

# INCLUSIVE ACTIVITY IDEAS

*for every day of the year*

June Calendar 2026



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To All!  
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CALENDAR SPONSOR



# Join NAPA Today!

DISCOVER WHY OVER 3,000 CARE SERVICES TRUST NAPA TO SUPPORT THEIR ACTIVITY AND ENGAGEMENT PROVISION.

CLICK HERE

## NAPA


### Great Activity Starts with Strong Support

High-quality activity provision does not happen by accident. It is built by skilled professionals who combine creativity, empathy organisation and professional judgement to support meaningful engagement every day. It also depends on having the right support in place.

Whether you are an activity provider or a care leader, NAPA membership offers professional support, confidence and connection.

**Join NAPA today and be part of a community that takes activity seriously.**

Membership provides:

- ✔ Access to professional training and qualifications
  - ✔ Practical planning tools
  - ✔ Evidence-informed guidance
  - ✔ Ongoing development
  - ✔ A trusted national network.
  - ✔ Most importantly, it helps ensure that people using services benefit from thoughtful, inclusive, person-centred activity.
-  [www.napa-activities.co.uk](http://www.napa-activities.co.uk)

## Join Us

Email: [members@napa-activities.co.uk](mailto:members@napa-activities.co.uk)

Visit: [www.napa-activities.co.uk](http://www.napa-activities.co.uk)

Join Today - Prioritise Wellbeing!



### Access the Activity Shed anytime

Give your team unlimited access to thousands of evidence-based ideas, tools, templates and resources.

The Activity Shed supports day-to-day planning, creativity, and person-centred practice, helping staff deliver activities that are engaging, inclusive and meaningful.

### Save on specialist training and development

Benefit from discounted rates on commissioned online and in-person training, workshops and structured learning programmes designed specifically for activity providers and care teams.

### Celebrate success through national awards

Enjoy discounted attendance at the National Activity Awards.

These awards recognise innovation, dedication and excellence, and give organisations the chance to showcase their achievements.

### Build knowledge and skills through the NAPA Learning Space

Use our flexible digital learning platform to support ongoing development. Staff can access a wide range of learning opportunities, with selected courses available at discounted member rates.

With hundreds of courses available, teams can learn at their own pace and build confidence in activity provision.

### Receive the monthly NAPA eMagazine

Delivered straight to your inbox, the eMagazine shares best practice, new ideas, sector updates and real-life examples from across the country and internationally, helping your team stay informed, motivated and inspired.

### Join monthly Masterclasses and gain peer support

Activity providers can learn directly from experienced specialists, explore practical approaches and share ideas with peers.

These sessions create space for reflection, learning and mutual support.

### Be part of our leadership network

Leaders and managers can connect with peers, exchange ideas and strengthen their leadership approach.

The network also offers opportunities to contribute to national standards, guidance and policy development in activity provision.

### Have your organisation's voice represented

Through the Activity Providers Advisory Group, member organisations help shape NAPA's priorities, campaigns and resources.

This ensures the views and experiences of providers inform national work. Members also hear first about new developments, products and services.

### Contribute to research and impact work

Join our research and impact network to inform studies, share practice and help strengthen the evidence base for activity and engagement.

Your organisation can play a role in shaping future direction and understanding what works.

### Attend national events at discounted rates

Access early-bird and reduced-price tickets for the National Activity Conference, an opportunity to learn, network and celebrate good practice with others in the sector.

Watch our Membership video [HERE](#)

"Invest in Your Team with NAPA Membership!"  
NAPA Living Life

# NAPA

**National Activity Providers Association**  
The Professional Association for Activity Providers and Activity Provision

Registered Charity Number: 1070074 (England and Wales)  
Registered Charity Number: SC038960 (Scotland)

Watch on YouTube



Members, visit the ACTIVITY SHED today to find inspiring activities and resources for PRIDE Month, Celebrating the FIFA World Cup and Dementia and Engagement.



Plus, ALL of this too!



## Hello from Hilary



*Hilary*

Hilary Woodhead  
NAPA's  
Chief Executive Officer

As we move into June 2026, we welcome a lively and colourful month that celebrates diversity, culture and self expression. June offers opportunities to explore different traditions, recognise identity and bring people together through shared learning and celebration.

This month highlights events such as African Music Appreciation Month, Pride Month and Picnic Week, encouraging curiosity, inclusion and respect for different cultures and communities. Activities may focus on global flavours, colourful food, music, storytelling and creative expression, helping to spark interest, conversation and enjoyment.

You might explore international recipes, host tasting sessions, celebrate Pride through creative activities, or learn about different cultural histories together. These experiences can support a sense of belonging, encourage openness and create meaningful moments of connection.

We would like to thank Unilever Food Solutions for their continued sponsorship of the 2026 calendar, helping to ensure it remains free and accessible to care and support services across the UK. Their commitment supports dignity, creativity and meaningful engagement across the sector.

Email Mike your stories



*Mike*

Mike Butler  
Communications and  
Marketing Assistant

*"We're delighted to be partnering with NAPA on this year's Culture Calendar. Food plays a vital role in creating connection, comfort, and joy within care settings, and this collaboration allows us to celebrate the power of mealtimes in enriching daily life. Together, we're shining a light on how meaningful experiences around food can support wellbeing, spark conversation and bring communities together throughout the year."*

*James*

James Brown  
UFS Executive Chef



## CALENDAR SPONSOR



As always, we encourage you to shape activities around the interests, life stories and cultural identities of the people you support. The most memorable moments are often those that feel personal, relevant and shared.



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Sound

**Please note: Themed dates listed in this calendar are accurate at the time of publication but June be subject to change.**

### Supportline:

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free Supportline service - Email us at [supportline@napa-activities.co.uk](mailto:supportline@napa-activities.co.uk)

NAPA National Activity  
Providers Association  
**SUPPORTLINE**  
[supportline@napa-activities.co.uk](mailto:supportline@napa-activities.co.uk)



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# NAPA's Year of Culture



## Introduction to NAPA Year of Culture 2026

The NAPA Year of Culture 2026 is an invitation for activity and care teams to celebrate culture in all its forms.

Culture shapes the way we live, from the food we eat to the music we listen to, the traditions we uphold and the values we cherish.

The Year of Culture is designed to support you in exploring and celebrating culture with the people you care for, offering practical activities and ideas that promote inclusion, creativity and a deep sense of connection.

Cultural engagement can have a profound impact on the wellbeing of individuals, offering them opportunities to reflect on their personal heritage, connect with their community and celebrate their individuality.

Over the coming months we will a variety of resources, toolkits and guidance as well as activity ideas that encourage storytelling, creativity and learning, with the aim of enabling an inclusive environment where everyone feels seen, respected and heard.



Free to download from our website

## Overview

Culture is the shared set of beliefs, values, customs, arts, behaviours and ways of life that characterise a group of people, community or society. It shapes how people communicate, celebrate, work and relate to one another and it is expressed in everyday life through language, food, music, religion, rituals, traditions, clothing, art and social norms.

Culture isn't just about the arts or famous landmarks, it also includes the personal and community practices that give life meaning and identity. For example, it can be the family recipes passed down through generations, local festivals, spiritual or religious practices, hobbies or shared stories and history.

In care settings, recognising and respecting an individual's culture helps ensure activities, celebrations and care are person-centred, inclusive and meaningful, allowing people to feel seen, heard and valued for who they are. In short, culture is both collective and personal, shaping identity, connecting communities and enriching daily life.



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NAPA National Activity  
Providers Association  
SUPPORTLINE  
supportline@napa-activities.co.uk



# The Studio

Welcome to The Studio! We invite you to explore cultural, historical, traditional, factual and fictional collections of music, books and films, all carefully selected to engage your interest.

Each month, The Studio will change to reflect the theme of the calendar.

We hope you will use the information to encourage the creative arts within your activities. Be inspired!

*Why not set up a book club, poets' corner or film club?*



## Here Comes the Sun

A feel-good favourite that captures the warmth and optimism of June



## Mamma Mia!

Bright, joyful and full of music, ideal for bringing energy and sing-along moments



## The Secret Garden

A classic story of growth, nature and renewal, perfect for early summer themes



## From Ralph Waldo Emerson

*"Live in the sunshine, swim the sea, drink the wild air."*

# Cultural Playlist: Sounds of June

1. Here Comes the Sun – The Beatles
2. Walking on Sunshine – Katrina and the Waves
3. Lovely Day – Bill Withers
4. Three Little Birds – Bob Marley
5. Ain't No Mountain High Enough – Marvin Gaye and Tammi Terrell
6. Respect – Aretha Franklin
7. I'm Coming Out – Diana Ross
8. True Colors – Cyndi Lauper
9. Born This Way – Lady Gaga
10. La Bamba – Ritchie Valens
11. Volare – Domenico Modugno
12. Waka Waka – Shakira
13. Que Sera Sera – Doris Day



[Click HERE to Watch the Video](#)



[Click HERE to Watch the Video](#)



YouTube is a powerful tool for building cultural connections in care services. With access to music, dance, storytelling, films and virtual tours from around the world, it allows individuals to explore different cultures without leaving their setting.

Care teams can create themed playlists for celebrations, share traditional recipes or watch performances and ceremonies together, sparking conversation and reminiscence. For people with limited mobility or sensory differences.

