

Monday Motivation

Date: 24th August 2020

Theme of the week: National Dog Day

YMCA

The COVID-19 pandemic has highlighted how essential creativity and the visual arts are for increasing our ability to learn, connect and improve our general wellbeing. While a lot of venues, cultural organisations and some school buildings may be closed, engaging in the visual arts is more important than ever

This Week's theme is 'National Dog Day'. - It takes place on August 26th and encourages dog ownership of all breeds. While seeking a new companion, be sure to consider the mutts, mixes, purebreds, and everything in between.

Whether mixed or purebred, embrace the opportunity for all dogs to live a happy, safe, and abuse-free life. They all give us companionship. Additionally, they keep us safe, and they aid those in need. Dogs play. Well, they play many roles in our lives, too! They keep us healthy, both physically and mentally.

Action

Exercise 1: Word search

Whether your favourite dog is a Labrador or a poodle we have lots of dog breeds to find in our great dog breed word search on the next page.

Exercise 2: Create a Poster

Dogs can help by providing therapy and emotional support allowing people to live more independently. Raise awareness or fundraising poster for dogs that help in the community.

Exercise 3: Dog Pictures

If you have a dog why not send us a photo of you with your faithful companion, if you don't have a dog but another pet please also send a photo. Pets are part of everyday life and part of your family.



Exercises 2 & 3 - Take pictures of your final creations.

Send to sarah.daniels@ymcachelmsford.org.uk and we will celebrate your efforts through our website and Instagram account - ALWAYS GET PERMISSION FROM YOUR PARENTS IF YOU'RE UNDER 18

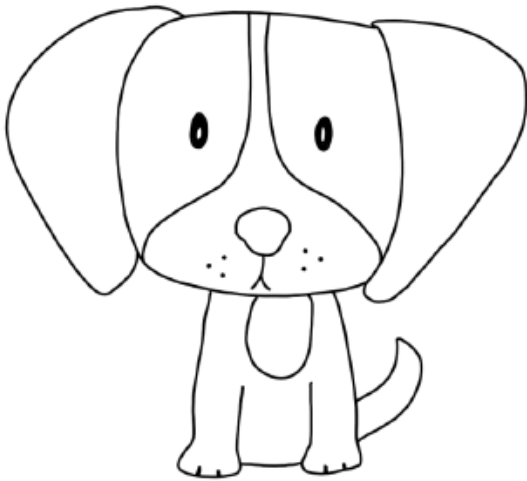
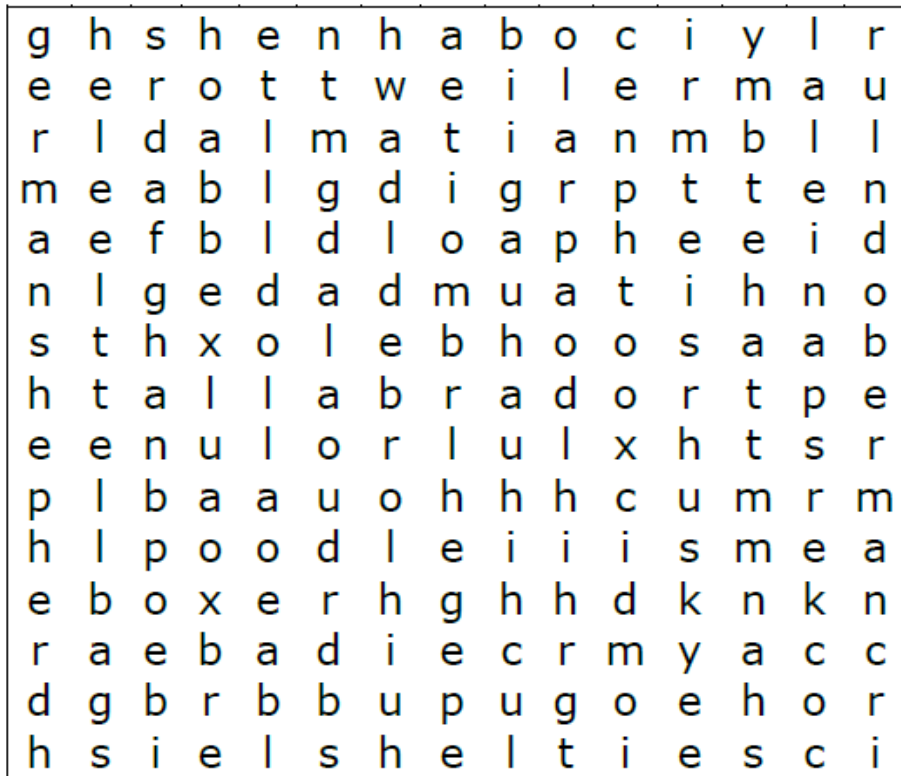
*Do not forget to keep your artwork safe and intact so we can display it at our YMCA Chelmsford Branch when our Youth Clubs reopen.

#dogslife #Nationaldogday #GetKidsCreating #ymcaessex

Outcome / Mission Moments:

- Did you discover any new knowledge?
- How has this exercise made you feel?
- Maybe encourage other members of your family to get involved!

Dog Breed Word Search



Labrador
Boxer
Dalmatian
Sheltie
Pug
Bulldog
Rottweiler
Doberman

Poodle
Chihuahua
Beagle
Cocker Spaniel
German Shepherd
Husky
Afghan