



SOUTH LONDON CARES

#AllTogether July 2021: Weekly Activities

Week 1 July 12th marks Simplicity Day! The day was born out of a need to be free from the complications of the world and to allow ourselves to just be simple. Often with more choice and options, we can find ourselves more overwhelmed, and Simplicity Day was created to teach us to tap back into the little things that make us happy.

Task: Take time today to focus on those little things that make you happy, whether it's reading a book for an hour with a cup of tea, going for a lovely walk or simply just stepping away from the computer/phone for a couple of hours to read the newspaper or watch a film. Focus on that one thing and try not to think about what else you could be doing but take in the moment.

You can also try your hand at the wordsearch included in this pack, with words related to Summer!

Week 2 On 17th July 1955, Disneyland opens its doors for the first time in Anaheim, California. It is the only theme park designed and built to completion under the direct supervision of Walt Disney. Walt Disney came up with the concept of Disneyland after visiting various amusement parks with his daughters in the 1930s and 1940s. He initially envisioned building a tourist attraction adjacent to his studios in Burbank to entertain fans who wished to visit; however, he soon realized that the proposed site was too small. After hiring a consultant to help him determine an appropriate site for his project, Disney bought a 160-acre (65 ha) site near Anaheim in 1953. Construction began in 1954 and the park was unveiled during a special televised press event on the ABC Television Network on July 17, 1955.

Task: Think back to a favourite childhood memory – perhaps an amazing family holiday, or a great day out with a best friend. What were you doing and who were you with? What was your favourite part?

Week 3 On 26th July, 1875, Carl Gustav Jung was born. Carl Jung was a famous psychiatrist, psychoanalyst and the founder of analytical psychology.

A famous quote of Jung's is: "You are what you do, not what you say you'll do."

Task: What's something you're proud of completing/achieving during lockdown and what's one thing you've been meaning to do but keep putting off? Now's the perfect time to give it a go!

Week 4 For many people in the Northern Hemisphere, July is one of the hottest and sunniest months of the year. July is also the midpoint of the year, starting the second half of the modern calendar. But what else do you know about July?

Task: Have a read of some other interesting facts about the month of July!

- 1) It was in July that the first-ever telephone call was made. It took place between Canada and the US in 1881. It really did mark the start of those long summer phone calls!
- 2) July's name comes from Julius Caesar, who was actually born towards the start of the month. It was originally known as Quintillis based on the ancient Roman calendar but was renamed in honour of the emperor.
- 3) If you were born in July, your birthstone is the ruby, and the flower for the month is the water lily.
- 4) July is the month that gardeners will generally have much of their work cut out for them. That's because bugs and pests are likely to come out in droves, putting vegetation and plants at risk. It's also the best time to start getting those weeds down, as if you don't pull them up now, they'll start seeding.
- 5) Many people refer to July as the 'hay month'. That's because the heat at the height of summer is known to quash the grass, drying it out and turning it into hay.
- 6) Up until a few hundred years ago, the way we pronounced July was altogether very different. It used to rhyme with 'truly' and was once closer to the name 'Julie' in pronunciation! Quite why this changed, who knows!

Green Activity Plastic Free July is a holiday dedicated to teaching people about the dangers of plastic and challenges people to avoid plastic for a month. Beginning with just a handful of participants in Western Australia back in 2011, the holiday idea has since grown into its own independent, non-profit organization, and is now an annual event in over 150 countries. Plastic Free July is all about encouraging people to be more aware of their plastic use and creating a cleaner world as a result. By reducing how much a person uses, they can make a small difference and help others do the same.

Task: Here are a few things you can do this month to support Plastic Free July:

- Avoid single-use plastic such as straws, water bottles, and plastic produce bags.
- Use more reusable products such as glass jars, metal utensils, and use metal tin lunch boxes and containers for storage.
- Avoid highly processed foods and begin using homemade recipes.

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON