



# NORTH LONDON CARES

## #ALONE TOGETHER

### November 2020 Weekly Activities

Each month we will share with you activities you can try at home. We're all still getting used to the changes to our social lives but doesn't it feel easier when we imagine ourselves as #AloneTogether? Thinking, writing & making; we hope you'll try your hand and share your completed tasks with us!

There is one task for each week of November, so join Neighbours from all across your community in giving them a go. We've included a drawing by neighbour Peter, from October's task. It was The Big Green Draw Festival, so we suggested you draw ways we live in harmony with nature, the ways that we don't and even better... ideas for how to make positive changes going forward!



## WEEK 1

On November 4th its Stress Awareness Day. Stress is the body's way of responding to excessive pressures. When this becomes overwhelming stress occurs, as the body experiences the fight or flight response, making us feel uncomfortable and agitated.

**Task: Each day this week try tackling your stress in one of the suggested ways. Make a note of if it worked for you and by the end of the week, you might have found a good way to deal with the stress you are feeling.**

*Did you feel a little less stressed?*

Monday	Do some exercise	
Tuesday	Try a day without tea or coffee	
Wednesday	Write down what causing you stress	
Thursday	Do something that makes you laugh	
Friday	Sleep for longer	

## WEEK 2

On the 13th November its Kindness day - a day to celebrate and promote kindness in all its forms.

**Task: Think about someone who has shown you kindness recently, in small or big ways. Think about how great that felt. Now find a way to reciprocate that kindness to them; maybe it's simply a phone call to lend them your ear or a letter to let them know how much you appreciate them.**

## WEEK 3

On the 24 November 1434, was the first recorded instance of the river Thames in London freezing. Throughout the so-called Little Ice Age of c1350–1850 the river commonly froze, and Frost Fairs were held on the ice.

**Task: What does a Frost Fair look like? Can you sketch it from your imagination? Perhaps make a poster for your own imagined Frost Fair?**

## **WEEK 4**

Poet and artist William Blake was born on the 28th November 1757. His works were often encouraged by his visitations from the spiritual world, and he would engrave and paint illustrated books, to accompany his poem.

**Task: Keep a little notebook next to your bed and keep a dream diary this month - when you wake up in the morning, write down your dreams and illustrate them. You never know what you might discover about yourself!**

## **WEEK 5**

On the 30th November 1936, one of London's best-loved landmarks, the Crystal Palace burned down. The huge glass building originally housed the Great Exhibition of 1851.

**Task: What is your favourite place that no longer exists? What happened to it? What is there now instead?**