*YouTube provides a window to experiences they June not otherwise access, helping to increase inclusion, shared enjoyment and a sense of connection to the wider world.*



# June's Cultural Fact File

Awareness Day / Event	Why it is Celebrated	Activity Idea
Pride Month (all month)	Celebrates LGBTQ+ communities, equality, identity and inclusion	Create a "Pride Wall" with messages of inclusion and identity or host a music session featuring Pride anthems
Carers Week (usually early June)	Recognises and supports unpaid carers across the UK	Write thank you cards, host a wellbeing session or invite carers to share their stories
Volunteers Week (1-7 June)	Celebrates the contribution of volunteers in communities	Host a thank-you event or create a display celebrating volunteers' impact
D-Day (6 June)	Commemorates the 1944 Normandy landings during World War II	Reminiscence session with music, photos and stories from the 1940s
Summer Solstice (around 21 June)	Marks the longest day of the year and start of summer	Spend time outdoors, create sun crafts or hold a summer picnic
Armed Forces Day (late June)	Honours those who serve or have served in the armed forces	Invite veterans to share stories or hold a themed tea party with music
National Picnic Week (mid June)	Encourages people to enjoy food outdoors together	Organise a garden picnic or indoor picnic with themed foods

## Famous Birthdays in June

- Marilyn Monroe – 1 June
- Morgan Freeman – 1 June
- Angelina Jolie – 4 June
- Kendrick Lamar – 17 June
- Paul McCartney – 18 June
- Ariana Grande – 26 June
- Tom Holland – 1 June
- Kylie Minogue – 28 June
- Lionel Richie – 20 June
- Bob Dylan – 24 June
- Johnny Depp – 9 June
- Kanye West – 8 June
- Prince William – 21 June
- Anne Frank – 12 June
- Che Guevara – 14 June



Check it out!

**NAPA Learning Space**  
Activity & Engagement Training



Sign up to get  
your weekly  
edition

If you'd like to support the future of  
the NAPA Calendar through a  
donation, Please Donate [HERE](#)



# Celebrate Diversity This June 2026



## Why This Matters

Recognising diverse faiths, identities and causes throughout the year helps build understanding and respect in our workplaces, communities and care settings. Even small acknowledgements, such as staff messages, themed meals or educational displays, can make a meaningful difference.

Equality, Inclusion & Awareness Dates Across Cultures, Faiths and Communities. June is the perfect month to start the year with purpose, reflection and unity. From religious festivals to global awareness days, this month offers many opportunities to celebrate inclusion, honour heritage and build understanding across communities.

Below is a guide to key EDI dates and cultural observances in June 2026 (please note this is NOT an exhaustive list), ideal for marking in your workplace, care setting or community programme.

Awareness Day	Date	Focus
World Environment Day	5 Jun 2026	Raising awareness of environmental protection and sustainability
D-Day	6 Jun 2026	Commemorating the Normandy landings and remembering those who served
Loneliness Awareness Week	Mid June (e.g. 9–15 June approx)	Raising awareness of loneliness and encouraging connection
Fathers Day	Third Sunday in June	Celebrating fathers and father figures and their role in families
World Music Day	21 Jun 2026	Celebrating music, creativity and cultural expression worldwide
Summer Solstice	Around 21 June	Marking the longest day of the year and start of summer
Armed Forces Day	Last Saturday in June	Honouring the service and sacrifice of the Armed Forces
National Picnic Week	Mid to late June	Encouraging shared outdoor meals and social connection

### Disclaimer

Dates for religious or cultural festivals that follow lunar or solar calendars (including Islamic, Jewish, Hindu, Sikh and certain Buddhist observances) June vary by one or more days depending on local practice or moon sighting. Please check with community representatives or trusted faith-specific calendars before planning activities.

Information is correct to the best of NAPA's knowledge as of June 2026 (date of publication)

## The NAPA Calendar

### Our Daily Commitment to Wellbeing, Dignity and Joy.

## Why the NAPA Calendar is Free And How You Can Help Keep It That Way!

The NAPA Calendar offers a free activity idea for every single day of the year—designed to inspire meaningful moments, spark creativity and support wellbeing in care homes, day services, community settings, hospitals, hospices and in people's own homes.

It's available free of charge to every care and support service in the UK and to every family carer. And here's why:

### Why We Do This: Our Mission

At NAPA, we believe that:

- Every person deserves meaningful engagement every day.
- Every individual supporting them, professionals, family carers and friends, deserves inspiration, guidance and encouragement.

*The NAPA Calendar is our way of helping to make that possible.*

Every day's idea is simple, inclusive and person-centred. Whether it's music, movement, reminiscence or a nature-based activity, we create ideas that can bring joy, comfort and connection. **And we provide it free of charge, so that cost is never a barrier to meaningful activity.**

**How We Fund It:**  
**Powered by People Like You**  
We provide the NAPA Calendar for free because we are committed to accessibility and equity but it's not without cost. That's why we rely on fundraising and donations to keep this vital resource going.

### Your support funds:

- *The development and design of daily activities*
- *Contributions from experienced Activity Providers*
- *The free digital distribution to thousands of care settings and family carers*
- *Ongoing updates and accessibility improvements*
- *Staff time to curate and respond to feedback*

At NAPA, we believe that every person deserves the chance to feel connected, engaged and valued every single day.

We also believe that everyone providing support, whether a care professional, a family member or a friend, deserves access to ideas, guidance and inspiration without barriers.

### That's why we created the NAPA Calendar:

A free resource packed with inclusive, person-centred activity ideas for use in:

- Care Homes
- Hospitals and Hospices
- Community and Day Services
- Family Homes

*With a fresh idea for every single day of the year, the NAPA Calendar is designed to spark creativity, encourage wellbeing and support high-quality, meaningful engagement wherever care and support is delivered.*

### What You'll Find in the Calendar:

- Quick, easy-to-deliver activities using everyday materials
- Adaptable ideas for all abilities and support needs
- Themes that align with national days and seasons
- A mix of music, movement, reminiscence, creativity and nature-based activities
- Designed for use by individuals, small groups and teams

## How You Can Help



- **Get the Calendar:** To receive the NAPA Calendar straight to your inbox, Sign up [HERE](#)
- **Suggested donation:** To help cover the cost of production, we suggest a £10 donation per calendar but any amount helps us keep it free for all.
- **Donate:** [Click HERE](#) to donate and help us keep meaningful activity available to everyone, everywhere.
- **Fundraise for us:** Whether it's a coffee morning, a sponsored walk or a mountain climb - every pound makes a difference. [Find out more about fundraising HERE](#) or get in touch to share your ideas!
- **Talk to us:** Want to run a fundraiser or support our work in other ways? We'd love to hear from you! [enquiries@napa-activities.co.uk](mailto:enquiries@napa-activities.co.uk)

### What People Fundraise For:

People across the country raise funds to help us:

- Keep the calendar freely available year after year.

# How the NAPA Calendar Supports Friends and Family Carers - A Little Help, Every Day

Caring for someone you love is one of the most important and sometimes most challenging roles in the world. That's why the NAPA Calendar is here to help. It's a free daily resource, created especially for people like you.

Whether you're supporting someone at home or helping out in a care setting, the calendar gives you a simple, meaningful activity idea for every single day of the year.

*And the best part? It's completely free to download and use.*

## At NAPA, we believe that:

- Everyone deserves to feel connected, engaged and valued every day.
- And every person providing support deserves ideas, inspiration and encouragement.

That's why we created the NAPA Calendar, to make it easier for you to bring a smile, spark a memory or share a moment of joy with the person you care for.

## How the Calendar Helps You

- Quick and easy ideas you can do with no special equipment.
- Activities that suit all abilities, including people living with dementia, recovering from illness or needing extra support.
- Ideas you can adapt to fit the person's interests, mood or energy that day.
- A way to bring structure and variety to your days and some fun, too!

Want to get the NAPA Calendar emailed to you each month?

Just email us at: [enquiries@napa-activities.co.uk](mailto:enquiries@napa-activities.co.uk)

*We'll make sure it lands in your inbox, ready to use.*

We want the calendar to stay free for every family carer in the UK but we rely on donations and fundraising to make that possible.

If the calendar has helped you or if you'd like to support other families like yours, here's how you can help:

### Suggested donation:

£10 per calendar (or whatever you can afford)  
Donate [HERE](#)



### Fundraise for us:

Host a coffee morning, do a sponsored walk or create your own fun challenge!

### Want to chat about a fundraising idea?

Email us at [enquiries@napa-activities.co.uk](mailto:enquiries@napa-activities.co.uk) – we'd love to hear from you!

Thank you for all that you do.

**We hope the NAPA Calendar brings you daily joy, connection and a little extra support when you need it most.**



Free to download from our website

## From Family Carers Like You:

“The calendar gives me something to look forward to doing with Mum every day.”

“It's the little boost I need when I'm feeling stuck or tired.”

“Even just reading the idea each day reminds me I'm not alone.”

## How the NAPA Calendar Supports Care Professionals

The NAPA Activity Calendar is a daily tool, offering practical, inspiring and inclusive ways to deliver meaningful engagement.

### *Daily Inspiration*

Care professionals are often short on time and resources. The NAPA Calendar offers a ready-made, easy-to-use activity idea every single day, saving time on planning and giving staff a quick, engaging option they can deliver immediately.

### *Promotes Person-Centred Practice*

Every activity idea is designed to be adaptable, whether supporting someone living with dementia, recovering from a stroke or in end-of-life care. The calendar encourages staff to tailor each activity to the individual's preferences, needs and life story.

### *Builds Professional Confidence*

Whether you're new to providing activities or an experienced practitioner, the calendar supports your development. It helps you to:

- Try new ideas
- Explore different types of engagement (e.g. sensory, cognitive, creative)
- Reflect on and adapt activities based on individual outcomes

### *Encourages Team Involvement*

The calendar can be used by the whole team. It encourages a person-centred approach to engagement and reminds all staff that everyone has a role in improving quality of life.

### *Supports Planning and Theming*

With daily, weekly and monthly themes, the calendar helps professionals:

- Plan activities in advance
- Align with national days (e.g., Remembrance Day, International Day of Happiness)

### *Drives Quality Improvement*

By embedding regular, structured engagement into daily routines, the calendar helps teams:

- Demonstrate good practice during inspections
- Collect evidence of activities linked to wellbeing outcomes
- Showcase commitment to meaningful activity as part of a high-quality care culture

### *Inclusive and Accessible*

The calendar is designed with every setting in mind. It reflects diverse interests and abilities and can be printed, accessed digitally or displayed in shared spaces.

