

July Activity Planner – Please see attached booklet for activities and ideas. Don't forget to **TAKE PICTURES**

		1 st July	2 nd July	3 rd July	4 th July	5 th July
		<p>Today is the start of PLASTIC FREE JULY.</p> <p>Please go through the activity/information pack to learn more on what we can do to help the environment and protect the lives of many animals.</p>		<p>Today's the day to start exploring your community and enjoy the fresh air.</p> <p>Why don't you go for a 30 minute walk. (don't forget to time yourself) Whether it is around your area or exploring a park. Take photos of any wildlife or nature that catches your eye.</p>		<p>It is important to keep yourselves healthy during this time so Pure Gym have created FREE video workouts for you to follow at home.</p> <p>https://www.puregym.com/free-workouts/</p>
6 th July	7 th July	8 th July	9 th July	10 th July	11 th July	12 th July
<p>Let's Get Creative!</p> <p>Make something out of recycled items around your house</p> <p>In the activity pack there are examples of what you can create. Best one will be displayed in CareView offices and a reward.</p>	<p>Now you have gone for a 30-minute walk now it is time to push yourself further.</p> <p>Why don't you go for an hour walk. (do not forget to time yourself) Whether it is around your area or exploring a park. Take photos of any wildlife or nature that catches your eye.</p>		<p>It is important to keep yourselves healthy during this time so Pure Gym have created FREE video workouts for you to follow at home.</p> <p>https://www.puregym.com/free-workouts/</p>	<p>Curry Night!</p> <p>Time to test your skills in the kitchen and create a homemade curry. You can use any ingredients you want but please ensure you photograph your hard work once completed. Recipe can be found in Activity Booklet.</p>		<p>Today is National LOVE PARKS DAY!</p> <p>Why don't you make a picnic and make your way to your local park. Enjoy the scenery, try some new activities there or go exploring and see what you can find.</p>

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13 th July	14 th July	15 th July	16 th July	17 th July	18 th July	19 th July
<p>Virtual Tour Around The National History Museum</p> <p>Please follow the link for narrated tours around the museum</p> <p>https://naturalhistory.si.edu/visit/virtual-tour/narrated-virtual-tours</p>		<p>It is important to keep yourselves healthy during this time so Pure Gym have created FREE video workouts for you to follow at home.</p> <p>https://www.puregym.com/free-workouts/</p>		<p>QUIZ TIME</p> <p>Now its time to test all the knowledge you have learnt this month through going through your activity/information pack. Answer all the multiple-choice questions. This will be done over the phone with Chelsea Hosting.</p> <p>All results will then be calculated, and winner will receive a prize and mention on our website.</p>		<p>It is important to keep yourselves healthy during this time so Pure Gym have created FREE video workouts for you to follow at home.</p> <p>https://www.puregym.com/free-workouts/</p>
20 th July	21 st July	22 nd July	23 rd July	24 th July	25 th July	26 th
<p>It is important to keep yourselves healthy during this time so Pure Gym have created FREE video workouts for you to follow at home.</p> <p>https://www.puregym.com/free-workouts/</p>		<p>IT'S SHORTBREAD TIME!</p> <p>Follow the recipe in the activity booklet and make your own shapes. Once baked why don't you have a go at decorating your biscuits icing? Chocolate? The list is endless. Please ensure you take photos.</p>	<p>Why don't you go for an hour walk. (don't forget to time yourself) Whether it is around your area or exploring a park. Take photos of any wildlife or nature that catches your eye.</p>	<p>Samaritans Day</p> <p>Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom. If you would like to donate to a good cause then please use the link below</p> <p>https://www.samaritans.org/donate-now/</p>	<p>Seattle Aquarium virtual Tour</p> <p>https://www.seattleaquarium.org/experience-aquarium-anywhere</p>	

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