

Armchair Adventures: A Join-in Story Podcast For Kids

A Record-Breaking Vaccination Adventure!

Part 2

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

Music: Armchair Adventures theme tune

Connie: Good morning, good afternoon or Good evening wherever you're listening from adventurers! And a big hello to all our adventurers on YOTO. Thanks for listening! The voices of today's join in at home Adventurers are...

Adventurers: Redgate Primary School

Connie: Hi Everyone! 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. Simply head to patreon.com and search 'Armchair Adventures' for more info. On an Armchair Adventure 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. Restart. Call. Now.

SFX phone ringing

Scene 6

SFX scanning sounds and lots of creatures chattering

Connie: Welcome back adventurers! Last time we you saw I had a big test in science coming up so we went on an adventure to Dr Rachel's secret lab to learn about vaccinations and what happens in our bodies when we have them.

Unc. Chris: A vaccination is an injection or medicine that helps us not to get sick.

Steve: Here we met Drs Donald, Rachel and Pallavi!

Unc. Chris: Don't forget I was also trying to break a world record ...

Connie: Yes, that too!

T-cell: Please hold still for scanning...

Ada: Ooo, sorry!

Unc. Chris: This is how I shrank down and accidentally got sniffed into Pallavi on a new nasal vaccine!

Pauline: Worried about him, we shrunk down too and followed him in...

Rachel: We went inside a measles, mumps and rubella vaccine!

Hazel: MMR for short.

MMR: Hey dudes, that's us!

Rubella: Don't worry, we're like totally chill versions of the disease!

Connie: That's because vaccines use a deactivated or weak version of the germs, so we don't get sick but our bodies learn how to fight them off.

T-cell: Measles identified... Scanning.

Measles: Nice to meet you, T-cell my man.

Rachel: Lucky for us, Donald was able to stay in contact with us on a video watch, while we are inside the human body!

Linda: But we only had an hour to get out, before the shrink ray wears off!

SFX Watch beeping alarm 30 minutes remaining

Pauline: And that's the alarm we set, telling us there is only half an hour before we grow back to full size!

SFX dun dun dun

Connie: Once inside, we ended up getting picked up by Pallavi's immune system.

Unc. Chris: That's what happens in our bodies when we get infected with illness.

Steve: Dendritic cells are part of this system

Ada: And that's what brought us to the lymph node.

Hazel: It's like a prison.

Cyril: Where we're getting scanned by T-cells.

Donald: They scan invaders, like our vaccines, and then use that information to help B cells build a weapon, called an antibody.

Rachel: They help us to fight it off and remember it for next time should the real version of the germ invade. Pretend to get scanned by the T-cells with us adventurers!

SFX Ding

Adventurer: Is this how paper feels in a photocopier?

Adventurer: I don't have a barcode, do I?

Adventurer: The scanner light is so bright.

T-cell: Scan complete measles, mumps, rubella and Covid-19 identified...

MMR: Cool man! We're like celebrities! Line up for autographs man etc. So awesome!

T-cells: Antibody weapons processing to defeat MMR and Covid 19.

MMR: Hey! Wait? What? So harsh, not cool.

T-cells: Complete human genomes identified...Error? Error? Is this an error?

Rachel: No don't worry T-cell, there is no error, we are real human beings that shrank down and entered alongside these germs via a vaccination.

Connie: To learn about what happens in our immune system.

T-cell: Welcome humans, no defence required, scan complete. MMR and Covid-19 antibody response initiated...please wait...

SFX Processing sounds

Connie: So, what's happening now, Donald?

Donald: Once the T-cells have processed the germs it contacts B-cells, the human body's defenders, and tells them to make a weapon, called an antibody.

Rachel: Then your immune system remembers how to make this weapon should it meet the same germs again.

Donald: That's why vaccination is so important. It lets our bodies meet germs without making us ill, so the next time we meet them our bodies already know how to fight them.

Rachel: And sometimes if enough people have the vaccine, it can stop anyone getting ill with that germ ever again.

Cyril: Oh, like smallpox!

