

#AloneTogether

May 2020

Daily creative distractions from **The Cares Family**

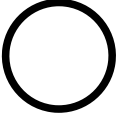
 @TheCaresFamily

Tick it off!

Friday 1st May

On this day in 1840, The Penny Black, the world's first adhesive postage stamp was used in a postal system, featuring the profile of Queen Victoria.

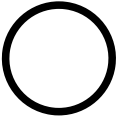
Task: Design your own stamp, with a side profile of yourself or someone you admire.



Saturday 2nd May

Today is fashion designer Donatella Versace's 65th birthday - which means she can start coming to Social Clubs!

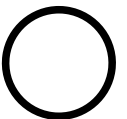
Task: Are you sparkles or polka dots? Outlandish or understated? We'd love you to design your dream party outfit.



Sunday 3rd May

In these strange times, it's hard to hold onto the things that give us joy.

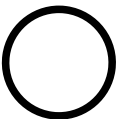
Task: Take an old jar or can, and make it your happiness pot! From today, whenever you feel grateful for something, write it down and put it in the pot. Read these whenever you feel down.



Monday 4th May

Today is Star Wars Day... "May the 4th be with you". Don't worry, not all of our team have seen the films or got the joke either!

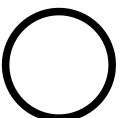
Task: If you could name a star, what would you name it and why?



Tuesday 5th May

Some people collect stamps, other people collect gig tickets.

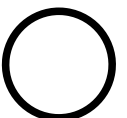
Task: Tell us what you collect! Letters? Books? Toy trains? If you don't collect anything, what would you collect if you did?



Wednesday 6th May

Food can transport us to many different places - holidays, childhood and treasured moments.

Task: Share with us your favourite meal or recipe. What's the story behind it? Why is it your favourite?



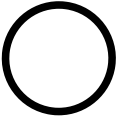
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Thursday 7th May

Tonight the final Supermoon of 2020 will grace the sky - around 7% bigger and about 15% brighter than the moon on a typical day!

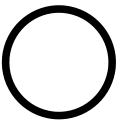
Task: Go to a window, or step outside a door. Search for the moon in the sky, and simply observe the majesty. You could mark the occasion by taking a seed, (from a fruit, vegetable or flower) sprouting it, and watching it grow each day for the rest of the month.



Friday 8th May

David Attenborough, English broadcaster and natural historian, was born today in 1926.

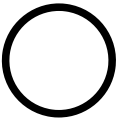
Task: Create your own animal - an entirely new species! Draw your weird and wonderful creature.



Saturday 9th May

We're all superheroes in our own shapes and forms!

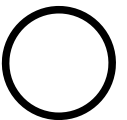
Task: You wake up with a superpower of your choosing. It might be flying, invisibility, or just being able to eat as much as you like without getting full... what would you choose and why?



Sunday 10th May

Music has the power to unite us, move us, groove us and ignite us!

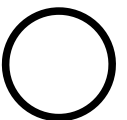
Task: Tell us your first and last - the first record/CD you ever bought, and the last...



Monday 11th May

Renowned surrealist artist Salvador Dalí was born on this day in 1904. Surrealism was defined by putting two very different things in the same piece of art (one of Dali's most famous works is a lobster on a phone!)

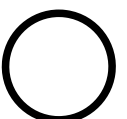
Task: You're a surrealist for the day! Take two completely random objects that would never meet, and put one on top of the other. An orange on a Hoover, a teddy on a chessboard... send us your weirdest combos!



Tuesday 12th May

Nurse and activist Florence Nightingale was born on this day in 1820.

Task: Write an ode to Florence, as if she were alive today and working for the NHS.



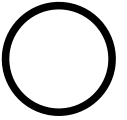
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Wednesday 13th May

Think of a film or book or even song that left you feeling frustrated by the ending. What was it that left you feeling so dissatisfied?

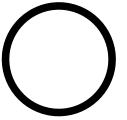
Task: What would be your alternative ending? Write it!



Thursday 14th May

Well, well, well, whaddya know - it's National Biscuit Day. What better reason to give yourself permission to indulge in some sweet treats.

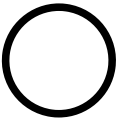
Task: Bake the easiest biscuits known to mankind. 200g unsalted butter, 200g caster sugar, 1 large egg, 400g plain flour. Make them into £1 size balls, bake for 8 minutes and voila - gobble time. If you're not able to bake, why not draw/design your ultimate biscuit instead!



Friday 15th May

Today is World Dinosaur Day! The dinosaurs never got to experience modern life, but we bet they would have loved it!

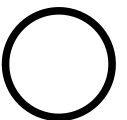
Task: Write a "Dear Dino" letter to a dinosaur to tell them all about the world now. What would be the most important things to tell them about?



Saturday 16th May

A "still life" is art that depicts inanimate objects, most famously, a bowl of fruit.

