

Your Wellness Wednesday Guide to Fun & Engaging Activities

This guide offers simple steps and ideas for creating enjoyable and accessible activity stations right in your own home. Let's get started!

MANICURE STATION

HAND SCRUB RECIPE

SMOOTHIE STATION

CRAFT STATION



Manicure Station

Gather Your Supplies: Find a comfortable and well-lit spot. Collect the following:

- Bowl of warm, soapy water
- Soft towel
- Nail clippers
- Nail file (emery board)
- Moisturiser or hand cream
- Optional: Nail polish and top coat (in easy-to-open bottles)
- Soften Your Hands: Gently soak your hands in the warm, soapy water for about 5 minutes. This helps to soften the skin and nails.
- Dry Gently: Pat your hands dry thoroughly with the soft towel.
- Trim and Shape: Carefully trim your nails to a comfortable length using the nail clippers. Use the nail file to gently shape the edges of your nails. File in one direction to avoid weakening them.
- Moisturise: Massage a generous amount of moisturiser or hand cream into your hands and cuticles. This helps to keep your skin soft and hydrated.
- Optional: Add Colour: If you like, apply a thin layer of nail polish. Allow it to dry completely before applying a second coat. Finish with a clear top coat for extra shine and protection.
- Relax and Enjoy: Admire your freshly manicured hands!



Gentle Oatmeal & Honey Hand Scrub

This scrub is gentle, moisturising, and uses simple ingredients you might already have.

Ingredients:

- 2 tablespoons finely ground oatmeal (you can blend regular oats briefly)
- 1 tablespoon honey (runny is easier to mix)
- 1 teaspoon olive oil (or any mild vegetable oil)

Instructions:

- **Combine:** In a small bowl, mix the ground oatmeal, honey, and olive oil together until you form a paste.
- **Apply:** Gently massage the scrub onto your hands, paying extra attention to dry areas and knuckles.
- **Rinse:** Rinse your hands thoroughly with warm water.
- **Moisturise:** Pat your hands dry and apply your favourite hand cream.

Enjoy your soft and refreshed hands!



Smoothie Station

Simple Smoothie Station Setup:

- Gather Your Blender
- Prep Your Ingredients: Have your chosen fruits (washed and roughly chopped), yoghurt, milk or juice, and any other additions ready in easy-to-reach containers. Consider pre-portioning ingredients for even easier blending.
- Measuring Tools: Keep measuring cups and spoons handy if needed.
- Serving Glasses: Have clean glasses ready to pour your delicious smoothies into.
- Optional Toppings: If desired, have small bowls of toppings like seeds, granola, or extra fruit slices.

Ingredients:

Berry Blast Smoothie:

- 1 cup mixed berries (fresh or frozen)
- 1/2 cup plain yoghurt (dairy or non-dairy)
- 1/4 cup milk or juice (apple, orange, or almond work well)
- Optional: 1 teaspoon honey or maple syrup (for extra sweetness)

Instructions: Combine all ingredients in the blender and blend until smooth. Add more liquid if needed to reach your desired consistency.

Tropical Treat Smoothie:

- 1/2 cup chopped banana (fresh or frozen)
- 1/2 cup chopped pineapple (fresh or canned, drained)
- 1/4 cup mango chunks (fresh or frozen)
- 1/4 cup orange juice
- Optional: A small squeeze of lime juice

Instructions: Combine all ingredients in the blender and blend until smooth. Add more liquid if needed.



Craft Station

Simple Decoupage on Coasters

Supplies: Plain cork or wooden coasters, colourful paper napkins with nice designs (single ply is best), Mod Podge (or similar craft glue/sealer), a soft paintbrush, scissors.

Instructions

- **Prepare Napkins:** Carefully separate the layers of your paper napkins so you only have the top printed layer.
- **Cut Designs:** Cut out interesting shapes or sections from the printed napkin layer. Don't worry about perfect edges.
- **Apply Glue:** Using the paintbrush, apply a thin layer of Mod Podge to the top of a coaster.
- **Place Napkin:** Gently place a cut-out napkin design onto the glued coaster. Smooth it out carefully with your fingers, working from the centre outwards to avoid wrinkles.
- **Seal:** Once the design is in place, apply another thin layer of Mod Podge over the top of the entire coaster and the napkin design. This seals it.
- **Dry:** Let the coasters dry completely. You can apply another thin coat of Mod Podge for extra durability if desired



Thank you for taking part in Wellness Wednesday!

We hope you enjoyed all the activities in this pack!

Did you know.... We have a Wellness & Activities Platform that is created by experts in wellbeing, mental health, dementia and nutrition?

Our, On Demand Wellbeing and Activities platform empowers residents and staff in social care settings.

[Find out more here](#)

