

Buddies Week #2: In the home

People of all ages are spending more time at home at the moment. This week's activities are all about our homes – the things we keep in our homes, the things we do in our homes, and the homes we might imagine having. With your older Buddy, you will...



1. Tell the **story** of an object in your home
2. Play a **game** about an imaginary home
3. **Learn** about homes in the past and compare them to our homes today
4. Do a **decoration challenge** for your own home 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.

The story of an object

Our homes are full of objects. Each of those objects has a story - it came from somewhere and it holds memories for us. Choose an object in your home that is special in some way - it could be your oldest teddy bear, the cup you use everyday at tea time or the trainers you wear to play sports. Take it in turns to talk about your object, using the questions below to help.

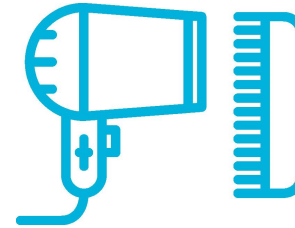


Where did the object come from?

How long have you had the object for?



Does it bring back any memories?

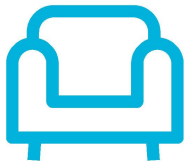


Where does the object live in your home?

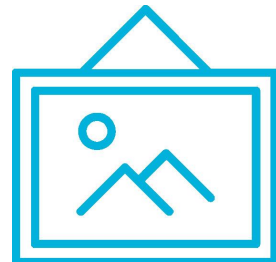
What do you use the object for?



What does it feel like when you hold or touch it? Does it have a smell?



What does the object make you think about or feel?



What does it look like? If you're on a video call, hold it up to the camera!



In my imaginary home...

In this game, we're going to take it in turns to start the sentence: *"In my imaginary home, I have..."*

The first person then says an object beginning with the letter **A**, then the second person says an object beginning with the letter **B**. Let your imaginations run wild and carry on until you've gone all the way through the alphabet!

*"In my imaginary home,
I have an **Aquarium!**"*



*"In my imaginary home,
I have a **Cat!**"*



*"In my imaginary home, I
have a **Basketball Court!**"*

*"In my imaginary home,
I have a **Dolphin!**"*

Bonus round!

See if you can play the game again, but this time you have to remember *all* the objects each time you take a turn. For example: *"In my imaginary home, I have an **Aquarium, a Basketball Court, a Cat, a Dolphin, and... an Escalator!**"*

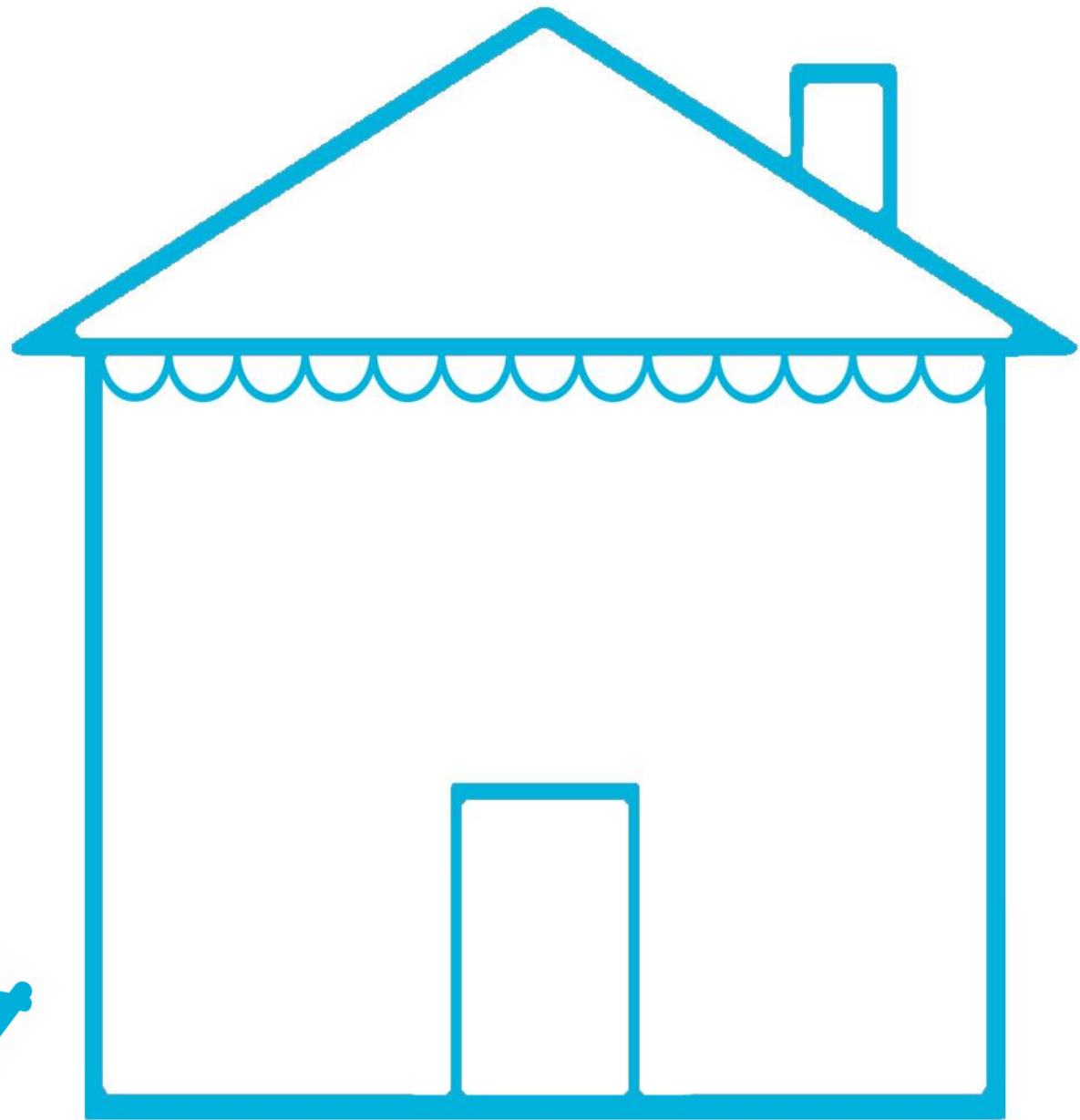
How far can you get without forgetting any of the objects?