### *Free and Equitable Access*

We believe every care professional should have access to the right tools, regardless of budget. That's why the NAPA Calendar is free to download for every care and support service and family carer in the UK.

## What Care Professionals Say:

"It's the first thing I check when I log on every day. It's like having a coach by your side."

"The calendar helps me engage with people in ways I never thought of. It boosts my confidence and theirs."

"It's one less thing to worry about and a lot more to look forward to."



Free to download from our website

Your NAPA e-Magazine  
Weekly Inspiration

Sign up to get your latest edition direct to your inbox.

If you'd like to support the future of the NAPA Calendar through a donation, Please Donate [HERE](#)



We hope you enjoy the calendar.  
Thank You for prioritising wellbeing!

# NAPA Learning Space

## Activity & Engagement Training

### The Learning Levels

Level	Who It's For	What You Learn
Awareness	New starters, refreshers	Basics, key concepts
Foundation	Core staff	Everyday tools, planning, documentation
Intermediate	Developing leads	Specialist skills, creative projects
Advanced	Leaders/managers	Strategy, coaching, service-wide impact
Qualifications	Senior staff & aspiring leaders	Formal recognition, professional credibility

At NAPA, we believe Continuing Professional Development (CPD) is not about ticking boxes, it's about embedding lifelong learning into practice.



### Voice from the Sector

*"The CPD evidence is gold, it saves us hours preparing for inspection." - Care Lead*

### 5 Ways NAPA Can Help

- 1 NAPA Learning Space – our 24/7 eLearning platform with interactive, sector-specific courses.
- 2 Free Induction eLearning for Members – supporting new staff to begin with confidence.
- 3 Certificated Courses – providing recognised CPD evidence for professional development and inspection.
- 4 Discounted Advanced Training – members enjoy reduced fees on higher-level qualifications and specialist modules.
- 5 Resources – downloadable tools and templates to apply learning directly into practice.

### THE NAPA LEARNING SPACE: COURSE DIRECTORY

Download from our website



#NAPALearningSpace

# THE NAPA RESOURCE ROOM



In addition to structured courses, the NAPA Learning Space includes the Resource Room – a living library of tools, templates, blogs and free CPD resources to support your daily practice. Updated regularly, the Resource Room is there whenever you need quick inspiration, a practical checklist or professional guidance.



## Your Learning Journey Starts Here

Start learning today – log in to the NAPA Learning Space!

The NAPA Learning Space has been built to help you unlock your potential and to ensure that activity and engagement remain at the heart of care. Every step you take on your learning journey strengthens not only your own skills, but also the wellbeing of the people and communities you support.

# Inclusive ACTIVITY IDEAS

for every day of the year

1ST

**PRIDE Month**  
“Pride Positivity Circle”

2ND

**Volunteers Week**  
Thank You Memory & Appreciation Board

3RD

**Unilever Food Solutions Recipe**  
THAI RED CHICKEN, STICKY RICE & VEGETABLE BOWL

4TH

**National Cheese Day**  
Cheese Quiz

5TH

**World Environment Day**  
Nature Discovery & Mini Eco Garden

6TH

**Sweden National Day**  
Celebration of Sweden

13TH

**World Gin Day**  
Mocktails

14TH

**Fresh Fruit and Veg Day**  
Word Search

15TH

**Learning Disability Week 2026**  
Activity Ideas

16TH

**Mens Health Month**  
Strength and Stories

17TH

**Unilever Food Solutions Recipe**  
INDIAN RAINBOW SALAD & GARLIC DRESSING

18TH

**Picnic Week**  
Creative Picnic Experience

25TH

**FIFA World Cup**  
Seated Penalty Shootout Challenge

26TH

**Cream Tea Day**  
Celebrating The Cream Tea

27TH

**National BINGO Day**  
Musical BINGO

28TH

**Year of Culture**  
Creating A Cultural Playlist

29TH

**Wimbledon Starts**  
Strawberries and Cream Cups

30TH

**Wimbledon**  
Word Search



# Inclusive ACTIVITY IDEAS

for every day of the year

7TH

Sudoku Challenge:  
Puzzle Number 6

8TH

Best Friends Day  
Celebrating Best Friends

9TH

African Music  
Appreciation Month  
Music and Rhythm

10TH

National Iced tea  
Day  
Iced tea Making

11TH

Yarn Bombing Day  
Yarn Crafts

12TH

Philippine  
Independence Day  
Filipino Cultural  
Celebration

19TH

Dragon Boat  
Festival  
Dragon Boat  
Festival Celebration

20TH

Great Outdoors  
Month  
Explore The Great  
Outdoors

21ST

Summer Solstice  
Sun and Shadow Art

22ND

Windrush Day  
Windrush Stories

23RD

Insect Week  
Crossword

24TH

Year of Culture  
Acrostic Poem

Calendar Sponsor



National Activity Providers Association

The Professional Association for Activity Providers and Activity Provision



June 1st 2026



## Pride Month

“Pride Positivity Circle” is an inclusive group activity created specifically for Pride Month. It helps participants learn about respect and celebrating who we are. Through simple discussion and positive sharing, participants explore how everyone is unique and valued.

The focus is on kindness, belonging and creating a safe space where everyone feels respected.



## “Pride Positivity Circle”

### You will need:

- Feeling or emotion cards
- “Kind words” or affirmation cards
- Picture cards showing diversity and friendship
- Response cards (happy/like/okay)
- Optional: Pride or inclusion fact cards/posters

### What you do:

- Welcome participants and explain that Pride Month is about celebrating people and being kind and respectful to everyone.
- Share a visual schedule so everyone knows the order of activities.
- Show picture cards about friendship, diversity and inclusion and talk about how everyone is different and special.
- Invite participants to choose a kind word or affirmation card (e.g., kind, brave, friendly).
- Take turns sharing or showing a kind word about themselves or others (sharing is optional).
- Talk briefly about how we can make people feel welcome and safe.
- Share 3–5 simple facts about inclusion and respecting differences.
- Ask participants how they can show kindness to others. They can answer with words, gestures or cards.

### Adaptation Guidance

#### Communication Support

- Use clear, visual instructions
- Demonstrate instead of only explaining
- Allow speaking, gesture, pointing or sign language
- Give extra processing time

#### Emotional Support

- Make sharing optional
- Use positive, simple language
- Validate all responses
- Provide a quiet break space if needed

#### Physical & Mobility Needs

- Keep spaces accessible
- Offer seated participation options
- Place materials within easy reach

#### Sensory Needs

- Provide a calm, low-noise space
- Avoid overwhelming visuals
- Allow sensory tools like fidgets

#### Learning & Cognitive Needs

- Use simple language
- Break tasks into small steps
- Use pictures alongside words
- Offer peer or staff support

Calendar Sponsor



We would love you to share your activities with us. Please tag us using [#NAPAActivitiesCalendar](#), [@NAPALivingLife](#) or email us your photos at [communications@napaactivities.co.uk](mailto:communications@napaactivities.co.uk)

Check it out!   
**NAPA Learning Space**  
Activity & Engagement Training



June 2nd 2026



## Volunteers Week 2026

Volunteers Week is a wonderful opportunity to recognise the time, care and dedication that volunteers bring to care settings.

This activity supports individuals to reflect on kindness, connection and the positive impact volunteers have had on their lives. It also creates a shared space to celebrate appreciation and community.

## Thank You Memory & Appreciation Board

### You will need:

- Coloured paper or card
- Pens, pencils or felt tips
- Printed photos of volunteers if available
- Magazines for cutting words or images
- Glue sticks or tape
- A display board or wall space
- Optional: stickers, decorations or craft materials

### What you do:

- Invite individuals to think about volunteers they know or have met and the difference they make
- Support them to create messages of thanks, drawings or memory notes about positive experiences
- Some individuals may prefer to share stories verbally which can be written down and added to the board
- Encourage creativity through colours, pictures or collage
- Add photos of volunteers where possible to personalise the display
- Bring everything together on a "Thank You Volunteers" board in a shared space
- If appropriate, invite volunteers to view the board or present it as part of a small celebration

## Word Wheel

Using the letters from the word 'VOLUNTEERS' in the wheel below, try to create as many new words as you can and write them in the space provided to the right of the wheel.

