# **Armchair Adventures – The Best Bits (Jan 2022)**

### Transcript

Connie: Hi adventurers, and happy new year! I hope you've all had an amazing

Christmas! We've got a cracker of an episode for you today, cos we're gonna rewind and take a listen to some my favourite moments of

Armchair Adventures so far!

#### Armchair Adventures theme music

Connie: I've got all my lovely customers on a conference call now, say hi guys...

Customers: Hello / Happy new year etc.

Connie: Did you all have a nice Christmas? What did Santa bring you?

Cyril: I got a joke book!

SFX - laughter

Rita: I got a jigsaw puzzle!

SFX - pieces emptied from box

Carla: I got a new ironing board...

Connie: Hmm...that sounds fun Carla.

Ann: I got a slinky.

SFX - boing sound

Keith: I got a new banjo!

SFX - playing banjo

Ronnie: I got a football scarf!

SFX - crowd cheer

Jean: I got some new paints!

SFX - painting

John R: I got a Nintendo Switch!

# SFX - computer game

Customers: Ooooo!

Connie: Over the Christmas break, me and my lovely customers have listened

back to all the amazing adventures we've been on, and together we've

chosen our top 5 moments!!

Keith: I'm looking forward to that!

Rita: This is going to be brilliant!

Carla: Top 5, Oh yeh, why not!

Connie: We'd better have a warm-up then, you too adventurer. We're going to

be using our imaginations, moving, acting and singing along. We can't see each other, and we might be miles apart, but this is still something

we can do together.

Barry: If Ronnie and me can do it, anyone can have a go.

Connie: That's right, Barry. And it's gonna be brilliant.

Right then, let's have a stretch and a yawn...

Customers stretch and yawn

Shake your bodies like a jelly...ready...go!

Customers shake their bodies

Katie: Then we do lion face and mouse face. Mouse face you squish your face

very small like a mouse.

Sound of Katie doing it

Katie: And lion face you open your mouth in a roar like a lion.

Sound of Katie doing it

Connie: Got it, ready listener? Mouse face. Lion face. Mouse face. Lion face.

Mouse face. Lion face.

We hear a 'brrr' sound.

Connie: How are you making that noise?

Mike: Putting my lips together and blowing them out. Listen.

Mike demonstrates

Connie: What about this?

Connie tries but not quite right.

Mike: Almost Connie. Try again.

Connie does it right.

Mike: That's it!

Connie: Join in listener.

SFX - Ding

All customers do more 'brrr' sounds

Connie: Do it low. And high. Now all the way from low to high like a rocket taking

off. Ready.

Connie and customers do the 'brrrs'

Connie: That makes my nose itch!

Katie: Mine too!

Connie: Right, now we're warmed up, it's time to start the countdown for the

best moments of Armchair Adventures so far!!

Countdown Music

Connie: At number 5, we're going all the way back to our first ever episode

where we took a walk, high in the treetops and met a beautiful, magical

bird in 'A Treetop Adventure'...

**Excerpt from 'A Treetop Adventure'** 

Flute playing

Linda: Look!

Connie: A bird. A beautiful bird.

Jean: Gigantic. But not frightening.

Barry: Soft feathers.

Cyril: Tranquil.

Lilly: Soft.

Carla: Calm.

Lynda: Talons to hold on nice and tight.

Ann: Rainbow feathers.

Keith: With a yellow head.

Ros: Long slender neck.

RIta: And a fancy tail.

John R: Big, baby-faced eyes.

Lilly: Friendly. Very friendly.

Ronnie: I think we're going to get on.

Connie: Use your imagination to describe the bird listeners. Let the music inspire

you.

Flute playing

Linda: Let's climb on the back of the beautiful bird and hitch a ride to the very

top.

Customers: Woah!

Rita: Look at all that juicy fruit.

Lynda: It looks delicious.

Jean: Red and pink and orange and delicious looking.

Cyril: You always get the juiciest fruit at the top of the tree.

Linda: Let's pick it and eat it.

Connie: Act out picking and eating big juicy pieces of fruit now guys, like really

go for it. Be disgusting. You know it makes sense.

## Customers make slurping/eating sounds

#### Flute plays a sad motif

Connie: That beautiful bird seems a little sad Linda.

Linda: Yes, I suppose it does.

Connie: What's wrong do you think? Oh no, I bet that fruit we ate was theirs. Was

that your dinner bird?

## Flute plays as if to agree

Connie: Oh no, what have we done? We've eaten all the birds fruit! It was

watching us all this time. I mean it's not right. We can go to Tescos or whatever on the way home for our fruit. We didn't need to eat it. We were just being greedy. What shall we do? Shall I tweet the RSPB and report us? I can't believe I've done this! I'm so thoughtless. It's all my

fault. What shall we do?

