

#AloneTogether

Daily creative distractions from **The Cares Family**

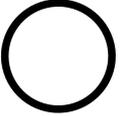
 @TheCaresFamily

Wednesday 1st April

Tick it off!

It's April Fool's Day, so let's start with a joke.... What did the pirate say when he turned 80? Aye Matey!

Task: Call someone up – it could be a friend, a relative or just someone you've not spoken to in a while – and tell them a joke. Ask them to tell you one in return!

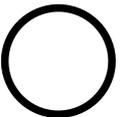


Thursday 2nd April

Today is Maya Angelou's birthday. Poet, activist and all round phenomenal woman.

Task: Write your own poem using one of Angelou's most famous opening lines:

- *You may write me down in history...*
- *A free bird leaps...*
- *We were entwined in red rings...*



Friday 3rd April

Desert Island Discs is a much loved radio show, where guests become 'castaways' and choose their favourite songs they couldn't live without.

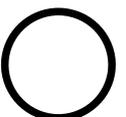
Task: Imagine you've been invited on the show. Pick 5 songs that represent pivotal points in your life. Jot them down, then choose 1 luxury item and your favourite book.



Saturday 4th April

Children around the country are drawing rainbows and putting them in their windows so that people have something to look at when they walk around their communities.

Task: Make your own rainbow poster and put it in your window or on your door to make people smile when they walk past.



Sunday 5th April

It's natural to feel overwhelmed at the moment, but remember joy is everywhere!

Task: Draw around your hand. Inside the lines draw and write all the things in your life you are grateful for. Decorate it!



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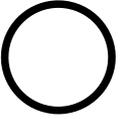
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Monday 6th April

Meditation can be a really helpful way to distract you from your worries.

Task: Take a tiny piece of food (chocolate, raisin, nut, square of cheese...)

- Relax: *Take some deep breaths, close your eyes and get comfortable.*
- Sniff, look and nibble: *Really take in how the food looks and feels. Enjoy the aroma. Take the tiniest bite. Continue to breathe and focus.*
- Sensations: *How does it make your mouth feel? How about when you swallow? Focus on the piece you're holding again. Keep breathing deeply.*
- Savour: *Take another bite. Relish it. Enjoy it.*



Tuesday 7th April

Think of someone you really like: this could be a long-lost love, your cat, an old pal or a famous singer you've always had a thing for!

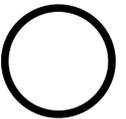
Task: Take a piece of paper and draw a portrait of someone special. The catch: while you're drawing the outline you're not allowed to look at the paper! When the outline is done, jazz your portrait up with bright colours (this time you can look). Voila – your very own Picasso portrait!



Wednesday 8th April

We've all got ideas of how to make our neighbourhoods better.

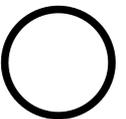
Task: Imagine you're a town planner. Draw or write about your perfect neighbourhood! Think about what would be important to have, like green spaces, theatres and community halls.



Thursday 9th April

In many different cultures spirit animals are spirits that guide an individual on a journey and whose characteristics that person shares or embodies.

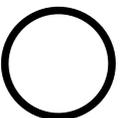
Task: If you were an animal, what animal would you be? Draw your animal!



Friday 10th April

Upcycling is taking something you might throw away, and repurposing it.

Task: What have you got lying around your house that needs fixing? It could be a top with a hole in, a tin can that you upcycle into a pen holder or a plant pot, a chest of drawers that need a lick of paint. What can you transform?



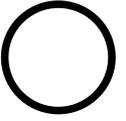
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Saturday 11th April

Take your oldest item of clothing out of the wardrobe. Think about the life it has lived, where it has been, what events it has witnessed.

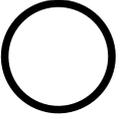
Task: Write a short story from the perspective of that garment.



Sunday 12th April

Wishing you all a very happy Easter Sunday!

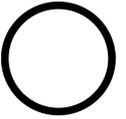
Task: It's a tradition to buy or make a new hat for Easter, called an Easter bonnet. Using objects from around the house, make your own Easter Bonnet!



Monday 13th April

Sometimes life doesn't always work out as we planned. We've all got other dreams and paths we sometimes ponder. Those what ifs and maybes....

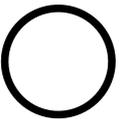
Task: If you could have any job in the world, what would it be and why?



Tuesday 14th April

We may be spending lots of time in our homes, but we bet there are plenty of things we own that we've forgotten all about!

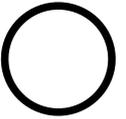
Task: Find objects around your home that start with each letter of the alphabet. If you can't find one, imagine something you'd like to own beginning with that letter.



Wednesday 15th April

On this day in 1452, the famous painter Leonardo da Vinci was born.

Task: Draw a self-portrait without the pen leaving the page.



Thursday 16th April

On this day in 1963, civil rights activist Martin Luther King Jr. wrote one of the world's most famous letters - now known as a Letter From Birmingham Jail.

