



## SOUTH LONDON CARES

### #AloneTogether March 2021: Weekly Activities

**Week 1** The beginning of March marks National Careers Week. From the 1st to the 6th, students across the country will be spending time thinking about their future, the career they might like to go into and the skills they need to get there.

**Task:** Reflect back on your own school days and think about these questions:

1. What was your dream career when you were a child?
2. What advice would you give to a school child today who is thinking about their future career?
3. What do you think was the most important skill for your career and why?

*Submitted by Lauren (Love Your Neighbour Coordinator)*

**Week 2** This month marks the birthday of Alexander Graham Bell, the famous inventor and scientist who was born on 3rd March 1847 in Edinburgh, Scotland. Bell's most famous and widely recognised achievement is his invention of the telephone.

**Task:** Reflect on your use of telephones throughout your life. What was your first experience of using a telephone? What did it look like? Now think about how the phone has evolved over time, and how many things do people use their phones for now. Mark the day by calling a friend or family member for a catch up, or perhaps join us at a Virtual Social Club by dialling in! *Submitted by Jodie (Development Coordinator)*

**Week 3** Monday 8th March 2021 is International Women's Day. It is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating women's equality. This year's theme is 'Choosing to Challenge' and asks all of us to choose to call out inequality when we see it, and to seek out and celebrate the achievements of women.

**Task:** Think about the significant women in your life, whether it's a friend, a family member, or even a public figure. What have they achieved that you can choose to celebrate today? How have they inspired and impacted your life? Write a letter of appreciation to them and if you're feeling bold, send it to them in the post to put a big smile on their face. *Submitted by Eleanor (Love Your Neighbour Manager)*

**Week 4** Crufts is the official awards ceremony of The Kennel Club and runs from the 11th to the 14th of March this year. It is the world's biggest dog show and celebrates the world's best dogs across every breed.

**Task:** As a 'pet project', have a go at creating your own dog breed. Would it be a cross of your most loved breeds? Or would you invent your very own based on all your favourite canine characteristics? How big would it be? Would it be docile, sensitive, energetic or highly-intelligent? And would it, perhaps, be able to look after itself so you can go on holiday in the summer?! The world is your dog!! Let your imagination run wild and send us details of your creation so we can share it with the neighbours (and maybe The Kennel Club!). *Submitted by Matt (Volunteer & Outreach coordinator)*

**Additional Activity 1** The 18th of March this year is Global Recycling Day! Did you know that instead of throwing household items out, you can upcycle them for new purposes around the house? For example, you can use an old shoe box to store your important documents and letters, or keeping spare plastic bags in an old tissue box – there are so many opportunities to reuse and recycle at home!

**Task:** Think about the different household items you have that could be upcycled for something new and then do it! Here are some ideas:

- Use old shoe boxes to store documents and letters
- Keep spare plastic bags in an old tissue box
- Wrap and store valuables in old newspaper
- Clean out washing up liquid bottles and use them to water plants
- Cut an old t shirt into a dusting rag
- Use old clothespins to seal food wrappers to keep your favourite snacks fresh

Let us know if you have any great tips to share with your neighbours on how to repurpose household waste. *Submitted by Harry (Head of Programmes)*

**Additional Activity 2** World Poetry Day is on March 21st this year. Wendy Cope's poem 'Orange' feels just right for these times: how the most ordinary things can give us the joy we need to laugh and be happy.

**Task:** Write a poem about a simple thing you did in the past month that brought you an unexpected moment of joy. *Submitted by Jane (Managing Director)*

## The Orange

At lunchtime I bought a huge orange—  
The size of it made us all laugh.  
I peeled it and shared it with Robert and Dave—  
They got quarters and I had a half.

And that orange, it made me so happy,  
As ordinary things often do  
Just lately. The shopping. A walk in the park.  
This is peace and contentment. It's new.

