



THE CARES FAMILY

## #ALONE TOGETHER October 2020 Weekly Activities

Each month we will share with you activities you can try at home. We're all still getting used to the changes to our social lives but doesn't it feel easier when we imagine ourselves as #AloneTogether – thinking, writing & making?

We hope you'll try your hand and share your completed tasks with us via @TheCaresFamily! There is one task for each week of October, so join neighbours from all across your community in giving them a go. We've included a wordsearch created by neighbour Helen B from North London Cares, from September's tasks.



FOOD      CUPBOARD  
JAM      PICKLES  
JUICE      SAUCE  
GRAVY      SYRUP  
MARMALADE  
KETCHUP  
TREACLE  
FLOUR  
TEA  
MAYONNAISE

## **WEEK 1**

**As part of Black History Month we want to put the spotlight on racial equality and our passion for seeing this become a reality. In Martin Luther King's famous 'I Have A Dream' speech, he spoke to the hearts of many about the issue of racial equality and laid out his vision of what the world could one day look like.**

Task: If you had the opportunity to take the podium and speak to a crowd about supporting racial equality, what would your vision be? How would you hope people change to make it happen? Have a go at writing your own 'I Have A Dream' speech.

*Submitted by Enoch, South London Cares*

## **WEEK 2**

**The Savoy Theatre in London's West End was opened on 10th October 1881. It was the first theatre and first public building to be lit entirely with electricity.**

Task: Have you ever thought about writing a play? Why not think of a subject your play would be about and then write a paragraph describing it. Who knows, it could end up in the West End one day!

## **WEEK 3**

**Autumn is here and the view outside our windows is changing. To remember the fantastic flowers that sprung in Spring and Summer why not try pressing some?**

Task: Take the heaviest book you have and some scrap paper. Open the book in the middle, and between the scrap paper sandwich a freshly picked flower. A few weeks later when it's dried and pressed you'll have a beautiful keepsake.

## **WEEK 4**

**2020 is the year of The Big Green Draw Festival. The theme is *Climate Of Change*, and focuses on the relationship between people and our living environments and ecosystems.**

Task: Take a pen or pencil and try drawing the ways we live in harmony with nature, the ways that we don't and even better... ideas for how to make positive changes in the future!

## **WEEK 5**

**It's Autumn and soon conkers will be falling from the trees in their spiky shells! What was your favourite game as a child?**

Task: How about inventing a new game that people could play over the phone with someone? Try and think of the funnest sounding name you can!