

Armchair Adventures: A Join-in Story Podcast For Kids

A Research Adventure!

Connie: Welcome to the Armchair Adventures Travel Agency, journeys of the imagination. I'm Head Travel Agent and Host, Connie!

Music: Armchair Adventure's theme

Connie: 'Ello 'ello 'ello!, afternoon!, or good evening wherever you're listening from adventurers! The voices of this episode's special guest Adventurers are...

Elliot

Evee

Lucas

Tilly

Alfie

Coby

Elizabeth

Alfie

Adventurers say their names

Connie: Hi Everyone!

Adventurers: Hi Connie!

Connie: You too can star in an episode of Armchair Adventures as one of our special guest adventurers. All you need to do is ask your grown up if you can join the Armchair Adventures fanclub on patreon. For more info, simply head to the Armchair Adventures website, that's www dot armchair dash adventures dot co dot uk, and click on the Adventurer fan club page!

Scene 1

Music: Short Armchair Adventure's theme underscoring to transition

SFX Scribbling on paper and then scrunching it up and throwing it away.

Connie: Hello Adventurers, I'm doing a research project at school. We have to carefully study something and discover facts about it.

The problem is I'm not really sure where to start! I think I know what I want to investigate, but I'm completely stuck on where to go with it next! My Uncle Chris teaches drama and does workshops in schools sometimes, I wonder if he knows someone who could help me out...

SFX phone ringing

Unc. Chris: Hello, Uncle Chris king of dramarama at your service, how can I help?

SFX Dinosaur film in background

Connie: Hello Uncle Chris, it's Connie ...wait what's that noise in the background?

Unc. Chris: Oh I'm Just having a 'Jurassic Park' Watchathon with my breakfast!

Connie: Haha, I forgot how much you love dinosaurs.

Unc. Chris: You know me- the dino David Attenborough! There are so many questions I have about dinosaurs especially the Tyrannosaurus rex, they're my all-time favourite. (impression) If only there were some way to find out the answers...an opportunity to observe them...in their natural habitats...

Connie: I guess you'll just have to use your imagination Uncle Chris.

Unc. Chris: I guess so Connie, anyway, is everything alright?

Connie: Well, I'm having some real trouble on a research project at school, I'm feeling quite frustrated, do you know anyone who could help?

Unc. Chris: Ah research you say! As it happens, my good friend Rachel is a Dr of children's health and a professor, so she's done loads of research! Plus, she has a very cool Secret research base we could adventure to. I'm sure she would love to help out.

Connie: That sounds amazing! But... I've got so much homework to do on top of this I don't think I can go and meet her...

Unc. Chris: Not to worry Connie, I'll go and get you all the info you need!

Connie: Thanks so much Uncle Chris!

Unc Chris: No problem, goodbye Connie.

SFX phone hanging up

Now then, what character will help me find what I need today? Let's have a little look in my magic costume cupboard...

SFX cupboard door opening

SFX rummaging

A quiz show host! Complete with sparkly jacket...hmm no, not right...

SFX sparkly jacket tossed away and landing with a crash

A sports commentator with a head mic and an opinion, ugh no that won't do either!

SFX Another comedy tossing of head mic sound and crash

Aha! A sharp suit, a handheld microphone and a serious face...A news reporter...Perfect!

SFX A breaking news theme

This is Uncle Chris reporting for 'Armchair Adventures; Live' and we have some breaking news! It's time to get the 'scoop' on research!

I think I'll recruit Connie's lovely customers to help with this one too. With their years and years, and a few more years than that, of experience they are sure to be able to help me out!

Not forgetting that with an Armchair Adventure Adventurers, we can go anywhere we like from the comfort of where we are right now, so they're perfect for everyone, no matter what age you are. Start. Call. Now.

SFX Phone ringing

Unc. Chris: Hello Connie's lovely customers!

Customers all say hello.

Unc. Chris: I've got some breaking news!

SFX News flash theme

Jan: On no, there's not another snows storm coming is there?

SFX snowstorm.

Christine: Are the bully bears back from the friendship fixing adventure?

SFX bully bears.

Steve: Did we run out of biscuits?!

