - 12PM
TURNSTYLE, WALLINGFORD

NOVEMBER

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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FRIDAY NIGHT FEVER FRI 27 NOV

7PM - 9.30PM
MARLBOROUGH CLUB, DIDCOT

New Ways November 2026



SUNDAY

1 Make a list of new things you want to do this month

MONDAY

2 Respond to a difficult situation in a different way

TUESDAY

3 Get outside and observe the changes in nature around you

WEDNESDAY

4 Sign up to join a new course, activity or online community

THURSDAY

5 Change your normal routine today and notice how you feel

FRIDAY

6 Try out a new way of being physically active

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



Autumn Colours



Wellness Bingo!

Cross off as many as you can in the month of November

Go outside and look at the trees to spot, red, orange & yellow leaves 🍂

Collect different coloured leaves and make an autumn collage 🍁

Paint a picture using only autumn colours 🎨

Crunch through fallen leaves and listen to the sounds 🦻

Make leaf rubbings with crayons and paper 🖍️

Fill a clear jar with autumn items, like leaves, acorns and pinecones 🌲

Go on an autumn colour hunt and count how many colours you can find 🎨

Create a simple "autumn rainbow" using leaves from light yellow to red! 🌈

Sit by a window with a warm drink and watch the trees moving in the wind 🌬️

Make handprint art using orange, red and yellow paint 🖐️

Sort leaves into groups by colour or size 🍃

Take photos of colourful trees during a short walk 📷

Listen to autumn sounds outside, like rustling leaves or birds. 🦻

Make an autumn sensory tray with leaves, pinecones & soft fabric 🌿

Dance slowly with scarves in autumn colours 🎀

Make a paper chain using red, orange, and yellow strips 🧶

Watch the sunset and notice the autumn sky colours 🌅

Roll a ball through orange and yellow paint to make colourful patterns 🎨

Decorate biscuits using red, orange and yellow icing 🍪

Make "leaf soup" in a bowl with leaves, water and spoons for sensory play!

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Connect & Create ideas

Invite friends to join you to make these creations!



Toilet Roll Owls

With toilet roll tubes, and some coloured card you can create a rather cute autumn owl!



Autumn Colours Wreath

You can use real leaves or coloured paper to make the leaves! Stick them down onto a cardboard ring and hang up on your door!



Paper Pumpkin

With coloured paper and some green pipe cleaners you can create an autumnal pumpkin for your mantelpiece.



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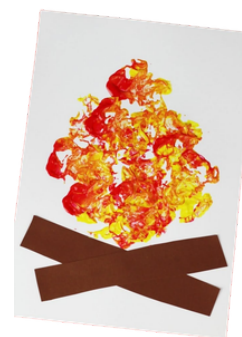
POP ideas

Sensory activities inspired by autumn!



Finger Painted Bonfires

Use yellow, orange and red paints to make a bonfire. You could use real twigs for the firestarters or make your own!



Sensory Autumn Bowl

Use chickpeas, confetti, leaves, pinecones and spoons for a wonderful autumn sensory bowl.



Cinnamon Scented Playdough

Nothing smells more like autumn than cinnamon! Add some cinnamon to your playdough recipe. Don't forget to make the playdough yellow, red or orange!



NOVEMBER NATURE I-SPY

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

Autumn Creatures



A robin



A hedgehog



A squirrel



A rabbit



A woodlouse



A fox



A starling

Autumn Colours



Brown mushrooms



A yellow leaf



Red rose hips



An orange leaf



A brown pine cone



A red leaf



A brown leaf

Wild Acre

GARDEN, WILDLIFE & PLANET

November Edition

Garden:

- Enjoy the autumn colours and collect fallen leaves to create a leaf pile for leaf mould
- Plants are flowering later - create a visual diary of colour in the garden in November
- Weed and mulch beds ready for colder weather
- Plant some tulip bulbs but bury in pots under netting if squirrels are a problem
- It's the start of bareroot season - you can buy trees, roses etc cheaper than as a potted plant

Wildlife:

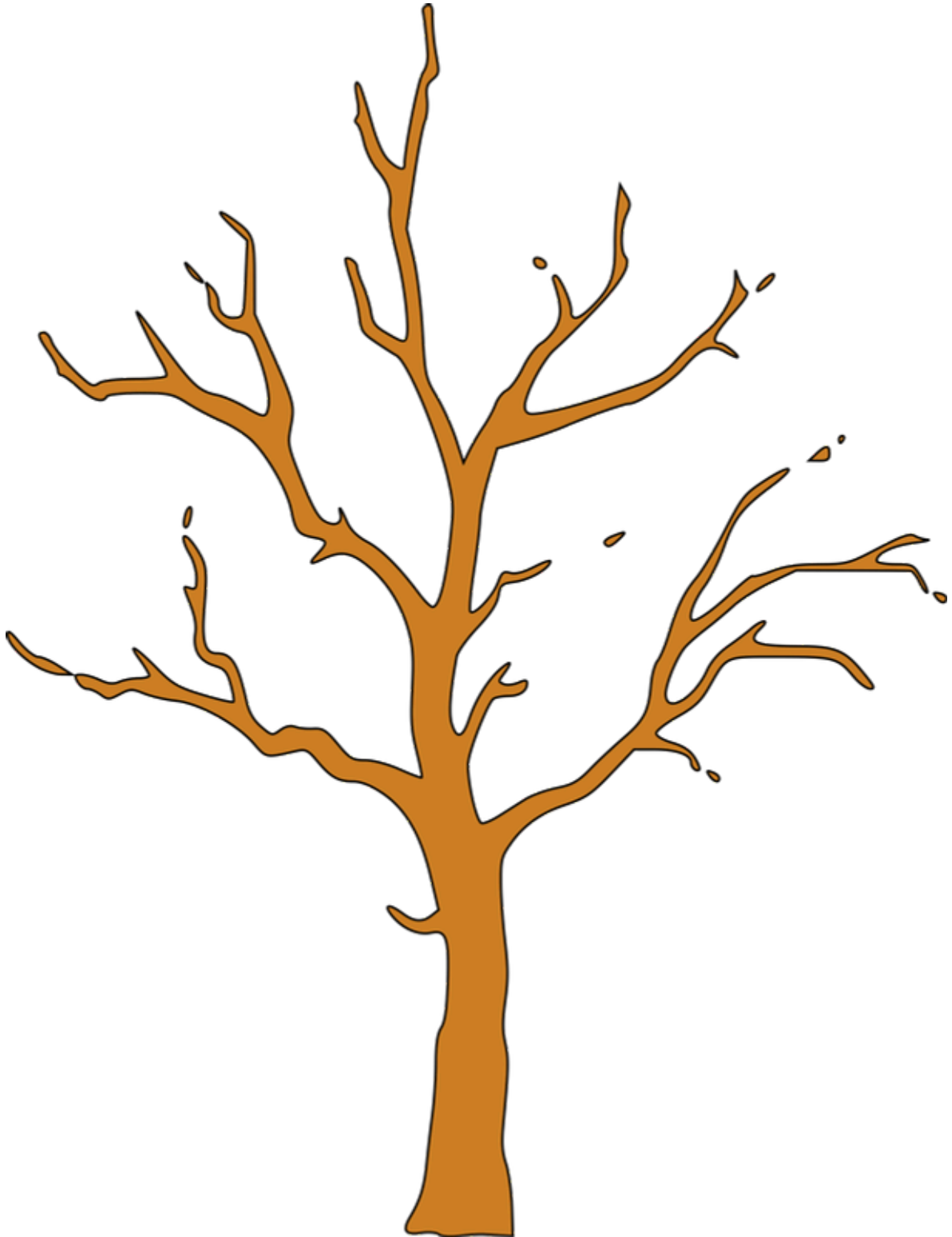
- Create a winter den for frogs and toads to hibernate
- Plant a bareroot native hedge species (like Hawthorn) to create future nesting spots
- Check bonfires for hedgehogs before lighting, or better still attend a community bonfire

Planet:

- Check doors and windows for potential draughts as temperatures drop, take action where possible with draught excluders, insulation and heavier curtains. Also make sure windows are clean to let in as much natural light/warmth as possible through the winter.

DECORATE THE TREE

With the leaves on the next page, print, colour and stick them to the tree! If you're feeling extra creative, you can draw your own leaves in autumn colours instead!



Colour in the leaves and stick them to the tree!



SEND AN AUTUMN CARD

Colour, fold and send this card to friends or family.



AUTUMN COLOUR BY NUMBERS!