Teresa: Oh, you can't get that anymore.

Rachel: Exactly.

Connie: That's so cool, our bodies really are amazing!

Scene 7

SFX Upbeat music

B-cell: Never fear the B cells are here! Boom, boom! It's time to learn how to fight these repulsive monsters in quick time!

MMR: Excuse me?! Don't be mean man.

B-cell: We have to be able to sort them out fast, before they invade and multiply. When there are too many of them that's what makes you sick! B cells attention!

SFX B cells boots stamping to attention

B-cell soldiers: SIR, YES SIR!

B-cell: You're going to have to learn how to see those nasty invaders off, using our new weapon! QUICK MARCH! BOOM BOOM!

Lynn: What do you mean?

B-cell: I mean fall in line! This is a training drill! BOOM, BOOM! Line up! Attention!

Song: 'Because we're B-Cells'

Connie: Thanks so much B cells, that's really helped me to understand how we fight off infections using our immune system and how vaccines can help too.

B-cell: No problem! All part of the job. BOOM BOOM! At ease!

SFX Watch alarm "five minutes remaining"

Hazel: Sorry to interrupt everyone, but we only have five minutes left before the shrink ray runs out! We have to get out of here...

Cyril: AARRGH! What are we going to do?!

Cathy: We got so caught up in the drill we forgot about having to get out!

Linda: Yes but how can we escape?

Ada: We could try the digestive route?

Steve: Did somebody say biscuits?

Ada: No, I mean the digestive system, Steve...

Connie: I don't fancy risking the acid in the stomach...

Nina: Has anyone got any radishes on them?

Teresa: What for?

Nina: We could use them to make Pallavi burp us out.

Connie: Do radishes make you burp? I never knew that...

Unc. Chris: Hmm, bit forceful, we could end up splatted if we fly into a wall!

Hazel: Time is running out! What do you think adventurers?

SFX Ding

Adventurers: You could make her sneeze.

Adventurer: That way you'd get caught safely in a tissue!

Hazel: That's a great idea!

Lily: But how will we get to the nose in time?

B-cell: We'd love to escort you, but we've got to see these germs off with our new anti-body weapon!

Measles: Woah, not cool man.

Mumps: After all the help we gave you.

Rubella: Total rip off!

Rachel: Wait the dendritic cells are still here? Can they take us?

B-cell: Good thinking, get on board and I'll tell it where to go...

Connie: Jump on everyone!

SFX sticky noises

Customers- yippee! I'll enjoy the ride this time! Let's go!

B-cell: Get these folks to the nose please D! Siren on...

SFX police siren

...And roll out!

SFX rolling sounds

Scene 8

SFX rolling sounds stopping

Unc. Chris: We're here! Get unstuck everyone

SFX getting unstuck sounds

Customers peeling off

You too adventurers.

SFX Ding

Adventurer: It's really strong like Velcro.

Adventurer: It's like trying to get off a lollypop!

Adventurer: I thought my hair was going to come off!

Connie: Ok everyone, to make a sneeze, we just need to reach up and tickle those nose hairs...

Pauline: And we'll be out of here in no time.

Unc. Chris: Reach up everyone and get tickling...

Customers trying to reach but they can't

Linda: It's no good...

Cyril: We can't reach.

Lily: We're much too small.

Hazel: Even when we jump, look!

SFX Bouncing sounds

SFX watch alarm one minute remaining

Unc. Chris: ONE MINUTE!

Customers panicking

Connie: Stop, don't panic everyone. We just need to make ourselves taller...

Steve: I thought that's what we didn't want?!

Connie: I mean while we're still small, Steve. Climb on each other's shoulders, if I can stand on top of everyone, I'll reach the hairs no problem then.

Jan: Great idea!

Linda: Let's do this.

Customers get on each other's shoulders

Connie: Woahhoooh oh, you too adventurers, climb up!

SFX Ding

Adventurer: It's like a wobbly game of Jenga.

Adventurer: Watch my head...

Adventurer: We're like cheerleaders doing a routine – 2, 4, 6, 8!