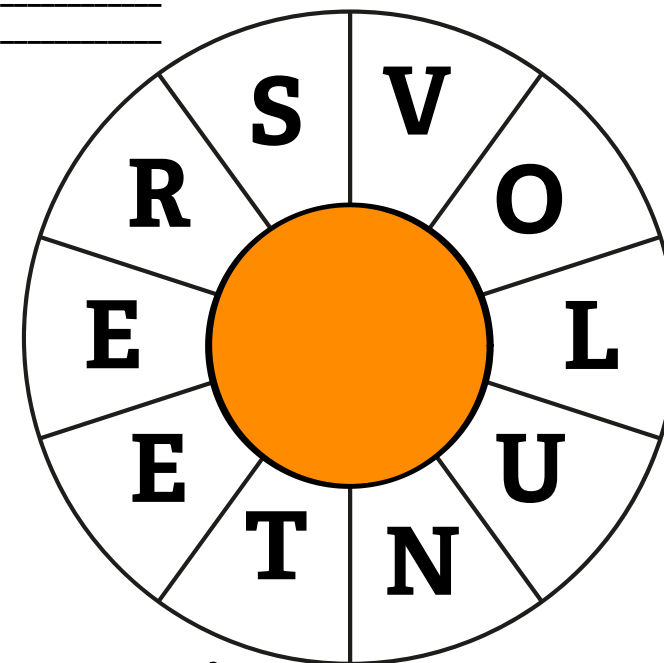
### You will need:

- A photocopy or print out of this page
- A pencil or pen to write your answers
- A cup of tea and the company of others

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### Write your answers here:

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June 3rd 2026



## THAI RED CHICKEN, STICKY RICE & VEGETABLE BOWL

(can be served hot or cold)

Using Knorr RTU & Hellmann's | Serves: 10 | Time: 35 minutes

### Unilever Recipe idea

#### Ingredients

##### Sticky Rice:

- 1kg cooked sticky/sushi rice

##### Vegetables:

- 500g carrots, sliced and roasted
- 300g edamame beans (serve hot or cold)
- 400g red onion, sliced & roasted
- 200g sliced spring onion

##### Additional Thai Red Sauce:

- 500g Knorr RTU Thai Red Curry

##### Roasted Thai Red Chicken

- 1kg chicken (or tofu)
- 500g Knorr RTU Thai Red Curry
- Coat the chicken thighs and roast at 175oC for 25mins

##### Optional Dressing:

- 150g Hellmann's Mayo + Knorr Intense Citrus Flavours



#### Method:

1. Prepare sticky rice & press in to moulds to serve.
2. Season the roasted onion & carrot slices with a little Knorr Professional Bouillon Powder
3. Warm Knorr Thai Red RTU
4. Build bowls with rice, carrot, onions, edamame beans, spring onions and sliced chicken thighs.
5. Pour over Thai sauce; (add optional vegan mayo drizzle).

"This Thai Red Chicken Bowl brings vibrant flavour and balanced nutrition to the care sector. Soft sticky rice, tender vegetables and gently spiced chicken offer a comforting, easy-to-eat combination. Each element can be adapted in texture without losing its appeal, and Knorr Thai Red Curry ensures consistent, mild, resident-friendly flavour every time.

Served hot or cold, it's a colourful, appetite-boosting option that supports wellbeing across a range of dietary needs."

James

James Brown  
UFS Executive Chef



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June 4th 2026



## National Cheese Day

National Cheese Day is celebrated each year on 4 June and is a fun opportunity to enjoy one of the world's most popular foods. Cheese has been enjoyed for thousands of years and comes in many different varieties, flavours and textures from around the world.

In care settings, National Cheese Day can be a simple and enjoyable way to bring people together. It can encourage conversation, spark memories and create opportunities for shared experiences. Whether it is tasting different cheeses, sharing favourite recipes or talking about traditional foods, it offers a relaxed way to support connection and engagement.

### Cheese Quiz

- Which cheese is traditionally used on a pizza?  
A) Cheddar  
B) Mozzarella  
C) Stilton  
D) Red Leicester
- Which cheese is known for its holes?  
A) Brie  
B) Emmental  
C) Feta  
D) Gouda
- Which country is famous for producing Camembert?  
A) Italy  
B) France  
C) Greece  
D) Spain
- Which cheese is blue veined?  
A) Mozzarella  
B) Cheddar  
C) Stilton  
D) Cottage cheese
- Which cheese is often used in a Ploughman's lunch in the UK?  
A) Cheddar  
B) Halloumi  
C) Brie  
D) Mascarpone
- Halloumi can be grilled or fried without melting  
True or False
- Parmesan is originally from Switzerland  
True or False
- Cheese is made from milk  
True or False

9. Brie is a hard cheese  
True or False

10. Cheddar originated in the UK  
True or False

11. I am soft, white and often used in salads. What am I?  
**Answer: Feta**

12. I am a hard cheese often grated over pasta dishes. What am I?  
**Answer: Parmesan**

13. I am a strong smelling blue cheese with a crumbly texture. What am I?  
**Answer: Stilton**

14. I am a creamy soft cheese with a white rind. What am I?  
**Answer: Brie**

### Answers

- B
- B
- B
- C
- A
- True
- False
- True
- False
- True



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June 5th 2026



## World Environment Day

World Environment Day is a chance to reflect on the natural world and explore simple ways to care for the environment.

This activity encourages individuals to connect with nature through sensory exploration and hands on gardening. It supports wellbeing by promoting time outdoors or bringing elements of nature indoors while encouraging conversation about caring for the world around us.

## Nature Discovery and Mini Eco Garden

### You will need:

- Small pots or containers
- Soil or compost
- Seeds or small plants such as herbs or flowers
- Watering cans or bottles
- Natural materials such as leaves, stones or twigs
- Gloves and aprons
- Optional: trays or bowls for indoor planting

### What you do:

- Introduce the theme of caring for the environment and talk about nature and outdoor spaces
- Invite individuals to explore natural items through touch smell and observation
- Support individuals to plant seeds or small plants in pots or containers
- Encourage conversation about where plants grow and how they help the environment
- If possible, take the activity outside or place plants in a sunny indoor space
- Finish by discussing how to care for the plants and watch them grow over time



## Adaptation Guidance

### For individuals with limited mobility

- Offer seated planting activities using raised tables or trays
- Provide support with positioning and tools

### For individuals with sensory needs

- Include plants with different textures and scents
- Use gloves or allow participation through observation if preferred

### For individuals with cognitive needs

- Break the activity into simple steps
- Use clear instructions and gentle guidance

### For individuals who prefer less direct participation

- Offer observation, conversation or storytelling about nature instead of hands on tasks

### For group settings

- Encourage shared planting and turn taking
- Create a group display of plants to enjoy together

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June 6th 2026



## Sweden National Day 2026

Sweden National Day, celebrated on 6 June, is a joyful opportunity to explore Swedish culture through colour, music and simple traditions.

This activity creates a fun and engaging experience where individuals can learn about Sweden, enjoy themed creativity and share in a celebration together. It supports connection, curiosity and wellbeing through a relaxed and social atmosphere.

### A Celebration of Sweden

#### You will need:

- Blue and yellow paper or card
- Markers, crayons or paints
- Simple Swedish flag templates
- Pictures of Sweden such as landscapes, cities or traditional clothing
- Optional: Swedish music playlist
- Ingredients for a simple snack such as bread, cheese or fruit
- Glue, scissors and craft materials
- Decorations in blue and yellow



#### What you do:

- Begin by introducing Sweden and showing pictures of famous places such as Stockholm or scenic landscapes
- Talk about the Swedish flag and its blue and yellow colours
- Create Swedish themed crafts such as flags, bunting or colouring sheets
- Play some Swedish music and encourage gentle movement such as clapping or swaying
- Enjoy a simple Swedish inspired snack together and talk about food traditions
- Invite individuals to share what they enjoy about celebrations and different cultures

## Adaptation Guidance

#### For individuals with limited mobility

- Provide seated craft options and support with materials
- Offer simple decorating tasks such as colouring or placing stickers

#### For individuals with sensory needs

- Use soft lighting and calm music
- Offer a quiet space if the activity becomes overwhelming
- Provide tactile craft materials to explore

#### For individuals with cognitive needs

- Break activities into small steps
- Use visual prompts and demonstrations
- Focus on one element at a time such as colouring or listening to music

#### For individuals who prefer not to take part in crafts

- Offer conversation, music listening or looking at images
- Encourage storytelling and sharing of memories

#### For group settings

- Encourage shared decoration of a large Swedish flag or display
- Support turn taking and group discussion

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June 7th 2026



## Sudoku Challenge: Puzzle Number 6

How to Complete a Sudoku (9 x 9)  
– Step by Step Guide

The goal:  
*Fill every square in the 9 x 9 grid so that each row, each column and each 3 x 3 box contains all the numbers 1 to 9 — with no repeats.*

- Each box must contain the numbers 1 to 9 once. Start with the given numbers. Each puzzle begins with some numbers already filled in. These are your clues they show you where certain numbers can or cannot go.
- Use process of elimination. Look at each empty square and ask: **Which numbers are already in the same row, column or 3 x 3 box?** Cross those off mentally, the remaining numbers are your possible options.

- Start with squares where only one number fits.
- These “definite” numbers will help you solve others later.
- If you’re unsure, lightly note the possible numbers in small writing in the corner of the square.
- You can erase them as the puzzle becomes clearer.
- Keep checking rows, columns and boxes
- Each time you add a number, look again at the surrounding row, column and box.
- New clues will often appear as you go.
- Be patient and logical
- Sudoku isn’t about guessing, it’s about reasoning.
- If you feel stuck, take a short break, then come back with fresh eyes.

The puzzle is complete when:

- Every square is filled
- Each row, column and 3 x 3 box contains numbers 1 to 9 with no repeats

	4		2			8	7	
9	1	2	7	8				
	8	3		2		7		
					8			
2	5				9		3	8
	6	8	5	1		3		7
	7	9			6		5	
1	2				7		8	

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June 8th 2026



## Best Friends Day

Best Friends Day is a lovely opportunity to celebrate friendship, kindness and the special connections between individuals. This activity encourages reflection on meaningful relationships while supporting social interaction, conversation and a sense of belonging. It helps individuals recognise the importance of friendship in supporting wellbeing and happiness.