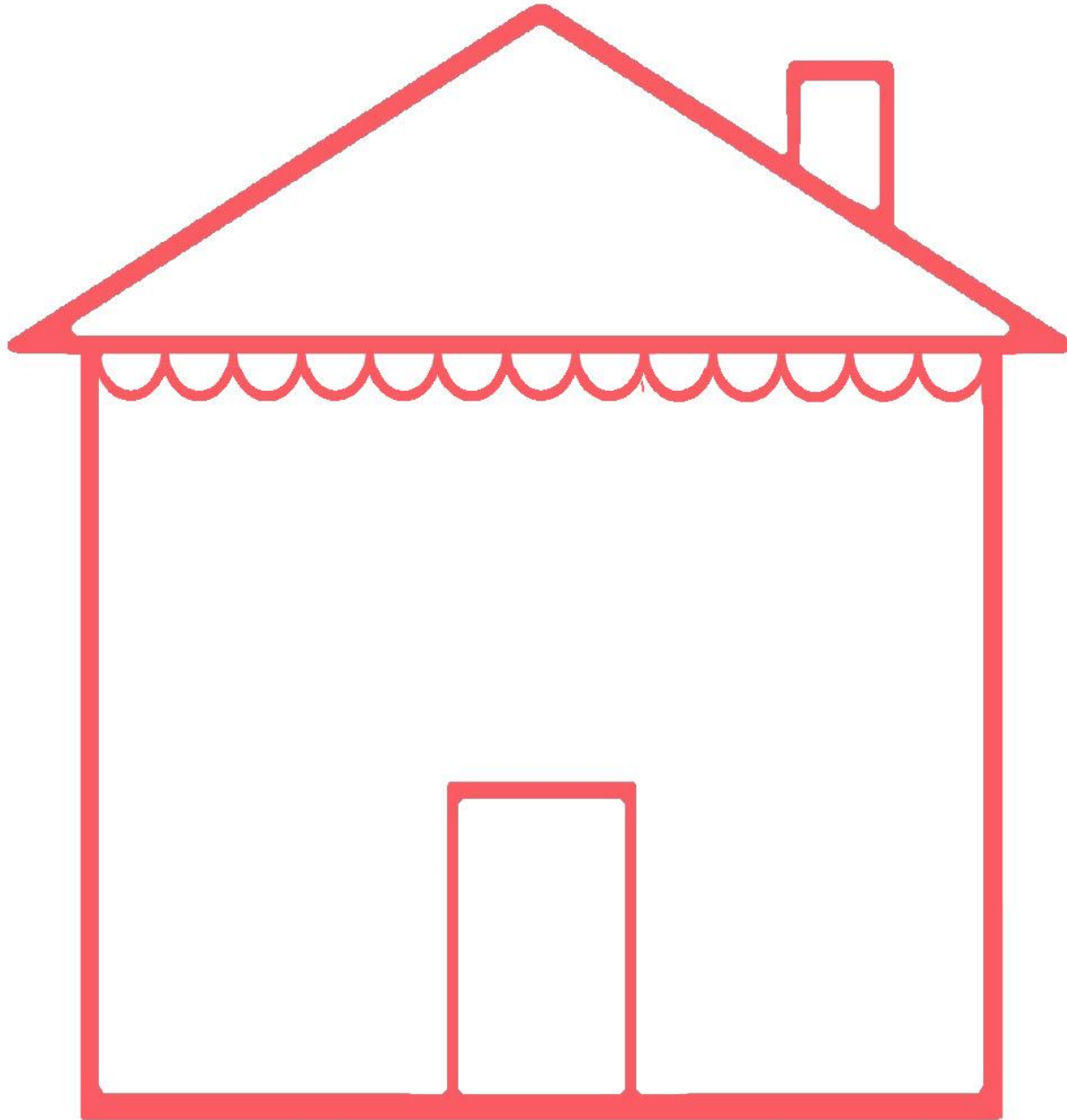
At home in the past

Our homes have changed a lot over the years. Find out what things were like at home for your older friend or relative when they were a child. You could ask:

- What did they do to relax at home?
- What chores did they do around the home?
- What did they eat at home?
- What was their bedroom like when they were a child?

Make notes and draw pictures of what your Buddy describes inside the house.





At home today

How do we spend our time at home today? Talk with your older Buddy about:

- How do you both relax at home?
- What chores do you both do at home?
- What do you both eat at home?

How have things in the home changed since your Buddy was young? What's different? What's the same?

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

Between now and your next Buddies call...



What would a home for people of all ages look like? This week, your challenge is to design or draw a perfect home for people of all different ages to share. You'll need to think about what you'd put in your home so that everyone, of every age, could live happy, healthy lives there. Once you've finished your design, send it to your older Buddy so that they can enjoy your creation!