

Step Into May 2026

Activity Pack for Care Homes

Get moving and join local charity Alive in lighting up later life every day this May

 **alive**
Lighting up later life

Activity Pack for Care Homes

Step Into May

From 1st - 31st May, Bristol-based charity Alive are inviting everyone to get moving to light up later life.

As one of the UK's leading charities providing meaningful activity for older people and their carers, our Step Into May appeal encourages everyone to enjoy the benefits of being outside and active, while making a real difference to our community.

About This Activity Pack

To help care homes take part, we've put together this handy activity pack to download or print out.

Inside, you'll find dementia-friendly activity ideas all themed around physical activity and wellbeing to ensure that every resident can take part in the fun.

You'll also find instructions on how to plan your own sponsored walk or activity challenge to help raise money for Alive!

To find out more about Step Into May, or to contact our team, head to our website: aliveactivities.org/step-into-may.

Memory Lane Walk

Go for a walk around familiar neighbourhood spots. Think about what stories are associated with the different places and share with the person you are with - why not try making a voice recording or video!

Indoor version: Wander down Memory Lane from the comfort of your armchair - use an iPad or laptop to look at photos and videos of places from your past. Try Google streetview for a virtual walk!

Kindness Post

Write encouraging messages to share with others. Decorate pebbles or paper with your uplifting words and leave them around your local park or community garden for people to find.

Indoor version: Try this around your care home.

Guided Nature Mindfulness

Take a moment to pause. Head outside to your garden or local beauty spot. Listen for three different sounds. Can you feel the breeze on your face? What colours can you see?

Indoor version: Find a quiet spot and listen to an audio recording of the sea, a forest, or the dawn chorus. Imagine yourself being there.

Birdwatching & Nature Spotting

How many feathered friends are around you? Use laminated cards with pictures of birds, plants and flowers. Can you spot any of these around you in your garden or local park? Keep a record of what you can find.

Indoor version: Find a spot with a window view. What nature can you see?

Outdoor Art Circle

Channel your inner Impressionist. Join a group of friends for an afternoon in a sunny park or garden, painting watercolours of the scenery.

Indoor version: Bring the outside in for a nature-themed art session.

Balloon Tennis

Guaranteed fun to get everybody moving! Blow up a balloon and take it in turns to rally it across to one another. Inside or out, this is a great way to get people moving and laughing. Try with music too!

Guided Tours: Videos

Enjoy an excursion from your lounge. Or with a resident in their room. Peruse the streets of Bath with Ken, or explore St George's Hall by scanning the QR codes.

 YouTube



Plan a sponsored walk or challenge

Boost your Step Into May activity by turning it into a sponsored challenge raising money for Alive!

Whether its a mini-marathon in your garden, or a sports day inviting residents' friends and family, your efforts could go the extra mile and raise vital funds for Alive.

How To Get Involved:

1. Head to our **JustGiving** page. Or scan the below QR code.
2. Click on 'Start Fundraising' to create your own fundraising page for your challenge.
3. Set your target and add a photo.
4. Share your page on your social media and ask them to sponsor you.
5. Have fun!

Activity Ideas

- Sponsored walks with residents
- Sponsored walks with staff
- Care Home sports day
- Seated movement exercises



1 - 31st May 2026

Get moving and join local charity Alive in lighting up later life every day this May

Every step counts in raising vital funds for older people and their carers.

Step Into May encourages everyone to enjoy the benefits of being outside while making a difference to our community.

Plan your own sponsored movement challenge, **join us** for a group walk on Saturday 30th May in Bristol, or **donate**.



Scan the QR code with your phone camera to find out more!

Donate to our appeal

Join us for Walk:Bristol

Plan a sponsored walk



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aliveactivities.org/step-into-may



Alive is a Registered
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