SFX DUN, DUN, DUN.

Unc. Chris: No, the biscuits are safe don't worry everyone! But Connie needs our help with a research project!

Hazel: Well, I'm up for helping with that, I love investigating things.

Linda: Me too, Hazel. I like to research my local area and all the historical events.

Anne: It's so exciting finding out new things.

Pauline: I remember researching endangered animals at school, it made me really passionate about the environment.

Customers: General agreement, I love doing research, I research football!

Unc. Chris: Exactly! So, we're going on an adventure to 'investigate' at my friend Rachel's Secret research base!

Ada: Is that why you're pretending to be a news reporter Uncle Chris?

Unc. Chris: That's right!

Ronnie: Does this mean we will get to go in a news helicopter?

Unc. Chris: You betcha!

SFX Helicopter rotating

You too adventurers, grab your press pass and pretend to get on the helicopter with us!

SFX Ding

Adventurer: Watch out for those blades.

Adventurer: Duck!

Adventurer: It's really loud.

Adventurer: Wow it's so high up.

Adventurer: There's no door on it – help!

SFX taking off, then the following over the roar of the helicopter.

Unc. Chris: Are we all strapped in?

Anne: Hang on, where's Keith?

Keith: Wait for me, I was just grabbing my notebook.

Pat: Quick grab on to this rope ladder

SFX Rope ladder unravelling with helicopter sounds in the background.

Unc. Chris: Hold on tight Keith... a journey of the imagination here we come!

Keith: Wahhhhhh!

SFX helicopter travelling into the distance.

Music: Armchair Adventures theme tune

Scene 2

SFX helicopter landing

Jan: Wow that was quite a journey, are you ok Keith?
Keith: Almost lost my lucky hat, but I'm still in one piece!
Ada: Where are we Uncle Chris?

SFX news flash theme

Unc. Chris: We have just arrived on location at-
Linda: What appears to be a giant rock at the foot of a Hill...
Customers: General confused noises. What on earth are we doing here? Well I've never seen a rock like this.
Unc. Chris: Ahem if you would just let me finish my reporting Linda...
Linda: Sorry!
Unc. Chris: This is no ordinary rock- it's the entrance to Rachels super, sci-fi, secret research Base!
Lily: But how do we get in?
Unc. Chris: With the important secret knock code of course!
Customers: Oooh fancy, how mysterious, like being in a game!
Unc. Chris: What would your important secret knock code be adventurer?

SFX Ding

Adventurers demonstrate their secret knock codes.

Unc. Chris: Those were great adventurers, now it's time for mine...

SFX knocking a silly rhythm.

John OG: Are you sure that's right Uncle Chris?
Hazel: Didn't sound too important to me...
Customers: General agreement. You must be joking! Come on.
Unc. Chris: Well, just you wait and see...

SFX rumbling rock door moving.

Ronnie: Ohh, the rocks moving.
Christine: It's opening like a door.
Customers: Oh wow! I didn't think that would work. It's like we're in a film.
Rachel: Hello everyone!

Customers: Hello

Unc. Chris: Hi Rachel, did you hear me using the secret knock code?

Rachel: Erm no, I just saw you on the security cameras...

SFX cameras

Unc. Chris: Oh right...of course...

Pauline: What sort of research work do you do Rachel?

Rachel: I work in children's public health, which means I research things that effect the health of children here in the UK and worldwide.

Hazel: That's so interesting!

Ronnie: What a cool job!

Customers: General agreement. Tell us more Rachel. Sounds really interesting.

Rachel: I normally work in hospitals and universities but as this is an Armchair Adventure, I thought why not use my secret research base! Come on in everyone!

SFX computer bleeps, scientific noises in a cool way

Steve: Wow it's amazing in here.

Christine: It's like the Batcave.

Keith: Look at all the robots and machines.

Unc. Chris: What can you see in the secret research base adventurers?

SFX Ding

Adventurer: There's a huge robot reading a textbook.

Adventurer: A computer that's counting really fast.

Adventurer: There's loads of screens filled with information.

Adventurer: There's a remote control that lets you adventure into a tv!