## Celebrating Best Friends Adaptations

### You will need:

- Paper or card
- Pens, pencils or crayons
- Stickers and decorative materials
- Photographs if available
- Small cards or labels
- Optional: soft background music
- Optional: friendship-themed props or items

### What you do:

- Start by talking about what makes a good friend and what friendship means to each individual
- Invite individuals to create a card, picture or message for a friend
- Encourage sharing of stories about friendships and happy memories
- Display finished creations in a shared space or give them as a thoughtful gift
- Finish by reflecting on how friendships support happiness and connection

### For individuals with limited mobility

- Provide seated activities and support with materials
- Offer simple tasks such as colouring or adding stickers

### For individuals with sensory needs

- Use calm environments and gentle lighting
- Provide sensory-friendly materials and allow choice in participation

### For individuals with cognitive needs

- Break activities into clear steps
- Use visual prompts and gentle guidance
- Focus on one activity at a time

### For individuals who prefer quieter participation

- Offer one to one conversations or observation
- Allow participation through listening and reflection

### For group settings

- Encourage group sharing and collaborative activities
- Support turn taking and positive interaction

## Additional Activity Ideas

### Friendship Bracelet Making

- Create simple bracelets using beads or string to symbolise friendship and connection

### Compliment Circle

- Encourage individuals to give kind words or compliments to one another in a supportive group setting

### Photo Memory Sharing

- Look at photographs of friends or past shared moments and encourage storytelling

### Friendship Tree Display

- Create a tree where individuals can add leaves with names or messages about their friends

### Music and Memories

- Play songs that remind individuals of friendships and encourage discussion about shared memories

### Group Collage

- Create a collage together using images words and colours that represent friendship

### Partner Activities

- Pair individuals to complete a simple activity such as drawing cooking or a puzzle together



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June 9th 2026



## African Music Appreciation Month

African Music Appreciation Month is a wonderful opportunity to explore the richness and diversity of music from across the African continent.

This activity encourages individuals to experience rhythm, movement and sound while celebrating cultural heritage. It supports engagement, memory recall and wellbeing through music and shared enjoyment.

## African Music and Rhythm Celebration

### You will need:

- A selection of African music tracks
- Speakers or a device to play music
- Simple percussion instruments such as drums, shakers or tambourines
- Printed images of African instruments such as djembe drums or kora
- Colourful scarves or fabric for movement
- Seating space with room to move safely
- Optional: instruments made from household items such as pots or bottles

### What you do:

- Introduce the idea of African Music Appreciation Month and talk about how music is an important part of culture and storytelling
- Play a selection of African music and encourage individuals to listen and share how it makes them feel
- Invite individuals to join in with rhythm using percussion instruments or by clapping along
- Encourage gentle movement such as swaying, tapping feet or using scarves to move with the music
- Talk about different instruments and sounds and show images or examples
- Finish by discussing favourite sounds or songs and what individuals enjoyed most

## Adaptation Guidance

For individuals with limited mobility

- Offer seated participation and encourage arm movements or tapping
- Provide instruments that are easy to hold or use

For individuals with sensory needs

- Adjust volume levels to suit comfort
- Offer headphones or a quiet space if needed
- Provide options to engage without loud sound

For individuals with cognitive needs

- Use simple instructions and clear demonstrations
- Focus on one activity at a time
- Use repetition to support understanding

For individuals who prefer less active participation

- Encourage listening, observing or sharing thoughts about the music
- Allow participation through reflection rather than movement

For group settings

- Encourage shared rhythm and group participation
- Support turn taking and collaborative music making



## Additional Activity Ideas

### Create Your Own Rhythm

- Encourage individuals to make their own rhythms using drums, clapping or tapping

### Music and Storytelling

- Play music and invite individuals to imagine a story inspired by the sounds

### Cultural Music Listening Session

- Explore different styles of African music such as traditional drumming, highlife or Afrobeat

### Dance and Movement Session

- Encourage gentle movement or seated dance to the rhythm of the music

### Instrument Exploration

- Allow individuals to explore and try simple percussion instruments

### Group Music Creation

- Work together to create a group rhythm or performance

### Relaxation Through Music

- Use calm African instrumental music to create a peaceful and reflective session

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June 10th 2026



## National Iced tea Day

National Iced Tea Day is a refreshing way to celebrate a simple drink that can be enjoyed in many flavours. This activity offers a relaxed and social experience where individuals can explore different tastes, share preferences and enjoy a calm moment together. It supports wellbeing through sensory engagement, conversation and shared enjoyment.

### Iced Tea Tasting and Refresh

#### You will need:

- A selection of iced teas such as lemon, peach or berry
- Jugs or bottles of iced tea
- Glasses or cups
- Ice cubes
- Fresh fruit such as lemon slices, berries or mint
- A jug of water for rinsing cups if needed
- Optional: straws or colourful cups
- Optional: printed flavour cards or labels

#### What you do:

- Introduce National Iced Tea Day and talk about different flavours and drinks
- Offer a selection of iced teas for individuals to taste
- Encourage individuals to describe the flavours and share their favourites
- Invite individuals to choose and decorate their own drink with fruit or herbs
- Create a relaxed tasting session where everyone can sit together and chat
- Finish by asking individuals which flavour they enjoyed most and why

#### Adaptations:

For individuals with limited mobility

- Provide seated access to the activity
- Support with pouring or handling drinks as needed

For individuals with sensory needs

- Offer options with different levels of flavour intensity
- Provide alternatives such as water if preferred
- Allow participation through observation if more comfortable

For individuals with cognitive needs

- Use simple instructions and visual prompts
- Offer step by step support when creating drinks
- Focus on one element at a time

For individuals who prefer not to taste

- Encourage participation through smelling, observing or conversation
- Allow choice and respect personal preferences

For group settings

- Encourage shared tasting and discussion
- Support turn taking and group interaction

### Additional Activity Ideas

#### Make Your Own Iced Tea

- Prepare a simple iced tea together using fruit, tea and ice

#### Sensory Tea Experience

- Explore smells and textures by looking at fruit, herbs and tea ingredients

#### Taste and Guess

- Blind taste different flavours and try to guess the ingredients

#### Tea and Conversation

- Use the session as a chance for gentle conversation and storytelling

#### Creative Drink Station

- Set up a station where individuals can mix their own flavours and create a personalised drink

#### Summer Theme Display

- Create a colourful display with iced tea, fruit and decorations



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June 11th 2026



## Yarn Bombing Day

Yarn Bombing Day is a fun and creative way to bring colour and texture into shared spaces.

This activity uses simple knitting, crochet or wrapping techniques to decorate objects with yarn. It encourages creativity, teamwork and conversation while brightening the environment and supporting wellbeing through hands on making.

## Yarn Bombing Craft and Community Display

### You will need:

- Yarn in a variety of colours (wool)
- Scissors
- Cardboard tubes, small objects or branches
- Glue or tape if needed
- Pre knitted or crocheted squares if available
- A display area such as a table, tree, rail or small outdoor space
- Optional: ribbons, fabric scraps or buttons

### What you do:

- Introduce the idea of yarn bombing as a creative way to decorate spaces with colour
- Invite individuals to wrap yarn around objects such as cardboard tubes or small items
- Encourage mixing colours and patterns to create bright designs
- If knitting or crochet skills are available, individuals can create small squares to join together
- Display finished pieces in a shared space such as a table display or outdoor area
- Encourage conversation about colours, textures and patterns
- Finish by admiring the collective display and celebrating everyone's contribution

## Adaptation Guidance

### For individuals with limited mobility

- Provide large easy to handle materials
- Offer seated participation and support with wrapping or placing yarn

### For individuals with sensory needs

- Offer a variety of textures to explore
- Allow individuals to choose materials they are comfortable with
- Provide a calm space if needed

### For individuals with cognitive needs

- Break the activity into simple steps
- Use visual examples and demonstrations
- Focus on one task at a time

### For individuals who prefer less hands on activity

- Offer the option to observe, choose colours or take part in discussion
- Allow participation through decision making rather than crafting

### For group settings

- Encourage shared creation of a group display
- Support collaboration and turn taking
- Celebrate each person's contribution



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June 12th 2026



## Philippine Independence Day

Philippines Independence Day is celebrated on 12 June and marks the country's independence and rich cultural heritage.

This activity is a fun and engaging way to explore Filipino culture through colour, creativity and conversation. It supports connection, cultural awareness and wellbeing while encouraging individuals to learn about traditions and celebrate diversity.

## Filipino Cultural Celebration and Flag Craft

### You will need:

- Red, blue, white and yellow paper or card
- Pens, crayons or paints
- Glue and scissors
- Printed images of the Philippines such as flags, landmarks or cultural scenes
- Coloured tissue paper or fabric
- Optional: music from the Philippines
- Optional: simple Filipino snacks if available

### What you do:

- Introduce the Philippines and show the flag, explaining its colours and meaning in a simple way
- Invite individuals to create their own Philippine flags using paper, collage or colouring
- Encourage creativity by adding patterns, textures or decorations
- Play Filipino music and encourage gentle movement or listening
- Look at images of the Philippines and talk about islands, nature and culture
- If possible, enjoy a simple themed snack and talk about food and celebrations
- Finish by displaying the flags together to create a colourful group display



## Adaptation Guidance

### For individuals with limited mobility

- Provide seated craft options and support with materials
- Offer large easy to handle items such as bigger, paper shapes

### For individuals with sensory needs

- Offer a range of textures such as fabric and paper
- Keep the environment calm and adjust sound levels if music is used

### For individuals with cognitive needs

- Use simple instructions and visual examples
- Break the activity into small clear steps
- Focus on one task at a time

### For individuals who prefer less hands on activity

- Encourage observation, listening or conversation
- Offer participation through choosing colours or sharing thoughts

### For group settings

- Encourage shared creation and discussion
- Support turn taking and teamwork
- Celebrate the finished display together

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June 13th 2026



## World Gin Day

World Gin Day is often associated with cocktails, but this activity offers a fun alcohol-free alternative where individuals can enjoy creating their own colourful mocktails.

It is a social and sensory experience that encourages choice, creativity and conversation while supporting wellbeing in a safe and inclusive way.