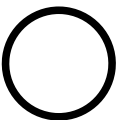
Task: Paint or draw your own still life! It might be a bowl of fruit, a lone banana, a vase of flowers... anything! Find something around your house that captures your imagination.



Sunday 17th May

Now is a great time to reminisce and think of happy memories we have stored away.

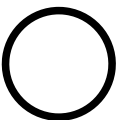
Task: Find the oldest object or photograph that you own. Think of the good memories that it holds, write them down.



Monday 18th May

Sadly most festivals have been cancelled this summer, but we can still dream!

Task: Imagine you're in charge of a stage at a festival. Which five bands or singers would be in your ultimate festival line up?



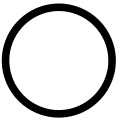
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Tuesday 19th May

Today is National Be a Millionaire Day... never knew it existed? Neither did we! Perhaps that's why we never made the mega bucks.

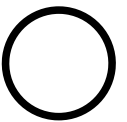
Task: If you were gifted a million pounds, how would you spend it? Then, do something that makes you feel a million dollars! Take a bath, have a lie-in, use the fancy cutlery...



Wednesday 20th May

Today in 1932, Amelia Earhart became the first woman to fly solo across the Atlantic.

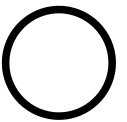
Task: If you could fly anywhere right now, where would you go and why?



Thursday 21st May

Time capsules are historic collections of items, deliberately left by people to communicate with future generations, to help them understand that era.

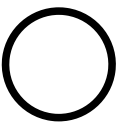
Task: Imagine you're building a time capsule about your life. Choose one book, one album, and one news story from your lifetime to put in it. What would you pick?



Friday 22nd May

On this day in 1933, the Loch Ness Monster was first spotted.

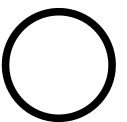
Task: Can you write a short story from the perspective of the Loch Ness Monster. Why is it there? How did it get there? Is it really a 'monster' or is it misunderstood?



Saturday 23rd May

Today is Lucky Penny Day... find a penny, pick it up, then all day you'll have good luck.

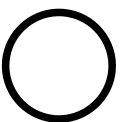
Task: Go through all your coins. What's the oldest one you can find? Can you think of anything important that happened that year?



Sunday 24th May

It's Sunday! Traditionally in Britain, lots of people enjoy a Sunday roast dinner.

Task: Draw a big circle. This is your plate! Now fill it in with a drawing of your dream Sunday dinner. This doesn't have to be a roast, it can be anything you like.



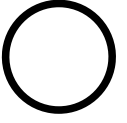
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Monday 25th May.

Some teachers across the country are still at work, supporting the children of key workers.

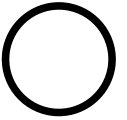
Task: Write about your favourite teacher - it might be a teacher from school, or just someone who guided you in life.



Tuesday 26th May.

On the TV show Art Attack, presenter Neil Buchanan made huge pieces of art that only came together when observed from above.

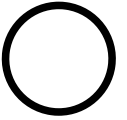
Task: Using objects from around your home, lay out a portrait of someone on a floor/table.



Wednesday 27th May.

Practicing gratitude is the perfect antidote to negative emotions - it's like white blood cells for the soul. Why not try a gratitude diary for today?

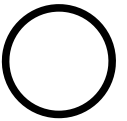
Task: At the beginning of the day, write down three things you are grateful for. At the end of the day write down one great thing you experienced today...



Thursday 28th May.

On May 28, 1936, Alan Turing submitted his groundbreaking paper, "On Computable Numbers." Turing both identified the characteristics of a "computable" number and described a simple method for carrying out those computations, essentially conceiving of the modern computer before the technology existed to actually build it.

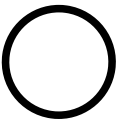
Task: What invention does the world need as of today? If the materials don't exist to build it, even better. Imagine them. Start with a good dose of daydreaming, then document your invention!



Friday 29th May.

As we approach the end of May, it's time to celebrate another brilliant month of being alone, together!

Task: Get out your favourite outfit - whatever makes you feel good. Do your hair and put on your dancing shoes. Put on the radio to whatever station gets you grooving and dance like no one's watching!



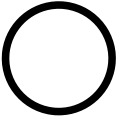
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Saturday 30th May

On this day in 1975, the European Space Agency was established.

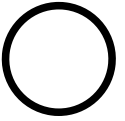
Task: Imagine you're in a rocket up in space. Write down everything you can see from your window, how it feels to be amongst the stars and what you miss about planet Earth.



Sunday 31st May

Portraits can be drawn to physically look like a person, or to tell a story. We want you to draw a portrait that tells us about you.

Task: Before you start drawing, think about these three things...
If you were an element what would you be? (Fire, air, water)
If you were a vegetable what would you be ?
If you were a building, which building would you be?



Now draw your portrait, but keeping in mind your answers to the above.



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