

Armchair Adventures: A Join-in Story Podcast For Kids

A Big Bad Bacteria Busting Adventure!

Part 1

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

Music: Armchair Adventures Theme.

Connie: Good morning, good afternoon, or good evening wherever you're listening from, adventurers!

Today I have some very special join-in-at-home Adventurers with me from the Cystic Fibrosis community, and they are...

Adventurers say their names.

Connie: Hi everyone.

Adventurers: Hi Connie.

Connie: Did you know that we have loads of super fun activity sheets that go with every episode of Armchair Adventures? And better yet, they're all free to download on our website. So, to all the grown-ups listening, visit www.armchair-adventures.co.uk and click on the resources page to find them!

Scene 1

Connie: Hi, Adventurers! I have a super cool guest customer with me today, drumroll please!

SFX Drumroll

Connie: It's my friend Liv. Hi Liv!

Liv: Hi Connie.

Connie: Liv and today's adventurers are living with Cystic Fibrosis.

Liv: That's right, Connie, Cystic Fibrosis is a condition some children are born with that makes the fluids inside our bodies too thick and sticky. They clog up our lungs and tummies, making it harder to breathe and grow.

Connie: Can you catch it, Liv, like a cold?

Liv: No, you can't, Connie. But to help me stay well, I take lots of medicine and do exercises that move the sticky fluids along in my body. Like

jumping on a trampoline! Adventurers pretend to jump on a trampoline with us.

SFX Ding.

SFX Bouncing trampoline to underscore

Adventurer: I'm going to bounce the highest!

Adventurer: Not higher than me - I'm a trampoline queen!

Adventurer: Watch my backflip!

Adventurer: I could bounce to the moon easily.

Connie: That was so fun! What's it like living with Cystic Fibrosis for you, Adventurers?

SFX Ding.

Adventurer: Some people have different medicines to take when they have cystic fibrosis.

Adventurer: I have to take 79 tablets a day.

Adventurer: You can't hang out with other children who have Cystic Fibrosis in case we pass our germs to each other.

Adventurer: But there are groups where you can meet online to chat.

Adventurer: I drink lots of water to help the sticky stuff in my lungs move along!

Adventurer: Physio is really important because it helps me breathe!

Adventurer: Food is hard to digest when you have Cystic Fibrosis, so we take a special pill that helps us with that!

Connie: Thanks for sharing that, adventurers!

Liv: Having Cystic Fibrosis means my lungs already have to work extra hard to help me breathe. If I get a chest infection, it can make me very sick. Some infections are caused by bugs that are harder for medicine to stop; let's call them superbugs.

Connie: Is there anything we can do to help?

Liv: Actually, there is! There's a group of scientists working on new ways to fight superbugs, and we can all be a part of it by becoming citizen scientists! I thought we could go on an Armchair Adventure to their lab and find out more.

Connie: That's a great idea! But I don't think I'd make a very good scientist... I don't do very well at it in school.

There always seems to be a right answer, and no matter how confident I am or how quickly I answer, I never seem to get them right...

But I do know loads of people who would like to help, my regular customers at the Armchair Adventures travel agency!

Liv: Well, that's great news. Shall we get them on the line?

Connie: Absolutely! 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. Start. Call. Now.

SFX phone ringing.

Connie/Liv: Hi everyone.

Customers: Various hellos.

Connie: Are you ready for an adventure, where you'll all become...
SCIENTISTS!!?

Linda: Oooh, I've always fancied that!

Pauline: Sounds exciting.

Liv: Connie isn't sure she will make a good scientist, everyone, but I think she might just surprise herself!

Keith: I'd say you're right! It's always good to try new things.

Connie: Well, let's wait and see...ok everyone, we are off to the science lab to become citizen scientists! A journey of the imagination, here we come!

Customers: Woohoo, bring it on, can't wait, etc.

Music: Armchair Adventures Theme.

Scene 2

SFX Seaside atmosphere, seagulls etc.

Dr Sian: Hello, I'm Dr Sian, from CF Trailfinder. Welcome to the lab.

Connie: Hang on, I thought we were going to a lab? This is a boat!

Dr Sian: That's right, the lab is inside the boat! Below deck.

Customers: Well, I never, how interesting etc.

Dr Sian: Just follow me through these doors.

SFX door hissing open and beach sound fade into lab atmosphere, bleeps, machines working. Sounds of liquid moving around.

Connie: Wow, this is so cool.

Anne: Very futuristic.

Pat: Lots of little robots scurrying around.

Hazel: Glass tubes full of colourful liquids.

Pauline: I feel like I'm in a sci-fi movie.

Linda: What can you see in the lab, adventurers?

SFX Ding.

Adventurer: There are lots of medicines that help people.

Adventurer: Germ-proof clothes!