Adventurer: There's a football that you kick and it scans everything!

Adventurer: Woah, look at that magic laptop!

Rachel: I'm glad you like it everyone. So, Uncle Chris how can I help?

Unc. Chris: Well, Connie has to do a research project with school, and she doesn't know where to start...

Rachel: Then, you have come to the right place, I can help you out with my 'Five Step Guide to Research'!

SFX fanfare

Customers: Thanks Rachel. Oh thanks! Thank you Rachel.

SFX news flash theme

Unc. Chris: This just in, we are about to learn the first step in research...Rachel, it's over to you...

Rachel: Thanks Uncle Chris, the first step in any research project is: The Question.

SFX Headline stab Question

Linda: Of course.

Ada: There needs to be something to investigate.

Rachel: In my work the questions are usually about big problems that affect a lot of people or serious problems that might affect a smaller number of people.

Christine: Or big questions no one has ever answered before?

Rachel: Exactly! But as were on an armchair adventure we can ask anything you like to help explain the five steps.

Unc Chris: Ooh Like what will dogs look like in the future?

Anne: Are unicorns real?

Steve: Which biscuits share the most DNA with humans?

Rachel: Why not! What question would you like to research Adventurers?

SFX Ding

Adventurer: Can T-rex swim?

Adventurer: Why are zebras stripy?

Adventurer: Can chicken nuggets walk?

Unc Chris: Wow, great ideas everyone! How do we pick?

Rachel: Why don't you decide Uncle Chris?

Unc. Chris: Oh yeah, what a treat... now then, hmmm...

Pauline: I know what he will go for

Pat: Me too...

Jan: He loves dinosaurs

Unc. Chris: It's got to be the Tyrannosaurus Rex question! They are my absolute favourite dinosaur! I'd love to know if a T-rex could swim! Ooh and how they slept? And this is a bit gross, but I wonder how much they poo'd?

Pauline: Knew it!

Hazel: Eek I'm a bit scared of dinosaurs...

Linda: But Uncle Chris, that's three questions?

John OG: Will we have time?

Unc. Chris: Oh yeah, I seem to have gotten a little bit carried away there...

Rachel: Oh well let's go for it! Big questions like these must be answered...

Customers: Wahey! Can't wait. Go on!

Ada: So, we've got our Questions but what do we do now?

Unc. Chris: It looks like it's time for another step...

SFX News flash theme

Rachel: Absolutely, for successful research you need step two: Planning the Project.

SFX – News Stab – Planning.

Christine: This is going to take careful thinking...

Hazel: And we will need to make sure we have a schedule...

Keith: All the equipment we need...

John OG: Places to conduct the research...

Steve: And it's so important we get the biscuits right...I can't be researching all day powered by rich tea...

Ada: You'll turn into a biscuit one of these days...

Unc.Chris: What do you think we'd need to help us answer our t-rex questions adventurer?

SFX Ding

Adventurer: Pen and paper

Adventurer: Drinks and snacks are essential

Adventurer: Maybe a computer

Adventurer: Some t-rex would be good...

Unc. Chris: Great ideas Adventurers!

Rachel: You also need to make sure what you're doing is ethical- this means the research must be for the good of everyone and won't hurt people.
It's also important to include the people the research is for, so it's made with them and not about them.

Unc. Chris: So, the planning stage is really important to get things right.

Rachel: Definitely.

Hazel: Eek, I Don't fancy including a t- rex!

Uncle Chris: Speaking of which I guess we really need to start thinking about how we collect the data too- data is the information that will help us answer our questions.

Rachel: You know more than you think Uncle Chris! That brings us to step three:

SFX News flash theme

Gathering the data!

SFX- News stab - Data

Pauline: How do you normally do that in your research Rachel?

Rachel: Well, we count things, like how many people have certain illnesses, or ask people how they think and feel about things using questionnaires and sometimes we invent new medicines and see if they do what they are supposed to do.

Linda: So, with our questions I suppose we could ask other researchers what they think about T-rex's...

Christine: Or look at fossils, we can't really see the dinosaurs in action...

Rachel: If only there was a way to see them in real life...a portal to the past...