Linda: Connie stop. Breathe. Look. Listen.

Connie: The bird's okay I think?

**Flute** 

Linda: It is. It's happy.

Connie: I don't need to worry so much do !?

Flute

Katie: Ohhh, so peaceful.

Carla: Oh, beautiful and so graceful.

Jean: That sounded magical!

Countdown Music

Connie: At 4, we're going to perform on the biggest stage in 'A Showbiz

Adventure...'

### Excerpt from 'A Showbiz Adventure' - 14'27" - 20'20"

Connie: Right, we can't stand here gawking guys, we are on stage in 5?

John: What?!

Mike: Eh?!

Connie: 5 minutes until showtime people. Walk this way. No time to sign

autographs and have selfies now. Stand back. Stand back. VIPs coming

through.

We hear big doors opening. The noise of a busy theatre foyer.

Nicola: Thank you, kind sir.

Sue: I'm not used to getting the door held open for me.

Nicola: Those door men are very muscly.

Sue: Tell me about it.

Connie: No time to flirt now you lot. This way to the stage.

We hear a bell ringing.

Connie: Ooo wait a minute I need to make an announcement.

Connie: (on the tanoy) Please take your seats for tonight's performance. The

performance is about to begin.

Connie: Come on you lot. That way is for the audience.

We hear another door open. They are backstage. We can hear the audience taking their seats.

Habib: Who are all these people?

Connie: That's all the backstage crew. They work here.

Katie: All of them.

Connie: Right, can we get make up and costume on the cast please, come on,

chop chop, we've got a show to do.

John: Why I've not been made up like this since I played Hamlet in my school

play.

Chris: Was that in Shakespeare's time?

John: I'm not that old Chris.

Connie: Right, that will have to do people. The band is ready now. The stage

manager is having kittens because we're behind schedule. You all look fabulous. I've just asked for general wash for the lights as there was no time for a full lighting design, just make sure you can feel the light hitting

your face.

Sue: It won't be in my eyes will it. I hate bright lights in my eyes.

Connie: You're going to have to suffer for your art I'm afraid. Positions people.

Chris: Eh?

Danny: You what?

Connie: Go and stand in place on the stage.

Chris: Oh right, positions yeah.

Connie: And you listener, get yourself ready to perform in front of thousands of

people.

#### SFX - Ding

We hear people moving onto stage. We hear the band tune up. We hear the audience quite down. We hear the curtains go up. Silence.

Connie: (Clears her throat). Song guys. This is it. This is where we belong.

Song: This Is Where We Belong

Ann: Oh what a feeling!

Carla: Brilliant!

Barry: That was incredible!

Keith: So many people!

#### Countdown Music

Connie: At 3, we're going underwater when Rita bumped into you know what...

## **Excerpt from 'An Underwater Adventure':**

#### Song: In A Moments Like This

## Music changes to be more worried sounding

Connie: Look, oh no look, look where the pollution has damaged the coral.

Colours faded, dark browns, greys and black, look it's all twisted in plastic and dead looking, void of life. It makes me feel so sad and worried! How does the damaged coral make you feel listener?

## SFX - Ding

Rita: Oh Connie look there's a little octopus all entangled in plastic net.

Baz: Legs curled up

Pat: Tentacles stuck fast

Ronnie: Twitching, Trapped.

Jean: Urgent feet. Muscles straining, jerking, desperate to be free.

Rita: Let's help it get free listener. Very carefully with me unwind the plastic

net and let the octopus swim off, free and happy again.

#### SFX - Ding

### Piano music changes to happy, clam sounding

Carla: Ooo look at him beautiful, floating away.

Connie: Right you lot, I've got a tray of nursery grown corals here. You can all

see where the coral has been damaged due to climate change and

pollution. Grab some coral from me, and you listener.

# SFX - Ding

Customers: Thanks Connie. etc.

Rita: Right guys, we're going to glue the coral onto the reef. Don't worry it

won't hurt them. Over time the coral will embed itself naturally.

Connie: That's right Rita. Ready, go!

SFX - Ding

# Piano music changes to more mysterious sounding

Connie: I feel a shadow.

Rita: Me too.

Carla: The fish are scattering!

Keith: Hiding away in their caves.

Lynda: The shadow is moving and spreading.

Rita: I'm frightened.

Connie: This is not supposed to be happening, here we are supposed to be free

from all that.

Hazel: Don't move everyone. Look up.

Rita: Help!!! It's a shark!

