

Care and Share at Home

WHAT ARE YOU THANKFUL FOR?

We're thankful for people around us - daughters, sons, grandchildren, friends, family, doctors, nurses, supermarket staff, farmers, transport personnel

We're thankful for things to do - talents, discovering new things, reading, audiobooks, writing, letters, music, tv, phone and video calls to friends, exercise, cosy indoor spaces, being outside in fresh air.

What do you call a bull that likes taking a nap? A bulldozer

Wild animals explore quiet city streets as humans stay in during coronavirus lockdown

As humans across the world have retreated into isolation in their homes because of the coronavirus shutdown, wild animals have started wandering into our empty city streets.

Wild mountain goats roam the streets of the seaside town of Llandudno in Wales



Self quarantine day 23. Sent the cat for groceries.



They said a mask and gloves were enough to go to the shops. They lied, everyone else had clothes on

This Week in History

1637 Cardinal Richelieu of France reputedly creates the table knife.

1787 The First Fleet of convicts departs Portsmouth, England, bound for Botany Bay

1890 Nikola Tesla is issued a patent for an electric generator.

1938 When the Saints Go Marching In is recorded by Louis Armstrong.

1950 The first Formula One World Championship season kicks off.

1960 #1 Hit: Elvis Presley - Stuck on You

1981 Pope John Paul II is shot and critically wounded in St Peter's Square, Vatican City.

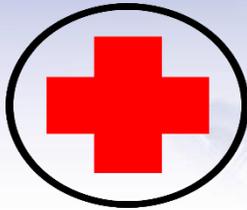
1980 The \$1 banknote is replaced with a \$1 coin.



OUR THANKS

THANK YOU

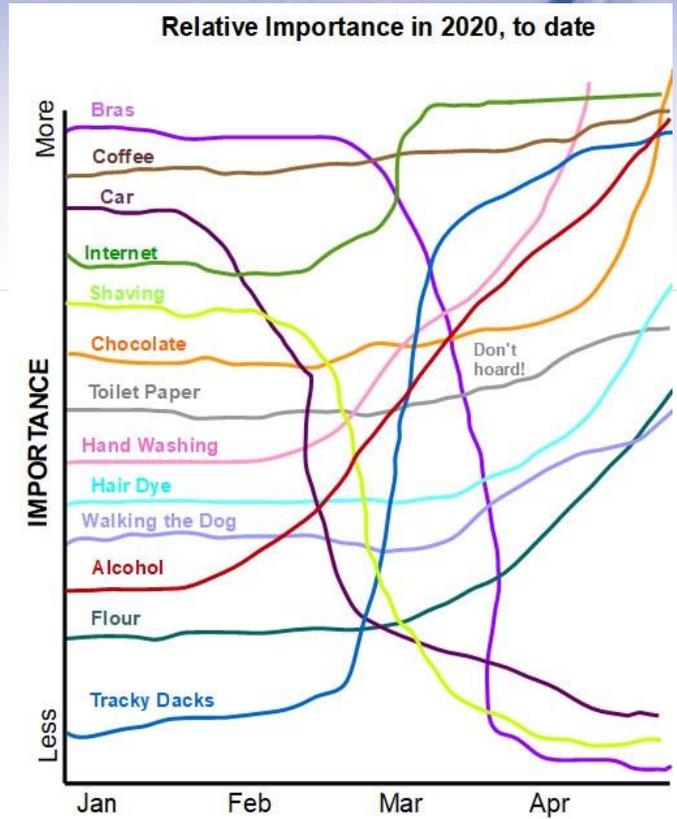
The term 'Thank You' is not enough when it comes to expressing gratitude towards the medical workers and health experts. While the whole world is braving a pandemic currently, there are the coronavirus helpers that are not staying back at home comfortably but going out there and doing everything to fight COVID-19. They are putting their lives at risk to save others from the risk of infectious disease. Right from the medical workers, doctors, nurses, midwives, sanitation workers, police, essential items providers, media personnel and everyone who is serving before self - a big thank you!



Can you do '5 a day'?

For great mental health, choose 5 activities

- 8 hours + sleep
- exercise
- look for positives
- Thankfulness
- 10 + minutes outside
- Eat healthy food
- Give
- Positive self-talk
- Forgiveness
- Do things you love
- Time with uplifting friends (even on technology)
- Use / discover your talents
- Dream & plan
- Journaling
- Joke, laugh & Smile 😊



THOUGHT OF THE WEEK
 Just because a man lacks the use of his eyes does not mean he lacks vision - Stevie Wonder

Feel like being creative?

Crafting can revitalise you and give you something positive to focus on.

What could you try your hand at this week?

Utube will have some how to do videos. Why not take a look?

- | | |
|----------------------------|-------------------|
| Painting | Sketching/drawing |
| Mosaics / diamond painting | Woodcraft |
| Polymer clay modelling | Papercraft |
| Beading | Knitting |
| Crocheting | Embroidery |
| Quilt making | Card making |
| Jewelry making | Crosswords |

Colouring in

jigsaw puzzles



