



THE CARES FAMILY

#AloneTogether **August 2020: Daily Activities**

Saturday 1st August

Today in 1774, chemist Joseph Priestley first discovered “oxygen”.

Task: Sit comfortably with both feet on the floor. Notice your breath filling your stomach. Close your eyes, breathe in through your nose and exhale gently from your mouth. Imagine somewhere relaxing. Try to do this for three minutes.

Sunday 2nd August

The Royal Liver Building in Liverpool stands at 322 ft tall and is home to two fabled Liver Birds that watch over the city and the sea.

Task: If you designed a building, what animal would watch over your city?

Monday 3rd August

We're all finding inventive ways to keep busy at home during lockdown.

Task: Tell us about your favourite hobby that's kept you entertained in lockdown!

Tuesday 4th August

Today in 1901, jazz trumpet player Louis Armstrong was born in New Orleans.

Task: From the New Orleans Jazz festival, to La Tomatina in Spain – is there a celebration/festival from around the world you'd like to go to, or have been to?

Wednesday 5th August

Today in 1926, Harry Houdini spent 91 minutes underwater before escaping.

Task: What's your best trick? Do you have a go-to joke, impression or anecdote?

Thursday 6th August

Today in 1926, Gertrude Caroline Ederle became the first woman to swim the English Channel.

Task: What's a goal you would love to achieve in life? What little step can you make every day to bring you closer to this goal?

Submitted by Fiona, younger neighbour at South London Cares

Friday 7th August

Inspiration is all around us, even in the most mundane moments.

Task: Turn on the TV or radio. Write down the first sentence you hear. Use this sentence as the opening line of a poem or short story.

Saturday 8th August

International Clown Week takes place in August, as a tribute to the first recognised group of organised clowns.

Task: Use clothing or items from around your house to have a go at dressing yourself up as a clown.

Submitted by Jacky, 28, a younger neighbour at Manchester Cares

Sunday 9th August

Astrophysicist William Alfred Fowler was born today in 1911. Together with Subrahmanyan Chandrasekhar, his work on nuclear reactions within stars won the Nobel Prize in Physics.

Task: Close your eyes and draw random dots all over a page. Open them and connect up some of the dots into your very own constellation. What's it called?

Monday 10th August

Today in 1908, Australian botanical artist and historian, Rica Erickson was born, famous for her accurate watercolour illustrations of Western Australian plants.

Task: Have a go at making an artistic recording of something in your home habitat. It could be a pencil, a book, a plant – you choose.

Tuesday 11th August

Daydreaming is the best!

Task: Imagine planning a road trip; select your vehicle and think of all the ways you could kit it out. Perhaps there are things you've had around the house that would inspire you – an old bedspread could make great curtains for a van!

Submitted by Cheryl, older neighbour at North London Cares

Wednesday 12th August

Who doesn't love ice cream? In fact, an ice-cream-like food was first eaten in China in 618-97AD, so people have been enjoying it for thousands of years.

Task: Invent your dream ice cream flavour. What would it be called?

Thursday 13th August

Today in 1899, British film director Alfred Hitchcock was born, best known for films full of suspense including Psycho, The Birds and Rebecca.

Task: What's the best film you've seen during lockdown?

Friday 14th August

Children's stories have the power to capture our imaginations for life.

Task: Write your own children's book (it doesn't have to be long!). Who would the main character(s) be? What message would you be sharing?

Saturday 15th August

Today in 1969, the music festival Woodstock began. The three day concert filled to the brim with bands is an icon of 1960s counter-culture.

Task: Design your own festival. What different stages would you have? Where would it be? What kind of music and food?

Sunday 16th August

We could all do with a little more magic in our lives...

Task: Imagine you're a famous magician – what would your stage name be and what would be your signature trick?

Monday 17th August

Today in 1978 the first Trans-Atlantic hot air balloon trip was made. Starting in Maine, the balloon travelled over 3,000 miles in 137 hours, landing near Paris.

Task: Draw your own hot air balloon flying over your favourite landscape.

Tuesday 18th August

Today is International Bad Poetry Day, so if you think you have no poetical talent, today is the day for you.

Task: Write a poem. It doesn't matter if it's terrible. It could be boring. It could have no rhyme. It could be anything – you might surprise yourself!

Submitted by Heather, Social Clubs Coordinator at Manchester Cares

Wednesday 19th August

The country has been captivated by online quizzes during the lockdown period.

Task: What area of trivia most interests you? Can you write an exciting quiz or a series of riddles to captivate a crowd?

Submitted by Reginald, older neighbour at South London Cares

Thursday 20th August

Today in 1911, the first telegram was sent around the world in just 16.5 minutes.

Task: The postal service and technology means we can speak to people who are very far away – what's the furthest distance you've communicated to someone?

Friday 21st August

The Mona Lisa was stolen from the Louvre gallery in Paris, on this day in 1911.

Task: If you could have an original piece of artwork by any artist hanging in your home, what would you choose and why?

Saturday 22nd August

Today in 1485, Richard III became the last English king to die in battle at Bosworth Field, Leicestershire. In 2012, the remains of his body were found in a car park.

Task: Have you ever discovered something in an unexpected place?

Sunday 23rd August

Have you noticed there are more spiders around at the moment? Scientists say it's due to the combination of warm and wet weather this summer.

Task: Is there a particular type of crawly that gives you the creeps? Sometimes drawing them can make them less frightening. Grab a pen and be brave!

Submitted by Chiara, younger neighbour at North London Cares

Monday 24th August

In the Living Cities room of the Tate Modern, Kader Attia has sculpted a model of the ancient city Ghardaïa in Algeria's M'zab Valley, entirely from couscous.

Task: Construct your own city sculpture from whatever you have to hand: blue tack, pasta, loo rolls – and name it! Is your city real or imaginary?

Tuesday 25th August

There is a lot of time for reflection while spending so much time at home.

Task: Write down ten things you're grateful for. Pop them into a jar and whenever you need a pick-me-up. Take one out and savour the good things in life.

Submitted by Abbie, Social Clubs Coordinator at Liverpool Cares

Wednesday 26th August

August is usually a time when many people head off on their summer holidays.

Task: Write a short story about your dream vacation!

Thursday 27th August

Today in 1955, *The Guinness Book of World Records* was first published.

Task: If you could break a world record, which world record would it be?

Friday 28th August

Today in 1749, German philosopher Johann Wolfgang von Goethe was born. One of his philosophies was "*Enjoy when you can, endure when you must.*"

Task: What's your philosophy for living life?

Saturday 29th August

Archaeology is the study of humans through the objects they leave behind – by studying pottery, jewellery, and buildings, archaeologists piece history together.

Task: What object do you think would best tell your story?

Sunday 30th August

Today in 1797, Mary Shelley, author of *Frankenstein* was born.

Task: What's your greatest phobia. Have you ever tried to overcome it?

Monday 31st August

Today would have been the last day of Notting Hill Carnival. The festival was started in 1964 by community activist, Rhaune Laslett, as a way for the West Indian community to celebrate their traditions, culture, heritage and freedom.

Task: What music, food, dance or story would you share with others to celebrate your identity?