Connie: Right, I can touch the hairs...Help me pull on these nose hairs adventurers... it's sneezing time!

SFX Ding

Adventurer: I've been training in gym class for this!

Adventurer: It's like the ropes.

Adventurer: I've got a whole bunch of them, take this!

SFX rumbling of a sneeze then 'ah... ah...choo!'

Unc. Chris: Great work! I think this is it...

Hazel: Everything's shaking.

Ada: Brace yourself team.

Teresa: Get ready to fly!

Cyril: How fast is a sneeze by the way...

Rachel: Oh, about 100 miles an hour at top speed.

Cyril: A hundred miles an hourrrrrraarrrrrgh!

SFX Sneeze

SFX customers flying through the air

Customers blasting away on a sneeze- I think my hair's coming off! I caaaaan't feel my faceeee!

Unc. Chris: Wooooah! This really is fast! Feels like a record-breaking sneeze to me. Pretend to fly on a sneeze with us adventurers.

SFX Ding

Adventurer: Wow I'm faster than a train!

Adventurer: I'm doing a loop de loop! Wheeee!

Adventurer: It's really windyyyyyy...

Adventurer: I wish I'd brought some pilot goggles.

Jan: Tissue dead ahead.

Lynne: Prepare for landing everyone.

Cathy: I hope it's super soft!

SFX Landing in the tissue, soft landing sounds

Customers landing in a tissue

Pauline: Phew! What a ride

Hazel: That was like a rollercoaster and then some!

Jan: Great catch Pallavi.

Customers agree

SFX Alarm 10 seconds remaining

Unc. Chris: And just in time too... we're all about to get a lot bigger... pretend to grow back to normal size with us adventurers.

SFX Ding

Adventurer: Phew, I'm glad to change back to kid size again.

Adventurer: Yeah, I'm not bothered about the ant life after all...

Adventurer: Woooh it feels so weird!

SFX growing sounds

Customers growing

Scene 9

SFX lab atmosphere

Pallavi: Great work everyone, welcome back to the lab.

Ada: What a relief, we made it back in time.

Hazel: Gosh, we really were small, that tissue we were all in, it's stuck to my shoe now!

Pallavi: Haha, it was a relief for me too, I can't imagine having full size humans in my nose!

Unc. Chris: Sorry for causing so much trouble everyone.

Pallavi: Don't worry Uncle Chris, it turned into an amazing adventure.

Connie: I learnt so much too, I'll be acing my test tomorrow. I learned that vaccines use deactivated viruses or parts of a germ, to help our immune system learn how to fight them.

Linda: That they can be an injection or one you sniff with your nose.

Pauline: Then once inside the body, the dendritic cells take you to the lymph node...

Cyril: The body's prison for invading germs!

Unc. Chris: Where T-cells scan you, so the B-cells can make a weapon that fights off the germs.

Connie: That's called an antibody! Then next time, if you catch the real illness, your body already knows how to fight it off.

Pallavi: And don't forget it lets your body learn how to do this without you becoming sick too.

Rachel: Not only that, if enough people get vaccinated, it can also stop people getting that disease ever again.

Cyril: Like smallpox.

Donald: Exactly, and just like in this lab, vaccines are worked on and tested for years and years before people have them. This means they are as safe, as they possibly can be.

Connie: Thanks again for having us everyone.

Customers all say thank you

Unc. Chris: And we've definitely broken a world record or three! First humans to shrink down with a ray, first humans to enter the human body, or the immune system! First to train with a B cell, fastest travel by sneeze...

Uncle Chris carries on under Connie's dialogue

Connie: Well adventurers that's the power of an armchair adventure; you really can do anything you like!

Unc. Chris: ...fastest roll on a sticky D-cell, etc. etc.

Connie: Looks like this list could take a while... we better end our journey of the imagination and get back to reality.

Goodbye Rachel, Pallavi and Donald!

Drs say goodbye

Goodbye everyone.

Customers say goodbye.

Goodbye adventurers!

Adventurers say goodbye.

End call now.

SFX phone down

Lovely.

Music: Armchair Adventures theme

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