## Mocktail Mixing Party

### You will need:

- Fruit juices such as orange, apple, cranberry or pineapple
- Lemonade or soda water
- Fresh fruit such as lemons, limes, berries or oranges
- Ice cubes
- Glasses or cups
- Stirrers or spoons
- Optional: mint leaves or herbs
- Optional: umbrellas or colourful straws
- Optional: jugs for mixing and pouring



### What you do:

- Introduce World Gin Day and explain that today is about creating fun alcohol-free mocktails
- Set up a mocktail station with different juices and ingredients
- Invite individuals to choose their own flavours and mix their drinks
- Encourage creativity by adding fruit, herbs or ice to decorate their drinks
- Give each mocktail a fun name such as Sunshine Spritz or Berry Fizz
- Enjoy tasting the different creations together and talk about favourite flavours
- Create a relaxed social atmosphere where individuals can chat and share their drinks



## Additional Activity Ideas

### Name Your Drink

- Encourage individuals to come up with creative names for their mocktails

### Taste and Guess

- Offer different juices for individuals to taste and guess the flavours

### Colour Mixing

- Explore how mixing different juices creates new colours

### Mocktail Menu Creation

- Create a menu board showing different drink ideas with pictures or names

### Fruit Decorating Station

- Prepare a small station where individuals can add fruit to decorate their drinks

### Sensory Experience

- Explore the smell, colour and texture of different ingredients



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June 14th 2026



## Fresh Fruit and Veg Day

Fresh Fruit and Veg Day is a wonderful opportunity to explore the variety of fruits and vegetables grown and enjoyed around the world.

This activity encourages curiosity about different cultures and supports learning through a simple and engaging word search. It is a great way to spark conversation, support memory and promote wellbeing through a fun and familiar activity that can be enjoyed individually or in a group.

### Word Search

- RAMBUTAN
- DRAGONFRUIT
- MANGOSTEEN
- ASPARAGUS
- ARTICHOKE
- PLANTAIN
- CHAYOTE
- CASSAVA
- RADISH
- LYCHEE
- PAPAYA
- DURIAN



D	A	V	A	S	S	A	C	N	Q	X	W	B	D
T	U	F	P	F	O	G	R	A	D	I	S	H	M
Z	I	R	S	P	A	P	A	Y	A	E	P	A	W
X	P	U	I	U	G	V	N	S	K	D	N	B	U
C	L	E	R	A	G	J	N	O	R	G	M	E	P
K	A	R	E	F	N	A	H	S	O	I	M	T	U
X	N	I	E	M	N	C	R	S	R	E	J	O	G
A	T	L	D	S	I	O	T	A	S	N	P	Y	T
V	A	J	Y	T	J	E	G	N	P	O	C	A	Y
W	I	A	R	C	E	Q	J	A	H	S	P	H	Q
I	N	A	W	N	H	P	I	B	R	U	A	C	R
T	F	P	C	F	S	E	O	R	M	D	X	K	Z
F	S	S	O	P	B	P	E	A	H	Z	A	Z	U
R	R	A	M	B	U	T	A	N	B	Z	W	S	M

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June 15th 2026



## Learning Disability Week 2026

Learning Disability Week is a chance to celebrate individuals, raise awareness and promote inclusion, understanding and wellbeing. The following activity ideas support engagement, choice and meaningful participation while creating opportunities for fun, connection and shared experiences.

### Activity Ideas

#### Creative Expression

- Art and painting sessions where individuals can express thoughts and feelings through colour and design
- Collage making using images, textures and words to represent identity and interests
- Group mural or banner celebrating individuality and community

#### Music and Movement

- Music sessions featuring favourite songs to encourage singing, dancing or gentle movement
- Rhythm activities using instruments such as drums, shakers and bells
- Create a playlist together that reflects personal preferences

#### Communication and Expression

- Choice boards or visual prompts to support decision making
- Picture-based storytelling or life story sharing
- Simple discussion groups on favourite topics, memories or hobbies

#### Wellbeing and Relaxation

- Sensory sessions with different textures, sounds and scents
- Relaxation activities such as mindfulness, hand massage or calming music
- Outdoor time in gardens or local green spaces to support connection with nature

#### Games and Social Activities

- Bingo, matching games or simple quizzes adapted for different abilities
- Group board games to encourage interaction and turn taking
- Quiz sessions about favourite topics such as music, films or food

#### Food and Cooking

- Simple cooking or baking sessions with easy to follow steps
- Tasting sessions exploring different flavours and textures
- Decorating biscuits or cupcakes as a creative group activity

#### Storytelling and Media

- Film or book sessions with discussion about characters and stories
- Share success stories and achievements to inspire confidence
- Create a group story together using pictures or prompts

#### Community and Inclusion

- Invite family members or local community groups to take part in activities
- Share achievements and displays in communal spaces
- Create posters or displays that celebrate individuality and strengths

#### Everyday Ideas

- Encourage independence in daily tasks with gentle support
- Offer choice in all activities to promote control and confidence
- Use clear language and visual support where needed
- Celebrate achievements both big and small

These activities help create meaningful opportunities for engagement while supporting confidence, connection and wellbeing. Learning Disability Week is about recognising strengths, celebrating individuality and ensuring everyone feels valued and included.

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**NAPA Learning Space**  
Activity & Engagement Training



June 16th 2026



## Men's Health Month

Men's Health Month is a time to encourage open conversation, connection and positive wellbeing. This activity creates a relaxed space where individuals can reflect, share experiences and explore simple ways to support physical and emotional health. It helps promote wellbeing through conversation, connection and a sense of belonging.

### Strength, Stories and Support

#### You will need:

- Comfortable seating arranged in a circle
- Paper and pens or markers
- Prompt cards with questions or topics
- Images or symbols linked to wellbeing such as exercise, sleep, food and relaxation
- Optional: light refreshments

#### What you do:

- Start by introducing Men's Health Month and the importance of looking after both physical and emotional wellbeing
- Encourage individuals to take part in a group discussion using gentle prompts such as
  1. What helps you feel your best?
  2. What activities do you enjoy to stay active?
  3. What supports your mood or relaxation?
- Invite individuals to share stories, experiences or advice in a supportive space
- Create a simple group list of ideas for staying healthy such as walking, talking, resting and eating well
- Encourage everyone to write or draw something that represents their personal approach to wellbeing
- Finish by reflecting on shared ideas and highlighting the importance of looking after ourselves and each other



#### Adaptations

For individuals with limited mobility

- Offer seated activities and gentle movement options
- Focus on discussion and creative tasks rather than physical activity

For individuals with sensory needs

- Provide a calm and quiet environment
- Offer sensory supports such as fidget items or soft lighting

For individuals with cognitive needs

- Use simple questions and clear prompts
- Allow extra time for responses
- Use visual aids to support understanding

For individuals who prefer not to speak

- Offer alternative ways to participate such as writing, drawing or choosing images
- Encourage listening and observation

For group settings

- Encourage respectful sharing and turn taking
- Support positive and inclusive discussion

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June 17th 2026



# INDIAN RAINBOW SALAD & GARLIC DRESSING

(can be served hot or cold)

Using Knorr RTU & Hellmann's | Serves: 10 | Time: 30 minutes

## Unilever Recipe Idea

### Ingredients

#### Rainbow Salad Base:

- 800g lentils cooked in Knorr Tikka Masala sauce
- 1kg paneer diced and roasted in 300g Knorr Tikka Masala Sauce
- 100g buttered spinach
- 180g Knorr Tikka Masala Sauce
- 80g oil
- 2 red pepper, diced
- 3 green courgette
- 200g butternut squash
- 120g red onion diced

#### Garlic Dressing:

- 200g Hellmann's Real Mayonnaise
- 20g Knorr Garlic Purée
- Warm water to loosen



"The Indian Rainbow Salad is ideal for care settings because its colourful, separate components make texture modification simple while keeping the dish visually appealing. With protein-rich lentils, roasted vegetables and gentle spices from Knorr Tikka Masala, it offers nutritious comfort that encourages appetite. Paired with a soft, creamy Hellmann's garlic dressing, it's a versatile bowl that can be served hot or cold, delivering consistent flavour and nourishment for every resident."

*James*

James Brown  
UFS Executive Chef



### Method:

1. Mix the Knorr Tikka Masala Sauce with oil and coat the onion, courgette, squash & red pepper separately.
2. Roast the veg for 15 mins at 175°C or until tender with a little colour (cook for longer if pureed product is needed)
3. Once cool, plate each component neatly into individual piles (see picture)
4. Mix mayo, garlic & water to make dressing.
5. Drizzle or serve on side.

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June 18th 2026



## Picnic Week

Picnic Week is a wonderful opportunity to enjoy time outdoors, connect with others and celebrate simple pleasures. This activity brings the picnic indoors or outdoors and encourages choice, creativity and social interaction. It supports wellbeing by creating a relaxed and enjoyable shared experience.

## Create Your Own Picnic Experience

### You will need:

- Blankets or picnic mats
- A selection of picnic foods such as sandwiches, fruit, cakes or biscuits
- Juices, water or soft drinks
- Plates, cups and napkins
- Optional: baskets or trays for presentation
- Optional: flowers, bunting or decorations
- Optional: music for a picnic atmosphere

### What you do:

- Set up a picnic area either indoors or outdoors with blankets and picnic items
- Invite individuals to help prepare and arrange the food and drinks
- Encourage everyone to choose their favourite picnic foods
- Create a relaxed atmosphere where individuals can sit together and enjoy their picnic
- Play gentle background music or enjoy the sounds of nature if outdoors
- Encourage conversation about favourite picnic memories or foods
- If possible, add small games or activities such as card games or a gentle quiz
- Finish by reflecting on what everyone enjoyed about the picnic



### Additional Activity Ideas

#### Picnic Basket-Making

- Decorate or pack a picnic basket together with chosen items

#### Outdoor Sensory Picnic

- Explore the sounds, smells and textures of the outdoors while enjoying food

#### Picnic Games

- Include simple games such as ball toss, ring toss or word games

#### Favourite Food Discussion

- Talk about favourite foods and memories linked to picnics or meals

#### Story Sharing

- Encourage individuals to share stories connected to outdoor experiences

#### Themed Picnic

- Create a theme such as traditional picnic, fruit picnic or afternoon tea picnic

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June 19th 2026



## Dragon Boat Festival

The Dragon Boat Festival is a traditional Chinese celebration that takes place each year in early summer. It is a time to remember cultural stories, enjoy special foods and take part in lively traditions.