Unc. Chris: Well, why don't we do just that... We're on an Armchair Adventure remember! I'll just rustle up a portal...

SFX Portal

Customers: Woah! It's like a sci-fi film. Well I never.

SFX News flash theme

Unc. Chris: This just in...a group of researchers are about to travel back in time to gather the data they need about tyrannosaurus rex, using the power of their imagination.

Rachel: How exciting! I'll just grab my drone, that will be good for collecting data at a safe distance.

Unc. Chris: Great idea Rachel.

Hazel: Yes... let's keep our distance from the dinosaurs...

Unc. Chris: Are you ready everyone?

Customers: Yeah! Raring to go. Woohoo!

Unc. Chris: Then the prehistoric past here we come! It's time to go back in time...

SFX time travel/portal sounds

Customers response to time travel

Pat: Wow I feel like I'm breaking into particles...

Linda: All the events of history are flashing past me

Steve: Pretend to travel back through time with us adventurers!

SFX Ding

Adventurer: Wahhhh I'm spinning in circles

Adventurer: It's so swirly

Adventurer: Look at all the crazy colours

Adventurer: Oh my gosh, it's Abraham Lincoln!

Adventurer: It's like I'm in a film!

General of Adventures and customers travelling through time

Scene 3

SFX Time travel stopping.

SFX Jurassic sound scape, dinosaurs etc.

Jan: Have we arrived?

Unc. Chris: Welcome to – the dinosaur age...but let's not forget where the portal is, we need that to get back home!

Customers: That's really important. I'll write it down.

Lily: Wow it's amazing here!

Christine: It's so green, there's loads of plants and nature...

SFX swooping sound and a Pterosaur squark.

Keith: Hey that's my lucky hat! That pterosaur just stole my lucky hat!

Anne: It's their lucky hat now Keith.

Unc. Chris: We better watch out for dinosaurs everyone, keep together! What can you see in the prehistoric world Adventurers?

SFX Ding

Adventurer: Dinosaurs fighting

Adventurer: Volcanos

Adventurer: Cool trees...

Adventurer: ...With fruit I've never seen before!

Adventurer: Is that a dinosaur with feathers?

Unc. Chris: How exciting to be here! And we've landed right in the middle of a T-rex habitat! There's water, nests, all sorts! Everything we need for our research right in one place! Ok everyone, what was our first question?

Rachel: Can a t-rex swim?

SFX of a T-rex, atmosphere of a river.

Unc. Chris: Incredible, a t-rex in the flesh, a dream come true! It's huge!

Hazel: And terrifying...

Steve: Here we go, it's approaching the water...

SFX T-rex stamping

Unc.Chris: It's only dipping its toe in; I don't think it's too keen...

Ronnie: Aw, it's walking off...

John OG: Doubt they swim then!

SFX T-rex stamping off.

Rachel: Hang on a minute...It's not leaving, it's getting a run up!

SFX T-rex running.

SFX a leaping in the air sound

Unc.Chris: Wow, it's doing a dive bomb!

SFX massive crash into the water

Pat: We're gonna get soaked!

Keith: Look out!

SFX a giant splash

Customers: My hair – it's soaked! I wish I'd brought my waterproof. I'm drenched.

Unc. Chris: Right shake it off everyone...

SFX shaking the water off.

Customers and adventurers complaining about being soaked.

Unc. Chris: Well I never look at it go!

SFX a T-rex swimming

Ada: With its tiny arms I didn't think it would be a good swimmer...

Anne: Let alone swim so fast.

Unc. Chris: Ok everyone, it's time to put step three – Gathering the data, into action! I'll send out the drone to record how fast it's going...

SFX drone flying and calculating data

Unc. Chris: Right, now that's been collected, on to Question two- how much did a T-rex poo...shouldn't be too hard to find out, this whole habitat is a T-rex toilet...

SFX big squelch

Keith: Oh no... I've just stepped in dino dung!

Customers: Keith! What a whiff.

Jan: Wow, How *big* is that T-rex poo?

Unc. Chris: Let's have the drone scan it...

SFX drone flying and scanning, calculating data.

Unc. Chris: Second set of data collected!