Adventurer: Lots of people doing experiments.

Liv: And I can't believe all this is inside a boat!

Dr Sian: That's pretty cool, isn't it?

Connie: But why exactly do you have a science lab inside a boat?

Dr Sian: Well, Connie, we need to travel all over the world to do our work, and it's also an Armchair Adventure, remember? All will become clear when we show you around! But first, you all need a Citizen Scientist lab coat!

Customers: So trendy, I feel important already etc.

Connie: That is super cool; I hope I can live up to it!

Anne: I love that it's yellow too.

Liv: The official colour of Cystic Fibrosis trust!

Connie: Liv said part of becoming a citizen scientist was helping to find out ways to fight off superbugs - how do we do that?

Dr Sian: Well, come with me to the big bad bacteria lab, and I'll explain everything there!

SFX swishing of automated doors and more lab SFX.

Scene 3

Dr Christian: Hello, welcome to the big bad bacteria lab! I'm Dr Christian.

Customers: Various hellos.

Connie: Sorry if it's obvious, but what are bacteria?

Dr Christian: Not at all, Connie. Take a look into this microscope, can you see a horrible looking blob with spikes on it?

Connie: I sure can!

Dr Christian: Well, that is a type of bacteria, and some bacteria, like this one, can get inside your body and make you feel poorly, like when you get a tummy ache or cough.

Connie: It sure looks horrible... Adventurers pretend to be bacteria with us!

SFX Ding.

Adventurer: Grrrrr I'm a big meany.

Adventurer: Don't mess with me or I'll make you sick, haha!

Adventurer: I'm super smelly and super spikey.

Adventurer: Mwahahaha!

Adventurer: You'd better watch out – grrrr!

Adventurer: I'm dangerous; be careful around me.

Dr Christian: Great impressions, everyone! Doctors use medicine to help fight bacteria, but some bacteria are so strong that medicine doesn't work very well on them anymore.

Russ: So, what do we do?

Dr Christian: Well, take a look in the next microscope, everyone. In there is a virus called a Phage.

Dr Sian: Most viruses can make people feel poorly, too. But phages are a special kind of virus that only attack certain types of bacteria, like the one you just looked at.

Dr Christian: Phages don't make people sick; they help get rid of bacteria, a bit like a medicine can!

Pauline: Oooh, it's got a big head...

Linda: That's connected to a long trunk like a tree...

Keith: With lots of legs like a spider at the bottom!

Hazel: Look at it floating around! Adventurers, pretend to float around like a phage virus with us!

SFX Ding.

Adventurer: I'm floating!

Adventurer: I'm so light I could float anywhere!

Adventurer: Let me at the bacteria!

Adventurer: I'm using all my legs to bounce up high. Yippee!

Dr Christian: But phages are picky, each one only beats certain kinds of bacteria; they don't work on every bacteria.

Liv: So, we need to find as many phages as we can?

Dr Sian: That's right. You can find them in water anywhere in the world, especially if it's still or smelly, they love hiding out there...

Connie: Oh, that's why the lab's inside a boat!

Pat: So you can travel around looking for them.

Dr Sian: Exactly, you just say where you want to go, and it sets sail!

Dr Christian: And as citizen scientists, it's your job to find as many as you can from lots of different places.

Anne: That sounds fun!

Connie: But how exactly do they work? Phages?

Dr Christian: Well, would you like to meet one and find out?

Connie: Meet one? But they're tiny!

Dr Christian: This is an armchair adventure, remember! We have a growth ray in the lab that makes things bigger to help us see what's happening more clearly. I can use that to make the phage human sized. I just aim it at the target and press the button like this...

SFX a button press then a zap followed by growing noises.

Phage 1: Hello, everyone, I'm a hero phage! Huzzah!

SFX fanfare

Phage 1: You want to see how I defeat nasty bacteria?

Customers: Ooh yes, please! Wow, what a super-duper hero.

Phage 1: Then, scientists, zap that superbug you were looking at, and I will show you how it's done! Huzzah!

Dr Christian: Right, you are phage! Stand back, everyone, as I zap it.

SFX a button press followed by a zap and growing noises. Then we hear the horrible slimy roaring of the superbug.

Phage 1: Pooooo-weee! What a stinker, it's time to take you down...watch this, everyone! Huzzah!

Music: Phagetastic.

Phage 1: Step One is The Search!
I'm looking left and looking right,
Sitting on my perch,
A cheeky bug comes into sight.

Step Two it's time to land
Hold on tight, don't let go,
I'm gonna make my stand
Jump on that bug and hold on so!

Step Three is the injection
Here's my clever master plan,
My DNA makes the connection
Giving the bug a brand new plan!

Step Four is the takeover,
Copy, copy, one by one,
Now that bug is making phages
Growing my helpers till we're done.