This activity introduces individuals to the festival through simple creative and sensory experiences. It supports wellbeing, curiosity and cultural awareness in an engaging and inclusive way.

## Dragon Boat Festival Celebration

### You will need:

- Paper or card in bright colours such as red, gold and green
- Scissors and glue
- Crayons, pens or paints
- Printed images of dragon boats or Chinese patterns
- Green leaves or paper to represent zongzi shapes
- Optional: ribbon or string
- Optional: music or gentle drumming sounds

### What you do:

- Introduce the Dragon Boat Festival and share a simple explanation of its traditions
- Talk about dragon boats and show pictures or images
- Create dragon boat crafts using paper, colouring or collage
- Encourage individuals to decorate their boats with bright colours and patterns
- Talk about the tradition of zongzi, which are special rice dumplings eaten during the festival
- If possible, create a simple visual or paper version of a wrapped food shape for decoration
- Play gentle music or rhythmic sounds to represent dragon boat racing
- Encourage conversation about teamwork, celebration and cultural traditions
- Display finished crafts together as a colourful group display

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## Additional Activity Ideas

### Dragon Boat Race Game

- Create a simple tabletop race using toy boats or paper boats

### Colour and Pattern Activity

- Explore traditional Chinese colours and designs through colouring or painting

### Food and Culture Discussion

- Talk about foods associated with the festival such as zongzi

### Rhythm and Drumming

- Use simple drums or clapping to mimic the rhythm of a dragon boat race

### Storytelling Session

- Share the story of the Dragon Boat Festival in a simple and engaging way

### Group Banner

- Create a shared banner decorated with dragons and boats



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June 20th 2026



## Great Outdoors Month

Great Outdoors Month is a perfect opportunity to step outside, enjoy fresh air and connect with nature.

This activity encourages exploration, sensory experiences and gentle movement while supporting wellbeing and relaxation. It can be adapted for indoor or outdoor settings and helps individuals feel connected to the natural world.

## Great Outdoors Discovery Session

### You will need:

- Outdoor space such as a garden or nearby park
- Comfortable seating or blankets
- Simple nature items such as leaves, flowers or stones
- Magnifying glasses
- Paper and pens or crayons
- Buckets or trays for collecting items
- Optional: cameras or tablets for photos
- Optional: binoculars

### What you do:

- Begin by introducing Great Outdoors Month and talk about the benefits of spending time outside
- Take a gentle walk or explore the outdoor space together
- Encourage individuals to look listen and notice things around them such as birds, plants and sounds
- Collect natural items such as leaves or flowers with care
- Use magnifying glasses to explore textures and details more closely
- Invite individuals to draw or describe what they see and experience
- Encourage conversation about favourite outdoor memories or places
- Finish by reflecting on what everyone enjoyed most about being outside

## Adaptation Guidance

### For individuals with limited mobility

- Provide accessible outdoor spaces
- Offer seated participation and bring nature items indoors if needed

### For individuals with sensory needs

- Provide a quiet and calm environment
- Allow individuals to choose how they engage with the activity
- Offer ear defenders if needed

### For individuals with cognitive needs

- Use simple instructions and visual prompts
- Break the activity into small clear steps
- Offer support and reassurance

### For individuals who prefer less physical activity

- Encourage observation, conversation or drawing
- Allow participation through listening and looking at nature

### For group settings

- Encourage shared exploration and discussion
- Support teamwork during activities
- Celebrate discoveries together



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June 21st 2026



## Summer Solstice

The Summer Solstice is the longest day of the year and marks the start of summer. It is a time often associated with light, warmth and new beginnings. This is a wonderful opportunity to celebrate the outdoors, enjoy time together and take part in creative and calming activities that support wellbeing.

## Sun and Shadow Art

*This activity uses sunlight and simple materials to create shadow art. It encourages curiosity, creativity and gentle exploration while supporting wellbeing through a relaxed and engaging experience.*

### You will need:

- Paper or card
- Pens, crayons or paints
- Natural or household objects such as leaves, toys or small shapes
- A sunny outdoor space or a well-lit indoor area near a window
- Tape or Blu tack to hold items in place

### What you do:

- Place paper on a flat surface in a sunny area
- Arrange objects on top of the paper to create shapes or patterns
- Encourage individuals to observe the shadows created by the sunlight
- Invite individuals to draw around the shadows or decorate the shapes
- Move objects slightly and observe how the shadows change
- Encourage conversation about what they can see and how light creates different effects
- Once finished, remove the objects to reveal the shadow outlines
- Display the finished artwork together and celebrate everyone's creativity



## Activity Ideas

### Sunrise or Sunset Watch

- Enjoy watching the sun rise or set and talk about the colours in the sky and how it makes everyone feel

### Outdoor Gathering

- Host a simple outdoor get together with refreshments, music and conversation

### Flower Crown Making

- Create colourful flower crowns using artificial or real flowers to celebrate nature

### Sun Catchers Craft

- Make sun catchers using coloured paper, tissue paper or clear plastic to capture light

### Light and Shadow Play

- Explore shadows using objects in the sun and observe how they change throughout the day

### Nature Walk

- Take a gentle walk to explore gardens or outdoor spaces and observe plants, insects and wildlife

### Summer Reflection Activity

- Encourage individuals to share favourite summer memories or what they enjoy most about longer days

### Music and Movement

- Play upbeat or calming music and encourage gentle movement or dancing

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June 22nd 2026



## Windrush Day

Windrush Day is observed on 22 June and honours the arrival of the HMT Empire Windrush in 1948 when people from the Caribbean came to the UK to help rebuild after the Second World War. This moment marked the beginning of the Windrush generation who made a significant contribution to British society, culture and community life.

Windrush Day is an opportunity to recognise these contributions, share stories and celebrate Caribbean heritage. It supports understanding, respect and inclusion while encouraging meaningful conversations about history and identity.

## Windrush Stories and Celebration

### You will need:

- Paper, pens, crayons or paints
- Printed images or photos relating to Windrush or Caribbean culture
- Coloured paper in the colours of Caribbean flags
- Music from Caribbean artists
- Optional: fabric or decorations in bright colours
- Optional: simple Caribbean foods or snacks

“ The Windrush story is a testament to the enduring spirit of hope and the pursuit of a better life. ”

### What you do:

- Introduce Windrush Day and share a simple explanation of its history and importance
- Show images of the Windrush ship and Caribbean culture to support understanding
- Play Caribbean music and encourage individuals to listen, move or reflect
- Invite individuals to create artwork inspired by Caribbean colours, patterns or themes
- Encourage conversation about family, journeys, home and belonging using simple prompts
- If possible, share food or discuss traditional Caribbean dishes
- Create a group display of artwork to celebrate the Windrush generation and Caribbean culture
- Finish by reflecting on what has been learned and celebrating the stories shared

## Additional Activity Ideas

### Story Sharing

- Encourage individuals to share their own stories or memories of family and heritage

### Music and Movement

- Listen to reggae, calypso or soca music and encourage gentle movement or clapping

### Cultural Colour Activity

- Create patterns using colours inspired by Caribbean flags

### Flag and Symbol Activity

- Explore different Caribbean flags and what the colours represent

### Group Discussion

- Talk about what makes people feel welcome, included and valued

### Memory Box

- Create a box of items, images or words linked to identity and culture



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June 24th 2026

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# Year of Culture

## Acrostic Poem

Think of ideas for each letter  
For each letter, write a word, phrase or sentence that links to your theme

Build your poem  
Each line should begin with the letter from your vertical word

Keep it simple or creative  
You can use single words or full sentences depending on ability and preference

Read it aloud  
Share the poem together and enjoy the different ideas

This is a flexible and creative activity that supports expression, memory and wellbeing while encouraging individuals to share ideas and experiences.



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June 25th 2026



## FIFA World Cup

The FIFA World Cup is one of the most exciting sporting events in the world and brings people together through a shared love of football.

The FIFA World Cup is a great opportunity to create fun and inclusive activities that everyone can enjoy. This seated penalty shootout encourages friendly competition, teamwork and lots of laughter while supporting wellbeing through movement and engagement.

## Seated Penalty Shootout Challenge

### You will need:

- A soft football or lightweight ball
- A box, basket or target area to act as the goal
- Tape or cones to mark a shooting line
- Score sheet and pen
- Optional: football-themed music
- Optional: small prizes or certificates

### What you do:

- Set up a goal area using a box or target and mark a clear shooting line
- Invite individuals to take turns attempting a penalty shot from a seated position
- Encourage each person to aim the ball into the target
- Keep score or simply celebrate each attempt
- Offer encouragement and cheer each player on
- Add variety by changing the distance or making the target smaller or larger
- Continue until everyone has had several turns
- Finish by celebrating everyone's effort and participation

## Additional Activity Ideas

### Team Challenge

- Split into small teams and add up scores

### Target Points Game

- Assign different points to areas of the target for added challenge

### Goal Celebration

- Encourage individuals to create their own goal celebration

### Commentary Fun

- Have someone act as a match commentator to describe the action

### Skills Practice

- Encourage gentle passing and aiming practice

## Adaptations



### For individuals with limited mobility

- Ensure the activity is fully seated
- Adjust the distance of the target to suit ability

### For individuals with sensory needs

- Keep noise levels manageable and offer a calm environment

### For individuals with cognitive needs

- Use simple instructions and demonstrate each turn
- Provide clear visual cues

### For individuals who prefer not to participate physically

- Encourage scoring, cheering or acting as referee

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June 26th 2026



## Cream Tea Day

Cream Tea Day is a lovely opportunity to enjoy a classic British tradition that brings people together through food, conversation and shared moments.