Task: Write a letter to a friend you haven't spoken to in a while. Share a favourite memory of the two of you together, a song that reminds you of them and something you've enjoyed doing in the last year.



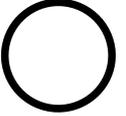
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Friday 17th April

Today is International Haiku Day. A Haiku is a short poem, with three unrhymed lines. The first line has 5 syllables, the second has 7 syllables and the third has 5 syllables. Here's an example:

*The blossom tree sways
Pink petals dance in the breeze
Spring - my friend - is here.*



Task: Can you write a Haiku about where you live? Can you write a Haiku about nature? See how many Haikus you can come up with.

Saturday 18th April

Today is International Day for Monuments and Sites.

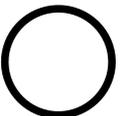
Task: If you could build a monument, where would it be and what would it be for? It could be a bench for someone special, a plaque for a famous person, or a huge tower for a moment in history. Draw your monument and tell us why it's important.



Sunday 19th April

There's always that one household task we put off for too long...

Task: Choose a room, a cupboard or something to clean or sort. It might be a drawer or a bookshelf you want to get in order, or some cutlery or mirror that needs a polish. If you can, take a photo before and after - it's much more satisfying!



Monday 20th April

Love makes the world go around!

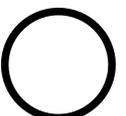
Task: Write a love letter to an inanimate object. It could be a favourite car, a bicycle, a country, even a type of food, it just can't be a person...
Dear Pizza, you're the best!



Tuesday 21st April

You don't need any training to be an artist - everyone has a unique way of interpreting the world around them.

Task: Choose a favourite photo or painting you have at home. Make an abstract representation of it. You could use pens, pencils, paints or objects. Think about what colours and shapes represent the mood and the landscape and/or the people in it.



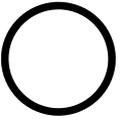
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Wednesday 22nd April

Today marks 50 years celebrating World Earth Day!

Task: Make a pledge to do something environmentally friendly. It might be turning the lights off when you leave a room, or not wasting any water by running taps too long.

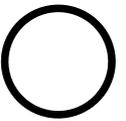


Thursday 23rd April

Though we're not entirely sure of the exact date, playwright William Shakespeare's birthday is usually celebrated today.

Task: Write a short speech, story or a poem using one of these famous lines:

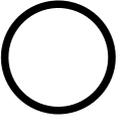
- *I am one who loved not wisely but too well...*
- *If music be the food of love, play on...*
- *To thine own self be true...*



Friday 24th April

Whilst we can't enjoy a party together, that doesn't mean we can't dream big!

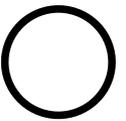
Task: Imagine you're throwing a dinner party. What would you cook? Which five celebrities (past or present) are on their way? Tell us why you've invited each one.



Saturday 25th April

On this day in 1874, Guglielmo Marconi was born - the inventor of the radio!

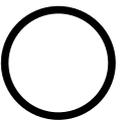
Task: Imagine you have your own radio show. What would it be like? What music would you play? Who would you invite on? Why not record it!



Sunday 26th April

Collages use lots of different materials to create a picture of something.

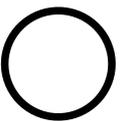
Task: Make a collage of somewhere you like visiting in your community using old newspapers, magazines and paper.



Monday 27th April

On this day in 1994, Nelson Mandela became President of South Africa.

Task: If you became Prime Minister, what 3 things would be in your manifesto for a better world? Write or record your speech.



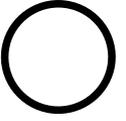
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Tuesday 28th April

Poetry can be found anywhere and everywhere!

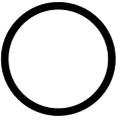
Task: If you have old magazines or newspapers lying around, cut out some words and phrases, and piece them together to make a short poem. If you don't want to cut anything up, scan a couple of pages of a favourite book and jot down the words that stand out to you - write a poem using all of these words. This is called "found poetry".



Wednesday 29th April

We all have special items that we cherish that tell a story about our lives.

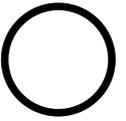
Task: Tell us about your most cherished possession.



Thursday 30th April

There's always an excuse to have a little party... so we're having a party!

Task: Get your gladrags on! Wear an outfit that makes you feel good. Turn the radio up and have a boogie. Send us a photo/video of you celebrating!



NORTH LONDON CARES



SOUTH LONDON CARES



EAST LONDON CARES



LIVERPOOL CARES



MANCHESTER CARES

This resource was lovingly created by The Cares Family

We hope it is shared widely and used by whoever needs it during these strange times. The Cares Family is a group of community networks of younger and older neighbours, hanging out and helping one another in our rapidly changing cities. To find out more about us please visit: thecaresfamily.org.uk



THE CARES FAMILY