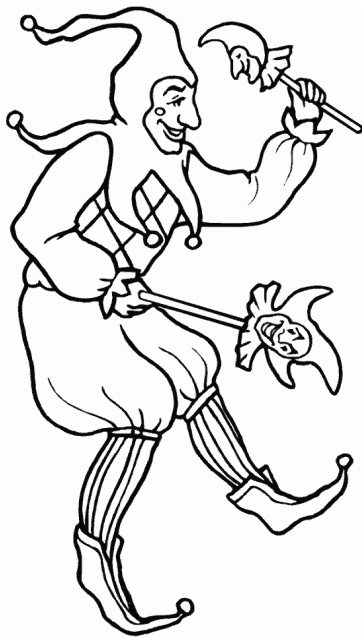




LIVERPOOL CARES

#AloneTogether April 2021

We've put together some small activities for you to enjoy this month. We hope you take joy from the fact that lots of neighbours across Liverpool will be completing these activities at home, at the same time as you. We've also filled this month's pack with small drawings that you can colour in or shade if you like!



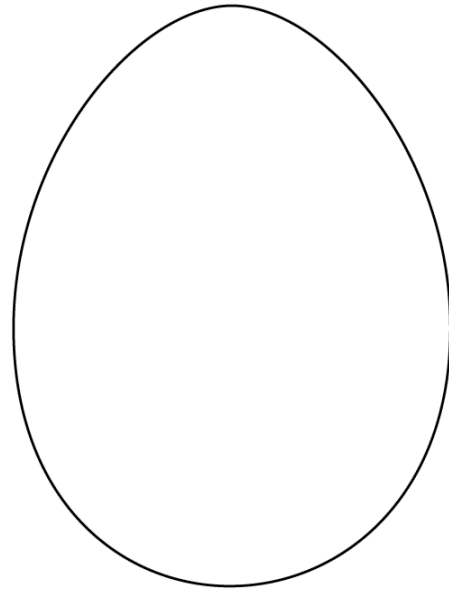
1st April is April fool's day, a day for jokes and hoaxes. During medieval times, a fool was a type of Jester, used to entertain guests and Royalty.

Task: Let's start your day off with a laugh! Think of a joke, it can be short and simple or a long-winded gag. Write it down, and practise it aloud to perfect your comedic timing. Call someone you know this April Fool's Day and tell them your joke! Ask them to tell you one too.

April is known for its showers, and there are plenty of famous songs about it!

Task: Try to think of a song about the rain. It can have the word "rain" in the title, or be a bit more obscure! If you'd like to share this song with other neighbours, we have a **desert island discs social club on 16th April** that you can join in with for free using your landline! We play everybody's song choices out loud for the group to enjoy, so why not join in? Call Abbie if you'd like to know more.

4th April is Easter Sunday. A lot of us may eat chocolate eggs at Easter, but originally eating eggs was not allowed by church leaders during the week leading up to Easter. Any eggs laid that week were saved and decorated to make them Holy Week eggs that were then given to children as gifts. Eggs also symbolise new life.



Task: Decorate this egg template to turn it into an Easter egg! You can add lots of patterns and colours, or keep it plain and simple.

There is lots in the news at the minute about the Road Map to ease lockdown. This is hopefully a route back to a more normal way of life for us.

Task: Write down a list of things you're most looking forward to, once life is back to normal. Think about practical things, like being able to do your own shopping or meeting your family, or you can think more creatively, like smelling the freshly cut grass at the park, feeding the ducks or the taste of that first hot drink from your favourite cafe.

17th April is National Haiku Poetry Day. A haiku is a form of Japanese poetry that is non-rhyming and consists of 3 lines. The first line has 5 syllables, the second line has 7 syllables and the final line has 5 syllables. Example:

1 2 3 4 5
In the wide garden,
1 2 3 4 5 6 7
I am dizzy with flowers.
1 2 3 4 5
I choose a small vase.

Task: Have a go at writing your own Haiku for National Haiku Poetry day. Remember it doesn't have to rhyme, just follow the 5-7-5 syllable rule.



22nd April is Earth Day. First celebrated in 1970, it takes place to demonstrate support for environmental protection. We only have one planet Earth, let's look after it for future generations.

Task: Here are some really simple changes you can make starting today to reduce your Carbon Footprint. If you already do some or all of these then you're already making a difference, well done! If you have any more simple ideas, share them with us or people that you know. The more people that take part, the better!

- Wash your clothes on a colder wash. This uses less energy and may even save you money.
- Remember to use a 'bag for life' when you shop. This reduces single-use plastic bags.
- Next time a bulb goes in your home, replace it with an LED bulb. These use far less energy and last longer!
- If you can, drive less and car share/walk/use public transport. This reduces CO2 emissions dramatically.
- Switch lights and appliances off when you leave the room/they're not in use.

Finally, here's a wordsearch filled with words linked to the environment to celebrate Earth Day!



| | | |
|----------------|--------------|----------------|
| Acid rain | Carbon cycle | Nitrogen cycle |
| Aerosols | Carcinogen | Pollution |
| Aquifer | Climate | Recycling |
| Atmosphere | Conservation | Smog |
| Biodegradation | Ecosystem | Stressor |
| Biodiversity | Environment | Tolerance |
| Biomass | Erosion | Toxicology |
| Biome | Greenhouse | Waste |
| Biosphere | Habitat | Water cycle |
| Biotic | Indicator | Weather |

If you have any ideas for an activity you'd love to see in next month's Alone Together then please give us a call on 0151 659 1789, or email Abbie (abbie.beckett@liverpoolcares.org.uk) with your suggestions.