

Buddies Week #3: Enjoying ourselves

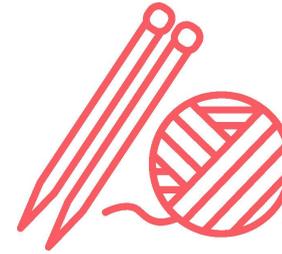
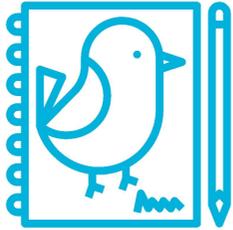
This week's activities are all about how we enjoy ourselves in our spare time. We'll talk about our hobbies, our favourite books and films, and the games we like playing with our friends and families. With your older Buddy, you'll...

1. Play a guessing game about **hobbies**
2. Choose which **films, books and songs** you'd take to a desert island
3. Learn about a **game** your older Buddy played in the past
4. Complete a challenge to **make your own game** before your next Buddies call

These activities can be done over phone or video calls to an older friend or family member. You can do them all in one go or across several calls, or simply pick and choose the ones that you'd like to try. We suggest you print the following pages, access them on a computer, or recreate them by hand to use as a guide as you chat with your older friend or family member.



Guess the hobby



- 1.** Think about some different hobbies. What do people do in their spare time to have fun or relax? Some people like to cook, some people like to garden. Some people have artistic hobbies, like drawing or writing. Pick one - without saying it out loud!

- 2.** Take it in turns to guess what the other person's chosen hobby is, by asking them questions that can be answered with a yes or a no, like:
Do you do it with other people? Is it a sport? Do you need a pen and paper to do it?

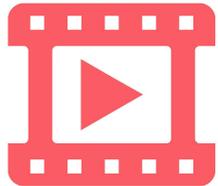
- 3.** When one of you has guessed the other's hobby correctly, switch over so that the other person is asking questions and guessing. Keep taking it in turns until you've each guessed 3 hobbies.

On a desert island...

Imagine that you are stranded on a desert island, and need some things to do to keep you entertained. Think about books, films and music you really like, and which you think you can watch, read and listen to over and over again without getting bored!



You can choose just one film...



...one book...



...and one song!



Take it in turns to tell each other:

- Why you've chosen each one
- When you first came across each one
- Whether you have a favourite part - for example, a favourite character, or a favourite line from a song

A game from the past

Ask your older Buddy to describe a game that they used to play with their friends when they were younger.

It's your job to write up a guide to the older person's game, with rules and instructions, so that you can teach it to the rest of your family and maybe even play it later.

When you've finished, can you explain a game that you play to your older Buddy? Do you both think that games have changed much over the years?

A Guide to Playing _____

(put the name of the game here)

Setting up

Number of players:

What you'll need to play:

Gameplay

Aim of the game:

Instructions:



It's time to finish today's call. How did it go? Take a screenshot of everyone on your call and your pictures of the rule book you made for your Buddy's game – [tweet us](#) or [share on Facebook](#) at [@incommonlondon](#), or send it to hello@incommonliving.com!

Between now and your next Buddies call your challenge is to....



Make up your own game

Decide how you're going to play it and design the rules, just like you did with your older Buddy's game from their childhood.

Maybe it's a guessing game. Maybe it's a game that involves miming and acting. Maybe it's a memory game. It's up to you! You can ask your family to try it out with you, and you can even try playing it with your older Buddy on your next call.