SFX Rustling bushes

SFX T- rex stamping approaching.

Hazel: I don't mean to alarm everyone, but a t rex is heading this way!

Customers reactions

Unc. Chris: Then I think it's time for question three, how did a t-rex sleep. Let's get to the T-rex nest before this one T-rumps!

SFX customers running and then a huge fart fading off into the background.

Unc. Chris: That was a close one.

Ada: We were almost blown away!

Customers: Phew! Glad we got away.

SFX footsteps of the customers and atmosphere of sleepy jungle

SFX very quiet news flash theme

Unc. Chris: (whispering) Breaking news everyone we have just approached a tyrannosaur nest, just behind this prehistoric foliage is a sleeping dinosaur...the snoring is very loud...

SFX snoring t rex.

Rachel: There's been debate that they stood up to sleep, but no other two-legged creature ever has...I wonder who is right...

Steve: I've got bad news gang this grass is too thick to push through

SFX thick grass

Pauline: We can't see it!

Unc. Chris: I know let's send in the drone, I'll just fly it over the top of the grass...

SFX drone flying.

John OG: Are you sure that's a good idea Uncle Chris...

Hazel: You can't see where you're flying it...

Unc. Chris: Oh, it will be fiiiiine.

SFX – drone scanning, calculating data.

Unc. Chris: See it's done the calculations...and now I'll just fly it back...easy.

SFX – drone flying and then a crash sound followed by an almighty roar.

Unc. Chris: Oops...

Linda: Oh dear, Uncle Chris, you've crash landed the drone...

Hazel: Into the t-rex's nostril...

Keith: And it's coming right for us...

Unc. Chris: RUN!!

SFX customers running

Customers: Come on, pick your feet up. I'm not very fast. We're going to be a dino snack!

Unc. Chris: You too adventurers pretend to run away from the T-rex with us!

SFX Ding

Adventurer: It's hot on our heels!

Adventurer: It's got huge teeth!

Adventurer: Quick run!

SFX T rex running and roaring.

Rachel: Quick everyone Let's get to the portal!

Customers: Yes let's go, back to the future, let's get out of here.

Unc. Chris: But we can't leave without the drone, or we will lose all our data... and it's stuck up the t-rex's nose!

SFX T rex snapping its jaws and stomping. The drone buzzing- its stuck!

Customers: How are we going to get it out? It's going to be curtains for us.

Jan: Fly it out Uncle Chris!

Unc. Chris: I'm trying! Wait I think it's going to sneeze...

SFX a sneeze build up and then a huge t-rex sneeze and the drone popping out.

Unc. Chris: Catch that drone!

SFX catching the drone.

Ronnie: Got it!

Rachel: Right, let's get out of here everyone!

Keith: The portals up ahead!

Ada: Oh, I hope my legs will make it!

Hazel: It's snapping jaws are almost on us gang!

SFX snapping Jaws close by!

Unc. Chris: We're at the portal, jump inside everyone!

Customers jumping into the portal.

Steve: Don't forget to close it behind us Uncle Chris!

Unc. Chris: Good thinking Steve, to the future gang! Let's goooooo.

SFX- of time travel sounds. Portal closing etc.

Customers travelling back to the future.

Rachel: That was close! Are you still with us Adventurers!

SFX - Ding

Adventurer: Still in one piece

Adventurer: What a relief

Adventurer: The future, here we come!

SFX – Time travel stopping.

Scene 4

SFX - lab atmosphere

Rachel: What a relief to be back in the secret research base!

Customers: So glad to be home, stick the kettle on, you're just after another biscuit!

Unc. Chris: I always wanted to see a T-rex in real life...just maybe not so close up.. I could smell its bad breath...

Customers: Pooh it was bad! Needed to floss those big teeth.

Unc. Chris: So, now we have gathered all our findings, what do we do with them next?

SFX- News flash theme

Rachel: That would be step four - Analysis!

SFX- Headline stab - Analysis

That means looking at all the information you have gathered to see what answers it can give you.

Steve: How exciting, how would you do this in your work Rachel?