Step Five here comes The Burst!
We burst and out we fly!
Superbug your day is through
Watch my phage friends fill the sky!

Phage 1: Annnnd that's how it's done!

SFX round of applause

Customers: Woohoo! That was so cool.

Dr Christian: And the beauty of the growth ray is that as long as you only press it once, everything returns to normal size after a few minutes!

SFX shrinking sounds

Phage 1: (shrinking) Until next time, everyone...

Liv: Wow, I love being a citizen scientist. Living with Cystic Fibrosis means I've learnt a lot about treatments, so it's brilliant that I get to help with research like this too.

Connie: Yeah, and I totally get it now as well. Maybe I could become a citizen scientist after all! Bacteria are bad, and phages defeat them.

Dr Sian: It's a little more complicated than that Connie.

Connie: Don't worry, I've got this! I'll just zap another superbug with this growth ray...

SFX a zap followed by growing noises

Dr Christian: Wait, Connie, not all the bacteria in here have a phage that can fight them!

Connie: Oh no, I'm so sorry, let me fix it!

SFX frantic button pressing and zapping

Dr Sian: No, stop pressing it! If you press it more than once, you'll send it into overgrowth!

Linda: Overgrowth!?!

SFX growing sounds and monster sounds that are not too threatening yet.

Customers: What's she done?! What are we going to do? Oh no!

Pat: That sounds like overgrowth to me!

Dr Sian: It is, now it won't shrink down again, just get bigger and bigger.

Dr Christian: And the ray won't work on it anymore.

Hazel: Oh nooooo, it's going to be huge...

Pauline: It won't just make us ill, it'll eat us!

SFX dun, dun, dun!

Connie: I'm so sorry, everyone... I've got it wrong again! Rushing in too fast... but this is much worse than a bad test score in science!

Dr Christian: Try not to panic, Connie. We can hold it at bay with some antibiotic medicine.

Dr Sian: Because it's getting so big, we will have to use it like a spray! Hurry, pass us those hoses.

Russ: No problem. Come on everyone.

Customers: Quickly! Unravel it. Pass it here.

Pat: Here you go.

Dr Christian: Thanks everyone. Now it's spraying time. Adventurers pretend to spray this giant superbug with us!

SFX Ding followed by spray sounds to underscore their responses

Adventurer: Take that superbug!

Adventurer: I feel like a fire person...

Adventurer: This hose is pretty powerful.

Adventurer: I feel like I'm going to fall over!

Dr Sian: Thanks adventurers, but this will only hold it back for so long. The medicines we use don't work as well on this superbug as they used to.

Dr Christian: Please, could you try to find the right phage that can defeat it, while we try to contain it here?

Liv: Absolutely, it's time for us to earn these citizen scientist lab coats right, adventurers?!

SFX Ding.

Adventurer: I'm ready to science it up!

Adventurer: Pass the test tubes – let's do this.

Adventurer: Goggles - check, germ-proof coat - check, it's time to science.

Adventurer: I was born ready!

Connie: After all this, I don't think I should come along...I don't deserve my lab coat...

Liv: Don't be down on yourself, Connie. We can do this together.

Pauline: We're all in this with you.

Keith: Too right.

Connie: Thanks, everyone. Ok, then let's do this!

Linda: The first thing we need is a location...

Hazel: The scientists said that we'll find them in water...

Connie: Water, well I know water! They had rock pools in Cornwall where I went on holiday last year. Surely, we will find the right phage there.

(louder) Lab boat, to the rock pools in Cornwall please!

Comp Voice: Boat setting sail.

Liv: Hang on Connie, we haven't even talked about it together yet...

Customers: Hang about, we need a plan. Rushing was the problem last time.

Connie: Sorry, everyone, but I got us into this, and I'm fixing this! Come on! Let's go! Get up to the deck and help sail the boat!

SFX Connie rushing off

Pauline: Uh oh, she's rushing things again...

Customers: Yeah, here she goes again.

Dr Sian: Take this testing kit with you. Scoop up some water with it, and the scanner inside will tell you if you've found the right phage to beat our overgrown superbug.

Pat: That's impressive.

Dr Christian: It's a new piece of equipment to help us test water samples faster, and there's no time like the present to test it out!

Anne: Thank you. We'll take good care of it.

Liv: I'll see if Connie can take the samples, the water we collect will have bacteria in it that could cause an infection in my lungs.

Linda: Good idea, Liv.

Pauline: Right, let's catch up to Connie everyone.

Customers: Yes! Right, let's get on with it.

Connie: Can we prove ourselves as citizen scientists? Will we find the right phage? Join us next time, adventurers, to see if we can defeat this big bad super bug before it's too late!

SFX sounds of the monster bacteria roaring.

Connie: See you there, adventurers!

Music: Armchair Adventures theme.

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