

#AloneTogether

Daily creative distractions from **The Cares Family**



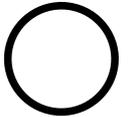
@TheCaresFamily

Tick it off!

Wednesday 1st July

July 1st is the 182nd day of the year and is the Second Half of the Year Day. We know it's not quite gone as any of us expected...

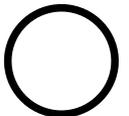
Task: Share something that you're proud of yourself for achieving this year, however big or small!



Thursday 2nd July

Karaoke – you either love it or you hate it. For some, it's an opportunity to showcase talent, for others the lack of vocal ability is more than made up for by enthusiasm.

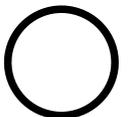
Task: What's your go-to karaoke song and why?
Submitted by David H, older neighbour at South London Cares



Friday 3rd July

Today is Compliment Your Mirror Day!

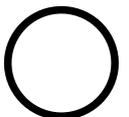
Task: Write something encouraging on a post-it note and stick it on your mirror - repeat it whenever you look in the mirror.



Saturday 4th July

You don't have to wait for celebrations to surprise a friend or to say thank you.

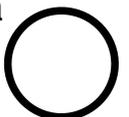
Task: Make a thank you card for someone just to make them smile.



Sunday 5th July

P. T. Barnum, the inspiration behind "The Greatest Showman" film and founder of Barnum & Bailey's Circus, was born today in 1810. Barnum was a man with a big dream and despite being told 'no' many times, he stopped at nothing.

Task: What is a big dream of yours? Share something you want to accomplish in your lifetime (or maybe you already have accomplished it!)

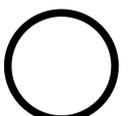


Monday 6th July

You say tomato, I say tomato!

Task: Think of some this-or-that questions, pasta or rice? Shower or bath? Music or TV? Silver or gold? Phone someone you know and ask them your this-or-that questions, and compare your answers!

Submitted by David from Liverpool Cares



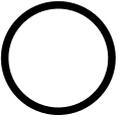
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Tuesday 7th July

Take a moment today to reflect on all the things you are thankful for.

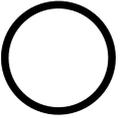
Task: At the top of a page write "The Little Things". Now fill your page with your favourite things, anything you're grateful for, people you love, things you are proud of... until the entire page is completely full of little things!



Wednesday 8th July

Today in 1822, romantic poet Percy Bysshe Shelley, drowned when his boat capsized in a storm in the Bay of Spezia.

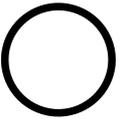
Task: One of Shelley's poems, "To the Moon", asks some pretty big questions. Write your own poem entitled "To the Moon" and ask it some questions of your own.



Thursday 9th July

A brutalist block or a modern mansion? Wooden beams or glass skylights?

Task: If you were an architect for the day, what would your dream home look like? Have a go at drawing it!

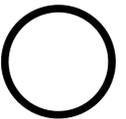


Friday 10th July

Usually in the summertime there are literary festivals that bring audiences together. While festivals can't happen right now, lots of people have more time to enjoy books.

Task: Can you share a favourite book you've read recently? What did you enjoy about it?

Submitted by younger neighbour Holly from Marsh

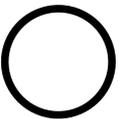


Saturday 11th July

With so much negative imagery in the media every day these days it's often hard to stay positive and hopeful.

Task: Take some old newspapers or magazines and use them to make a collage of some feel-good beauty!

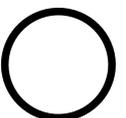
Submitted by older neighbour Hilary, 68 from Manchester Cares



Sunday 12th July

On this day in 1960, the popular drawing toy Etch A Sketch was first produced!

Task: With a pen/pencil and piece of paper, get creative and produce some art without ever taking your pencil off the paper!



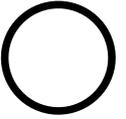
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Monday 13th July

Today is Sir Patrick Stewart's birthday – famous for his career with the Royal Shakespeare Company, and his leading role as Captain Jean-Luc Picard in Star Trek.

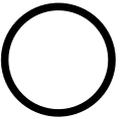
Task: Fans of Star Trek are often called Trekkies. Have you ever been obsessed with a TV show? Tell us about a TV series you've returned to time and time again and why it's your favourite.



Tuesday 14th July

Today in 1858, Mancunian suffragette Emmeline Pankhurst was born, best remembered for being a leading organiser of the UK suffragette movement.

Task: Write a letter to an inspirational woman who has empowered you.

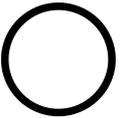


Wednesday 15th July

This week we'd usually be tucking into strawberries and cream and watching the Wimbledon championships.

Task: Name your favourite Wimbledon moment – it could be a McEnroe meltdown, a Williams ace or Murray five set thriller! Not into tennis? Tell us your favourite sporting moment of all time!