Rachel: Sometimes we use our ears and brains to analyse the data by listening to recordings of what people have said. Other times we might use maths if we have counted or measured something, and people who do lab research might use fancy machines to look at their findings.

Lily: How interesting.

Linda: So how should we analyse ours? It's all in here...

SFX knocking on metal sounds.

Inside the drone.

Rachel: That's easy, just pop it inside – the supercomputer.

SFX fanfare then computer sounds

Ronnie: Wow it's huge isn't it?

Keith: So many flashing lights and a big screen

John OG: It's ten times the size of my telly at home

Rachel: I'll just plug in the drone and then when its ready the data will load up on the screen.

SFX old computer type sounds to represent data loading onto the screen

Christine: I think it's finished. Look.

Pat: Wow it says the t-rex not only swam well, but at speeds of up to 20 mph.

Customers: Wow! 20 miles an hour. Well I never!

Unc. Chris: And that dinosaur dung was 45 centimetres long- that's the size of a laptop!

Customers: I can't believe it. Bigger than my cat!

Ada: And t-rex really did sleep lying down.

Steve: Those arms must have been small but mighty to lift them back up to standing.

Anne: Look, there's an image of them sleeping too.

Unc. Chris: They look quite cute snoozing, shame about the morning breath...

Hazel: Not to mention their big, terrifying, blood thirsty snapping jaws!

Unc Chris: All this information is amazing; we must let people know about it! Is it time for the final step?

SFX news flash theme

Rachel: It certainly is, Step five sharing our findings!

SFX – headline stab – Findings

Pauline: Brilliant tell us more please Rachel.

Customers: Yes please, I'd love to know.

Rachel: So in health care, to share what we have discovered in our research, we often write articles, which are like stories, and we publish them in things called journals. Journals are like magazines for other scientists.

Sometimes we might share our findings at meetings by doing presentations.

And other times we might go on TV to talk about them or write about them in newspapers. That way lots of people can hear about them.

Christine: So, there are many different ways of sharing what you've found out. Some that can reach a few people and some that can reach a lot of people?

Rachel: Exactly, but it's really important to share what you found with the people that you do the research with, so they are part of the whole process.

Unc. Chris: This feels like a super important step Rachel.

Rachel: It really is Uncle Chris. How you share what you find out can change things for everyone in the world. It can even change people's lives.

Unc. Chris: Doing research is a really big deal! And 'the five steps' have been so useful! We've learnt about...

SFX- Headline stab The question.

Deciding what you want to research.

SFX – News Stab – Planning.

Making sure you have everything you need for your project.

SFX- News stab - Data

Deciding what information you are going to collect and how you are going to do it.

SFX- Headline stab – Analysis

Working out what your data tells you about the project question.

SFX – headline stab – Findings

Sharing all the things you found out with the people that need to hear them.

Thanks so much for helping us with the 'five steps of research' Rachel, with all this info Connie will be researching away in no time!

Rachel: My pleasure Uncle Chris...but we haven't decided how to share our findings from the adventure yet!

Unc. Chris: I think I have an idea...

SFX – news flash theme

Breaking news! Here at 'Armchair Adventures Live' we have just discovered that Tyrannosaurus rex, could swim at 20mph, slept lying down and even produced poo that was as big as a laptop screen! Thanks for tuning into - 'Armchair Adventures Live' - where the news is news to me.

Customers: That was a great idea. I loved that news! Very informative.

Unc. Chris: Now it's time to end our journey of the imagination and get back to reality!

Goodbye Rachel.

Rachel: Goodbye.

Unc. Chris: Goodbye adventurers.

Adventurers: Goodbye Uncle Chris.

Unc. Chris: Goodbye everyone.

Customers: Goodbye Uncle Chris.

Unc. Chris: End, call, now. Lovely.

Ian: This episode was funded through the ICS Research Engagement Network development programme. Produced in collaboration with Lancaster Medical School, Lancashire and South Cumbria Integrated Care Board, and the Council for Disabled Children (part of the National Children's Bureau). With special thanks to Rachel Isba.

Thank you.

The views expressed in this episode are those of the author(s) and not necessarily those of NHS England or the Department of Health and Social Care.