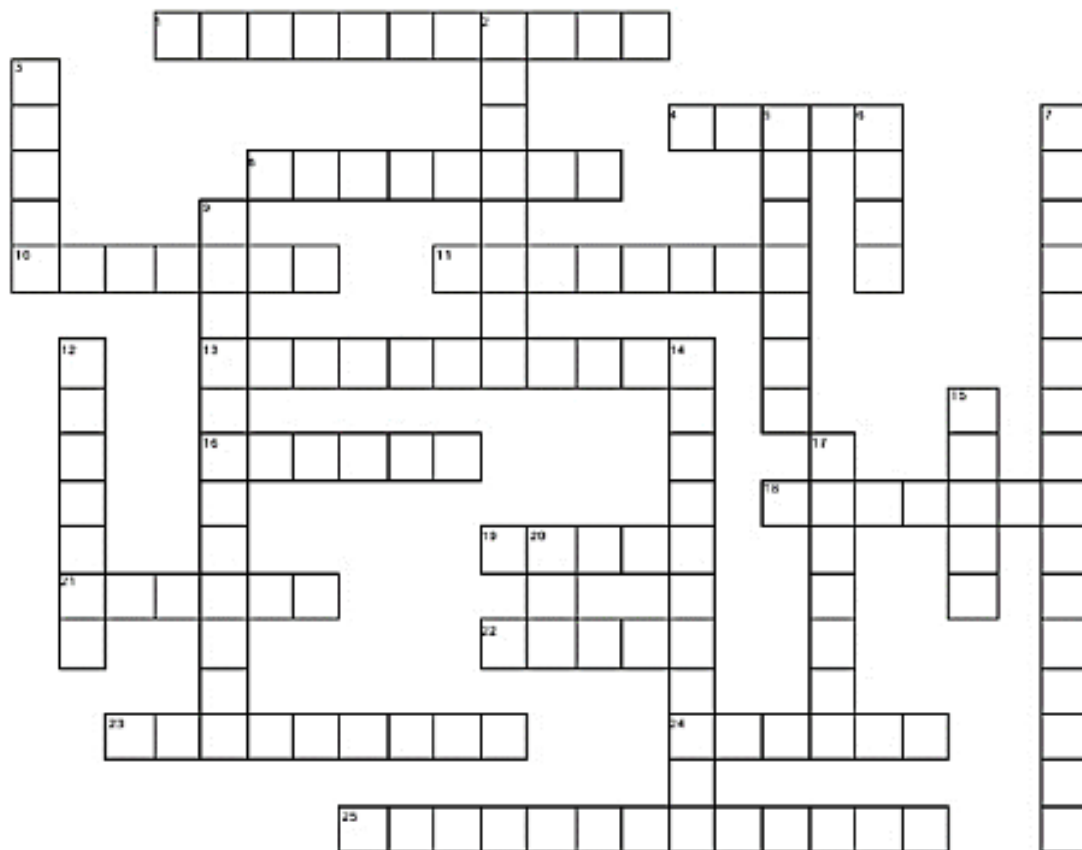
The rest of the day was quite easy.  
I did all the jobs on my list  
And enjoyed them and had some time over.  
I love you. I'm glad I exist.

— Wendy Cope

Green Crossword:

# Earth Day

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## ACROSS

- 1 A place where garbage is hauled and burned.
- 4 Many people plant these on Earth Day.
- 8 April 22. (Two words.)
- 10 Turns fruit and vegetable waste into rich soil for gardening.
- 11 A place where garbage is hauled and buried.
- 13 Using a resource in such a way that it is not depleted or damaged.
- 16 To use less.
- 18 To contaminate the environment with man-made waste.
- 19 Chemicals, industrial waste, and sewage are often allowed streams, rivers, or oceans, polluting this.
- 21 Please put your trash in the trash can. Don't \_\_\_\_\_.
- 22 A popular color on Earth Day.
- 23 Resources that can be replenished or replaced through careful management.
- 24 Turning off lights helps conserve \_\_\_\_\_.
- 25 The destruction of earth's trees.

## DOWN

- 2 Polluted precipitation that can damage the environment. (Two words.)
- 3 Poisonous; capable of causing serious harm or death.
- 5 The study of the relationship between organisms and their environment.
- 6 \_\_\_\_\_ pollution is a build-up in the earth's surface of toxins, chemicals, salt, and other substances that adversely affect plant life.
- 7 Raw materials supplied by nature. (Two words.)
- 9 Planned management of natural resources to prevent waste, exploitation, or destruction.
- 12 To process waste in such a way as to reclaim raw material for future use.
- 14 The physical conditions that surround and create a home for all living things.
- 15 To use again.
- 17 Gaylord Nelson, a U.S. Senator from Wisconsin, is considered the \_\_\_\_\_ of Earth Day.
- 20 Polluted by smoke and exhaust fumes.

## Contributions from neighbours:

Check out what some of you your local neighbours have been doing during their lockdown!

### A SMILE

A SMILE COSTS NOTHING, BUT GIVES MUCH.  
IT ENRICHES THOSE WHO RECEIVE, WITHOUT  
MAKING POORER THOSE WHO GIVE.

IT TAKES BUT A MOMENT, BUT THE MEMORY OF  
IT SOMETIMES LASTS FOREVER.

NONE IS SO RICH OR MIGHTY THAT HE CAN GET  
ALONG WITHOUT IT, AND NONE IS SO POOR BUT  
THAT HE CAN BE MADE RICH BY IT.

'A SMILE' CREATES HAPPINESS IN THE HOME,  
FOSTERS GOOD WILL IN BUSINESS AND IS THE  
COUNTERSIGN OF FRIENDSHIP.

IT BRINGS REST TO THE WEARY, CHEER TO THE  
DISCOURAGED, SUNSHINE TO THE SAD AND IT IS  
NATURE'S BEST ANTIDOTE FOR TROUBLE.

YET IT CANNOT BE BOUGHT, BEGGED OR BORROWED,  
OR STOLEN, FOR IT IS SOMETHING THAT IS OF NO  
VALUE TO ANYONE UNTIL IT IS GIVEN AWAY.

SOME PEOPLE ARE TOO TIRED TO GIVE YOU A SMILE.

GIVE THEM ONE OF YOURS, AS NONE NEEDS A  
SMILE SO MUCH AS HE WHO HAS NO MORE TO GIVE.

*From older neighbour Reg*