Submitted by lana, younger neighbour at East London Cares

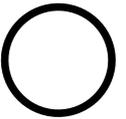


Thursday 16th July

Some of us have taken to new hobbies during lockdown – particularly getting crafty!

Task: Have you got any top tips and ideas about crafts that have been keeping you busy? Collage? Crochet? Share your skills with us!

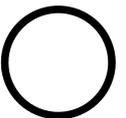
Submitted by younger neighbour Chloe F, from North London Cares



Friday 17th July

Today in 1955, Disneyland opened its doors for the first time, often known as "The Happiest place on Earth".

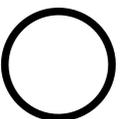
Task: Can you think back to a favourite childhood memory, perhaps an amazing family holiday, a great day out with a best friend? What were you doing and who were you with? What was your favourite part?



Saturday 18th July

Today in 1918, anti-apartheid revolutionary Nelson Mandela was born. After 27 years in prison, he was elected as the country's first Black head of state.

Task: Can you write down three things that you could start doing from today to make the world a better place?



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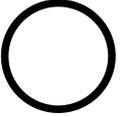
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Sunday 19th July

It's OK to be feeling a lot of emotions right now!

Task: Draw five ovals on a page. Now turn those ovals into faces, but with different expressions. Try to make one look really happy, the next could be angry, try and make a face that looks scared, or excited. Maybe look in the mirror and pull different faces to inspire you!

Submitted by Liverpool Cares younger neighbour Hannah

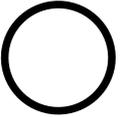


Monday 20th July

Schools have had to be super creative with lesson plans recently!

Task: Plan a lesson on something that you're passionate about that should be taught in school – it can be on any topic that's important to you.

Submitted by Alice, younger neighbour at Manchester Cares

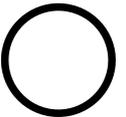


Tuesday 21st July

It doesn't take long to have a life-changing experience.

Task: Looking back at your life's adventures: what was the one that had the biggest impact on your life?

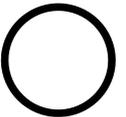
Submitted by Callum K, younger neighbour at South London Cares



Wednesday 22nd July

Today in 1969, US astronaut Neil Armstrong took one giant leap for mankind, as The Eagle landed on the moon.

Task: If you had landed on the moon, what would be your famous first words to the world?

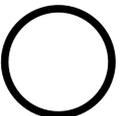


Thursday 23rd July

Now that it's July, we're half way through 2020, which will certainly be one for the history books!

Task: Imagine you were writing your own history – which important events would make it onto the timeline of your life?

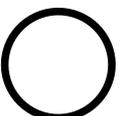
Submitted by younger neighbour Helen from Marsh



Friday 24th July

On this day in 1802, Alexandre Dumas was born – author of The Three Musketeers, a political, swash-buckling adventure.

Task: Have you got a favourite trilogy of characters, books or films? Perhaps you have your own trilogy that you'd like to create!



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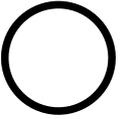
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Saturday 25th July

"I was a war time baby, we didn't have much, but what we did have was a few pencils and some crayons – we used to look out of the window and just draw what we could see."

Task: Can you draw what you can see from your window, or what you wish you could see from your window!?

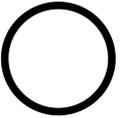
Submitted by Marie K, 88, from Manchester Cares



Sunday 26th July

Today in 1875, psychiatrist Carl Jung was born. A famous quote of Carl's is: "You are what you do, not what you say you'll do."

Task: Do something kind today, just because!

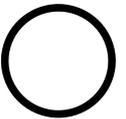


Monday 27th July

Being out in nature can help us to feel calmer and more at one with the world.

Task: Imagine that you are on a countryside walk. Write a poem describing what you see, what it smells like, what you can hear, and what you can feel.

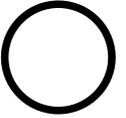
Kate W, younger neighbour at Manchester Cares



Tuesday 28th July

Today in 1866, author Beatrix Potter was born – creator of The Tale of Peter Rabbit, and many other animal escapades including pigs, mice and kittens.

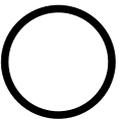
Task: Illustrate your own short story, with your favourite animal as the lead!



Wednesday 29th July

Today in 1981 the wedding of Prince Charles and Lady Diana Spencer was watched on television by millions of people worldwide.

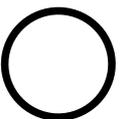
Task: What's one of the most memorable weddings you've attended? It might be your own wedding or the marriage of a friend! What do you recall about the day?



Thursday 30th July

Today in 1818, novelist Emily Bronte was born, best known for her story Wuthering Heights, which was vivid with descriptions of the Yorkshire Moors.

Task: If you were to start writing a novel today, where would it be set? What would it be about? What would the opening line be?



Friday 31st July

Give yourself a pat on the back and take some time to reflect on all the wonderful things you've created.

Task: You know the drill by now. Let's celebrate the end of another beautiful month of #AloneTogether. Stick on your favourite record and get grooving!

