



THE CARES FAMILY

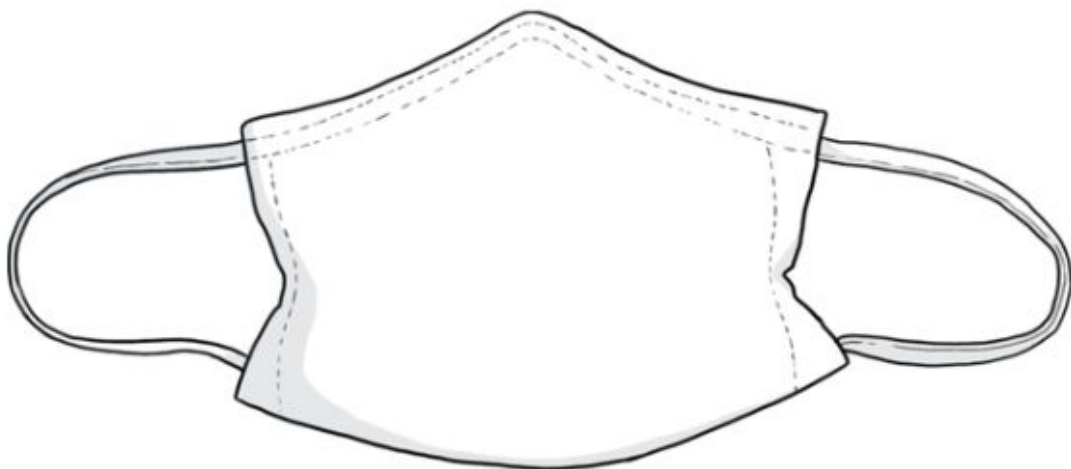
#ALONETOGETHER

September 2020

We've put together four activities for you to enjoy this month! We hope you take joy from the fact that lots of neighbours across the country will be completing these activities at home at the same time as you.

Monday 7th September

You're now required to wear a face covering in lots of places. If you could design your own face mask, what would you like it to look like? What message would you like to send out to all of the people you encounter? Draw a picture, write a message or colour in this mask template.



Monday 14th September

Did you know you can make a yummy chocolate cake using some simple store cupboard ingredients, a mug and a microwave?

Find the biggest mug you have. Add:

- 2 tablespoons of self raising flour
- 2 tablespoons of caster sugar
- 1 tablespoon of cocoa powder and MIX!

- Add HALF a medium egg and mix again
- Add 2 tablespoons of milk
- Add 1 tablespoon of vegetable or sunflower oil and mix until smooth
- Add some chocolate chips, nuts or raisins if you have them!
- Cook it on high in the microwave for 2 minutes
- Enjoy your chocolate mug cake!

Monday 21st September

Monday 21st September is United Nations International Peace Day. Can you write down three ways you could make your life more peaceful?

Can you write a poem about peace? Ideas for openings include:

- 'I feel peace in my heart...'
- 'The river's water runs still and deep'
- 'I see a morning Lark...'

Monday 28th September

Today is 'Ask a Stupid Question Day?' and the trick is...there are no stupid questions!

Have you got any burning questions in your mind? Maybe you're wondering about some cultural phenomenon that doesn't seem to have a logical origin, or are curious about how something got its name.

So whatever is on your mind, ask us! Ask a neighbour! Let's get to the bottom of it all, and you never know what you might discover along the way.

In The Cares Family, we were wondering 'where does Bovril come from?' The answer is *very* long. But we did discover that it became popular during the Second Boer War and was served as 'Beef Tea.'

We think 'Bovril' was definitely an improvement...