Piano music changes to scary music to represent the shark

Connie: Hide everyone!

Customers scatter to hide

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Countdown Music

Connie: We're getting close to the top spot now, but at number 2, who can

forget the time we met Her Majesty the Queen...

# **Excerpt from 'A Royal Garden Party Adventure':**

Queen: Welcome one and all to my garden party. It is my great pleasure to be

honouring such a fine array of specially invited guests.

Solider: Your majesty, one moment please.

We hear whispering.

Connie: Oh no I'm done for now. The Queen's guard is going to tell the Queen

I'm not supposed to be here. They'll probably lock me up in the tower, or worse- they don't chop people's heads off anymore so that's a relief-

or do they?

More whispering.

Queen: Oh I see. It has come to my attention that there is someone in our mitts

that has not got an official ticket.

Connie: I'm so sorry your majesty, please forgive me, I'll leave immediately.

Queen: It has also come to my attention that this person is the teenager

responsible for helping people in lockdown through Armchair

Adventures. Is this true young lady?

Connie: It is your majesty.

Queen: Well, one loves going on an Armchair Adventure. I have had a

marvellous time joining in with you and your customers over these last

few months. What an amazing achievement. Well done.

Connie: I couldn't have done it without my amazing customers and my listeners

of course marm.

Queen: Well quite. Hello listener, yes you who is listening right now. I want you

to say 'why hello your majesty' in your poshest voice. Ready, Go!

SFX - Ding

Queen: Did one do that correctly Connie?

Connie: Absolutely your majesty.

Queen: Good. Now I have also become aware that you may have some

concerns about your education. I believe some friends of yours have

words of advice on that very thing.

Connie: They do?!

Military style drums come in and then fade to accompany....

Lee: Be patient Connie.

John: And keep it up.

Jan: Remember to be kind to yourself.

Martin: There's more to life than textbooks you know.

Deb: You're not alone Connie, there's always somebody that you can go to

for help.

Hazel: The leadership and communication skills you have shown getting us

here Connie are remarkable. You should be very proud of everything you have achieved since this pandemic started. We all believe you have

a very bright future ahead of you.

#### Music fades

Connie: Oh guys, I don't know what to say, thank you.

Queen: Thank you to all my wonderful guests for your service.

# Song: A Life Of Service

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Lilly: I love the Queen!

Cyril: She's so majestic.

Anne: And elegant!

Countdown Music

Connie: And now, at the top spot, our number 1 best moment of Armchair

Adventure's so far is the time we all saw the northern lights appear...

### **Excerpt from 'A Bubble Adventure':**

SFX representing the glimmer of the northern lights.

Carla: Ohh, what's that over there?

Connie: Where?

Carla: Look, Connie. The lights!

Lynda: Dancing on the horizon.

Jean: It's very green. Beautiful, but a bit scary.

Rita: They're quite bewildering.

Ann: Shimmering and waving in the air.

Keith: They look like a forcefield around the earth.

John: I'm mesmerised. I'm hypnotised.

Barry: I can't take it in. Makes me think about what nature is capable of. And

what else we don't know.

Connie: Wow, listeners! Can you see the northern lights? Can you describe

them?

SFX - Ding

Connie: Amazing, well done. They're like a special effect. I can't believe they're

real!

Linda: They're real, alright. Nature is immense. Look how small we are in

comparison.

Carla: What a wonderful phenomenon. Thank you, Connie.

Connie: Thank YOU, Carla. It was your idea. The bubbles, the lights. You

could've made all this happen without any help from me.

Carla: I don't believe that's true at all. You made our adventure possible! And

even if it was true, it wouldn't have been the same without you.

Song: It's A New Year

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Connie: That was amazing

Rita: So many special moments.

Chris: So many memories

Connie: What's been you're favourite bit of Armchair Adventures so far

adventurer? Do you agree with mine or was it the time we dressed up as a superhero? Or when we went on an underwater adventure and bumped into a shark! Whatever your favourite moment is, let us know by

sending us a message on twitter or facebook. We'll read out some of your replies net month!

Cyril: I can't wait for mine.

John R: Me neither:

Chris: And me.

Connie: Well you guys are the best customers a travel agent could ask for. Join

us next time when we go on a dancing adventure! See you soon!

Customers: Bye etc.

Connie: End. Call. Now.

### SFX Phone terminate call

Connie: Lovely. That was amazing, thanks so much for joining in adventurer. I

can't wait to go on another Armchair Adventure with you all next time. Oh, and do me a favour...tell 3 friends about Armchair Adventures, we'd

love more adventurers like you to join us! Love you guys!

Armchair Adventures theme music