This activity creates a relaxed and sociable experience where individuals can enjoy scones, cream and jam while taking part in simple, enjoyable tasks. It supports wellbeing by encouraging choice, connection and sensory enjoyment.

## Celebrating the Cream Tea

### You will need:

- Scones (plain or fruit)
- Clotted cream and jam
- Butter knives or spoons
- Tea, coffee or a choice of drinks
- Plates, cups and napkins
- Optional: tablecloths or decorations
- Optional: flowers for table display
- Optional: music for a calm atmosphere

### What you do:

- Set up a welcoming cream tea table with all items clearly displayed
- Introduce the activity and talk about the tradition of cream teas
- Invite individuals to help prepare the table by placing items or arranging plates
- Encourage everyone to build their own scone choosing how much cream and jam to add
- Support conversation around favourite foods and memories of tea time
- Encourage individuals to enjoy their cream tea together in a relaxed setting
- Play gentle background music if desired to create a calm atmosphere
- Finish by sharing thoughts on what everyone enjoyed



## Additional Activity Ideas

### Jam or Cream First Debate

- Have a lighthearted discussion about which goes first on a scone

### Scone Tasting

- Try different types of scones such as plain, fruit or savoury

### Tea Tasting

- Offer different teas and compare flavours

### Cream Tea Quiz

- Ask simple questions about tea traditions and food

### Table Decoration

- Create a themed table with flowers or decorations



CLICK HERE

For NAPA's Food  
based Activity  
Guidance

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June 27th 2026



## National BINGO Day

National Bingo Day is a fantastic opportunity to bring people together for fun, laughter and a bit of friendly competition.

This twist on traditional bingo adds music, movement and memory, creating an engaging and inclusive activity that supports wellbeing through social connection and enjoyment.

## Musical Bingo Party

### You will need:

- Bingo cards (numbers or picture based)
- Pens or counters
- A speaker or music player
- A playlist of well known songs
- Small prizes or certificates (optional)

### What you do:

- Set up a comfortable space where everyone can see and hear clearly
- Give each person a bingo card and explain how the game works
- Instead of calling numbers, play short clips of songs
- Ask individuals to mark off the song title or artist on their card if they recognise it
- Encourage singing along, clapping or gentle movement
- Pause between songs to allow time for marking and conversation
- Celebrate when someone calls bingo and continue playing for more winners
- Finish with a group singalong of a favourite song



### Adaptations

For individuals with limited mobility

- Ensure the activity is fully seated and accessible
- Provide support with marking cards if needed

For individuals with sensory needs

- Adjust volume levels and provide a calm environment
- Offer alternative quieter versions if needed

For individuals with cognitive needs

- Use simple instructions and clear cards
- Offer picture based or colour coded options

For individuals who prefer not to play

- Encourage participation through choosing music, helping to call songs or cheering others on

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June 28th 2026



## Year of Culture

Music is a powerful way to explore culture, identity and shared experiences. Creating a Year of Culture playlist is a meaningful activity that encourages individuals to share songs that reflect their backgrounds, memories and personal tastes. This activity supports wellbeing through connection, reminiscence and self expression while celebrating diversity.

## Create a NAPA Year of Culture Playlist

### You will need:

- A music player or tablet
- Access to music apps or CDs
- Paper and pens
- A whiteboard or flipchart
- Optional: printed song sheets or images
- Optional: speakers

### What you do:

- Introduce the idea of creating a shared Year of Culture playlist
- Explain that the aim is to include music from different cultures, countries and life experiences
- Invite individuals to suggest songs that are meaningful to them
- Encourage discussion about why each song is important
- Write down song titles, artists and any memories shared
- Play a selection of songs during the session
- Create a final playlist that can be used in future activities
- Display the playlist in a communal area or share it with the wider team

***This activity celebrates culture through music, creating a shared resource that reflects the identities and experiences of individuals while supporting connection and wellbeing.***

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## Additional Activity Ideas

### Monthly Themes

- Create playlists based on different countries or cultural celebrations each month

### Music and Memories

- Link songs to life stories and reminiscence sessions

### Dance and Movement

- Encourage gentle movement or dancing to different styles of music

### Guest Contributions

- Invite families or staff to suggest songs

### Live Listening Session

- Host a regular session to enjoy the playlist together

Check it out!

**NAPA Learning Space**  
Activity & Engagement Training



June 29th 2026



## Wimbledon 2026 Starts

No celebration of The Championships Wimbledon is complete without the classic treat of strawberries and cream. This activity brings a taste of Wimbledon into your setting, combining simple food preparation with sensory enjoyment, conversation and shared experience. It supports wellbeing through choice, reminiscence and social connection.

### Strawberries and Cream Cups

#### You will need:

- Fresh strawberries
- Whipping cream or ready-made cream
- Sugar (optional)
- Clear cups or bowls
- Spoons
- Knife and chopping board (with supervision)
- Napkins

#### What you do:

- Wash the strawberries thoroughly
- Remove the green tops and cut into halves or quarters
- Place a layer of strawberries into each cup
- Add a spoonful of cream on top
- Repeat layers if desired
- Add a small sprinkle of sugar if preferred
- Serve and enjoy

[CLICK HERE](#)

For NAPA's  
Food based  
Activity Guidance



Make a Strawberries  
and Cream Tart

Make a Strawberries  
and Cream Smoothie

Make a Strawberries  
and Cream Cheesecake



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June 30th 2026



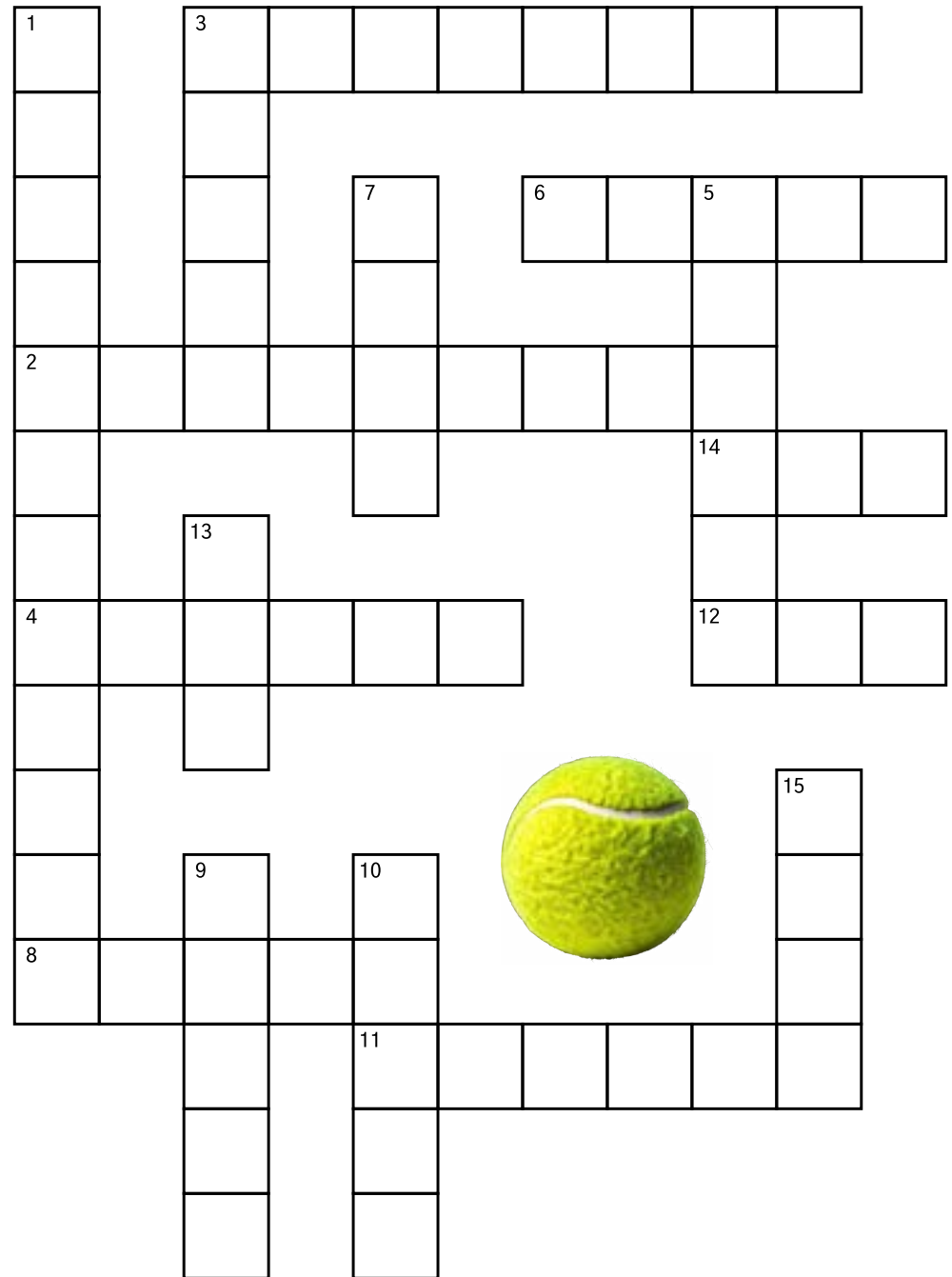
## Wimbledon Crossword

### Across:

2. Famous grass court tournament in London
3. Winner of the tournament
4. Equipment used to hit the ball
6. Complete contest between players
8. The shot that starts a point
11. Official who oversees the match
12. A collection of games in tennis
14. Barrier in the middle of the court

### Down:

1. Traditional fruit eaten at Wimbledon
3. Served with strawberries at the event
5. Sport played at Wimbledon with rackets and a ball
7. Object hit back and forth in the game
9. Surface used at Wimbledon courts
10. Score of 40-40 in a game
13. A serve that cannot be returned
15. Term used for zero in tennis scoring



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