



## SOUTH LONDON CARES

### **#AllTogether December 2021: Weekly Activities**

**Week 1** December 1st is national **Tree Dressing Day**, when thousands of people across the country decorate their favourite trees in their neighbourhood. Tree dressing is an old custom found across different cultures, such as the Celtic tradition of tying cloth dipped in water from a holy well to a 'cloutie tree', or the practice in Japan of decorating trees with strips of white paper, or *tanzaku*, bearing wishes and poems. The act of dressing a tree celebrates the unique role that trees have in our local neighbourhoods.

**Task:** Do you have a favourite tree in your neighbourhood? It could be in your garden, on your street or in your local park. Think about what this tree means to you. To say thank you to your favourite tree, you could:

- Write a poem or wish on a white strip of paper;
- Decorate your favourite tree with ribbons, bunting or paper shapes;
- Knit, crochet or sew a decoration, also known as 'yarn-bombing';
- Create a garland from leaves and twigs from your favourite tree.

*If you decorate a local tree, please remember to take all the decorations down after your celebration, so they don't harm the tree or the wildlife that lives in it.*

**Week 2** The United Nations designated December 5th as **World Volunteering Day** in 1985 to celebrate the power of volunteering. The act of volunteering is found across all cultures and religions. Each year, hundreds of millions of people volunteer their time and skills to support others or their local environment. And when they volunteer, they also gain a greater sense of belonging to their communities. This year, South London Cares will be celebrating all the time our neighbours give to each other on our programmes.

**Task:** Volunteering comes in all shapes and sizes – it can be as simple as taking the time to complete a favour on behalf of someone else, or to call a friend for a friendly conversation. Why not celebrate World Volunteering Day this year by performing a small act of kindness for someone.

**Week 3** The **Winter Solstice**, also known as midwinter, the hibernate solstice, and *Yule*, is celebrated every year on 21st December. Since the Earth sits at an angle of about 23.5 degrees, the winter solstice is when the North Pole and northern hemisphere is most tilted away from the Sun, resulting in the shortest day and the longest night of the year. Winter Solstice has been celebrated across different cultures for thousands of years as a time to welcome back the light of the Sun, as each new day begins to grow longer and longer. Spiritually, it's a time to honour both the light and the darkness that resides within each of us, and to look forward to the future.

**Task:** You can celebrate the Winter Solstice at home by:

- Watching the sunrise or sunset;
- Painting or drawing something that honours light and the natural world, such as the Sun;
- Creating an altar with items that bring you joy and peace, and surrounding it with candles;
- Cooking a winter feast with hearty, warming foods.

**Week 4** Each year, musical artists vie for the coveted spot of Christmas Number 1 in the pop charts. This year, the 2021 official Christmas Number 1 will be announced on Friday 24th December. Ladbaby have topped the festive charts with novelty singles for the past three years, raising money for the food bank charity The Trussell Trust in the process. Will they do it again...?

**Task:** Whether you love or hate them, have a go at our Christmas Number 1 quiz:

1. Who had the first official Christmas Number 1 in 1952?
2. Which band achieved three Christmas Number 1s in a row in the 1990s?
3. How many Christmas Number 1s include the word Christmas (or Xmas) in their title?
4. How many times has Band Aid come top of the festive charts with variations of the song 'Do They Know It's Christmas'?
5. Which band has the record for the most festive chart-toppers?

*Answers can be found at the end of this pack.*

**Green Activity** Held annually on 5th December, **World Soil Day** focuses attention on the importance of healthy soil. Soil is vital to life on the Earth – it is capable of supporting plant and tree life by providing them with nutrients, water and minerals, and is home to millions of insects, bacteria and small animals. Organic matter in soil also absorbs carbon from the atmosphere. However, human activity such as deforestation and agricultural practices can greatly affect how much carbon is stored in soil, which can lead to more CO<sub>2</sub> entering the atmosphere.

**Task:** If you're a gardener, try to use compost or manure to improve the organic matter in your soil and keep it healthy. If you're not a gardener but want to learn more about soil, have a go at our soil-themed word search on the next page.

N I W L K N M B H C I Z B G W C M D F N O J U A  
 A R D I E H C T X P P O S E E N X X N U P X I E  
 I S E Z W T C J X R V E E W K U E O X E P G E M  
 R J X G V K Q W O F R L B B G V M K C X V H X U  
 E V D P A P A T W O I Z N N O E S K R G B S I Z  
 T H X Z U L O R S K Q V C H U M U S C Y V L V E  
 C A M G P Z L I M M T S O I L T A X O N O M Y R  
 A I N J O B O I G W W O F V T W A H F O B I A Q  
 B S E A T N B V T R C C V B I O F I H Y Z E I U  
 Z W X L W Z F A S T F R I C K R I D B K D P M B  
 I R G S U S E T S Y P R K N R J O B D U N K I T  
 X E O J J V L Y H P A R G O P O T E M Y S L G D  
 D X K M M D I S L T G Q M N E G T U N Y Q S L F  
 V Q M E U V T A E A E Z L E Y O Y T H D S D I X  
 N M S V O J R U T D U N T Q T O F N F I U O O C  
 E G Z E C W E R J I O U N N F S I N X G R P S I  
 E T A R E A F K G Y O T J H F T Y N J N U O P N  
 I K M W E B N C M W J N A Z D W R S S U Q R O A  
 D O R G A N I C M A U Q T M V N B K O F P H T G  
 S D E H W X Z C V S W T J K E F A M A C T T L R  
 E S H G S O Z R L H W O V Y N N R L U E E R G O  
 I T F Q F Z S Q S O I L H O R I Z O N S U A U N  
 F X M Y L T Z K R L B J Y U Q M X C Y X B O F I  
 D L E I Y Y E T A M I L C O R V M P W E L F W P

yield	topsoil	topography	tillage
symbiotic	soil taxonomy	soil horizons	protozoa
organic	nematodes	inorganic	humus
fungi	fertile	eluviation	erosion
ecosystem	climate	bacteria	arthropods
aerate			

## Christmas Number 1 Quiz – Answers

1. Who had the first official Christmas Number 1 in 1952? **Al Martino with 'Here In My Heart'**
2. Which band achieved three Christmas Number 1s in a row in the 1990s? **The Spice Girls – '2 Become 1' (1996); 'Too Much' (1997); and 'Goodbye' (1998)**
3. How many Christmas Number 1s include the word Christmas (or Xmas) in their title? **Seven**
4. How many times has Band Aid come top of the festive charts with variations of the song 'Do They Know It's Christmas?'? **Three – once in 1984, 1989 and 2004**
5. Which band has the record for the most festive chart-toppers? **The Beatles, with four – 'I Want To Hold Your Hand' (1963); 'I Feel Fine' (1964); 'Day Tripper/We Can Work It Out' (1965); and 'Hello, Goodbye' (1967)**