



Help Your Community – Activity Pack

The Armchair Adventures team need your help with a very special mission, to help people in your community feel less lonely.

Everyone will feel lonely at some point in their life - it's natural, and it will pass. But what can we do to help us when we feel lonely?

There are 5 parts to this mission. Do you think you can complete them all and be successful in making people feel less lonely? If you think you have what it takes, then read on...

First, it's time to warm up! So stand up, have a good stretch and follow these steps...

Tap your head gently 8 times to a steady beat

Tap your shoulders 8 times

Tap your knees 8 times

Tap your toes 8 times

Then back to tapping your head but now for 4 times

Tap your shoulders 4 times

Tap your knees 4 times

Tap your toes 4 times

Then back to tapping your head again, tapping it twice

Tap your shoulders twice

Tap your knees twice

Tap your toes twice

Tap your head gently once

Tap your shoulders once

Tap your knees once

Tap your toes once.

Warm Up Complete!

If you feel warmed up,
let's begin our mission



Level One - Be Active

What you'll need...

- **Armchair Adventures Episode: [Carla's Bubble Adventure](#) (series 1)**

This part of your mission is all about getting active. Have a think about your favourite activities – is it dancing, football, running, gymnastics, trampolining? You may be able to do some of these things with your friends, but we can also be active when we're on our own.

In [Carla's Bubble Adventure](#), the gang go zorbing. Have a listen to the episode and think about where you would like to travel in a giant zorbing bubble. Now, we're going to imagine we're in the bubble and travelling to somewhere fun you'd like to be – but we need to build an obstacle course first...

Step 1: Find an item around your house that you can crawl through

Step 2: Find an item that you can jump or climb over

Step 3: Find something that you can slide under

Step 4: Find something in your house that you can skip over

Step 5: Look at all the items you've gathered and plan out your obstacle course – try to come up with the longest or silliest course you can think of

Step 6: Pretend you're in zorbing bubble and traveling along your obstacle course – you might feel like Lynda in [Carla's Bubble Adventure](#) when she said she felt "like a hamster in a wheel". Get someone to take a photo of you completing your course and send us the pic:



Once you've completed this part of the mission, think about other ways in which you could help people in your community feel less lonely through being active. There are loads of other Armchair Adventures episodes about being active such as [Ronny's Football Adventure](#) and [A Dancing Adventure](#) which could give you inspiration – you could play football with a friend like Ronny, dance the Funky Chicken with your nan, or go for a walk with your family.

Right, let's get ready for Level 2 of our mission...

Level 2 - Connect

What you'll need...

- Armchair Adventures Episode: [Jean's Artistic Adventure](#) (series 1)
- Arts and craft items or a drawing app on a tablet/computer

It's ok to feel lonely sometimes. But what can we do when we do feel lonely? In [Jean's Artistic Adventure](#), Jean found that drawing helped her feel connected to her family when they were apart. Level 2 of the mission requires you to create a picture of someone who makes you feel happy. You can draw or paint a picture, or maybe you can create something from building blocks, or sticking things on some paper. Whatever it is, connect with someone through your creativity and make something colourful. Don't forget to take a pic of it if you can and send it to us – the team would love to see it and maybe Connie might even display them in her travel agency!



Step 1: Think of someone who makes you feel happy

Step 2: Think of the colours that you can see when you think of them

Step 3: Think about their personality and what they might be doing when you draw them

Step 4: Think of what that person might be wearing – what clothes, what colours, or any accessories?

Step 5: Gather some paper, pens, pencils, an art app on a tablet or computer, or maybe some items to create a collage.

Step 6: Be like Jean and create your own picture!

Step 7: Don't forget to send us a pic!



Once you've completed this second part of our mission, think about other ways in which you could help people in your community feel less lonely and more connected to the people around them.

Perhaps you could check in on a neighbour, create a poem about where you live or write a letter to residents in a local care home?

Now, it's time for Level 3 of our mission...

Level 3 - Keep Learning

What you'll need...

- Armchair Adventures Episode: [A Local History Adventure](#) (series 2)
- Pen and paper or tablet/computer

This part of your mission is to uncover secrets of your local area – like John says in the episode:

“It’s important to know the past, so that we can learn for the future”.

When John and the Armchair Adventures gang went on the canal boat, they discovered all sorts of facts about the history of their local area. Think about where you live or go to school - or about a place that you’ve always dreamt of having an adventure in. So, we’re challenging you to think about where you live and find 5 things about this place that people might not know.

Step 1: Think of one fact or interesting story that you know about the place where you live.

Step 2: Find two facts or stories about where you live through research on the internet or from a book.

Step 3: Find two more facts or stories about where you live by speaking to someone you know. This could be a parent, other relative, friend or teacher.

Step 4: Write your 5 facts down.

Step 5: See if you can find any photos or pictures to help describe the facts and stories you have discovered.

Step 6: Find 5 people to tell you mission discoveries to.



Level 4 - Take Notice

What you'll need...

- Armchair Adventures Episode: [Linda's Treetop Adventure](#) (series 1)
- Pen & paper/Laptop/Phone or Tablet

Level 4 of our mission is in two parts; one takes place outside and the other inside. For part one, all you need to do is notice. Yes, that's right notice the things around you! In [Linda's Treetop Adventure](#), Linda took Connie and the gang on a treetop walk. Whilst there, they describe the trees, the smell of the compost, the colours of the leaves. Now, we need you to do the same.

PART 1

Step 1: Go outside for a walk or if that's not possible, look through your window to the outside.

Step 2: Notice 5 things that you can see

Step 3: Notice 4 things that you can hear

Step 4: Notice 3 things that you can smell

Step 5: Notice 2 things that you can touch

Step 6: Notice 1 thing that you can taste – it might be the rain, the crisp air, or something you're eating as you walk.

Step 7: Write down all those key words that you've noticed during your walk or as you've looked out of your window and get ready for part 2 of this level...



PART 2

After their treetop adventure, Linda and the gang wrote a song about what they experienced – the second part of your mission is to write a rap, poem or song using those words that you collected in part one of this mission level. If you can, we'd love you to perform them and send your videos to us – but don't worry if you don't want to perform, you could just send us your poem or rap - everyone at Armchair Adventures would love to read them!



Level 5 - Give

What you'll need...

- Armchair Adventures Episode: [Royal Garden Party Adventure](#) (series 1)
- A mirror

When Connie and the gang go on their [Royal Garden Party Adventure](#) with Veterans of the Armed Forces they discover what it's like to have a life of service – of giving to others. So maybe you want to be like Lee in the podcast and pop your Number 1's on for this part of the mission!

One of the lines in the Royal Garden Party Adventure song is 'Together, with kindness'. One of the simplest, kindest things we can do for each other is to give a genuine smile and this is your final part of the mission...

Step 1: Give 10 genuine smiles to people - it may be people in your family, school or local shop.

Step 2: Make a note of who you gave them to, how they reacted, and how it made you feel.

Step 3: Keep these notes in a safe place and look at them once in a while to remind yourself of the power of a smile.



MISSION COMPLETED, ADVENTURERS!!



Remember, you can always come back and undertake the mission again, and if you ever feel lonely, you can always join Connie and the gang on their next adventures.

To help you with your mission to help people feel less lonely in your community, take a look at these other activities and information...

Resources

<https://www.mindmoose.co.uk/wellbeing-activities-ks2/>

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm>

<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/how-the-quiz-works/>