



Buddies Week #1: Keeping in touch

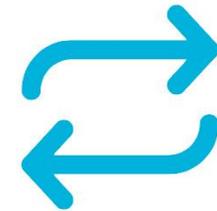
This week's Buddies activities are all about how we keep in touch with our friends and family members when we're not in the same place. With your older Buddy, you'll do:

- 1.** A **game** of 'I spy' from afar
- 2.** An **interview** about a time we've kept in touch during a long distance relationship
- 3.** A **timeline** of what keeping in touch has looked like through the years
- 4.** A **challenge** to complete 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 Buddy.

'I Spy' from afar

This game of I Spy has a twist... you can't see the same things! You'll need to put yourself into the head of the other person - what kinds of things do you imagine they can see where they are? To make it a bit easier you can also ask questions that can be answered with a 'yes' or 'no' to help you guess what the object is.



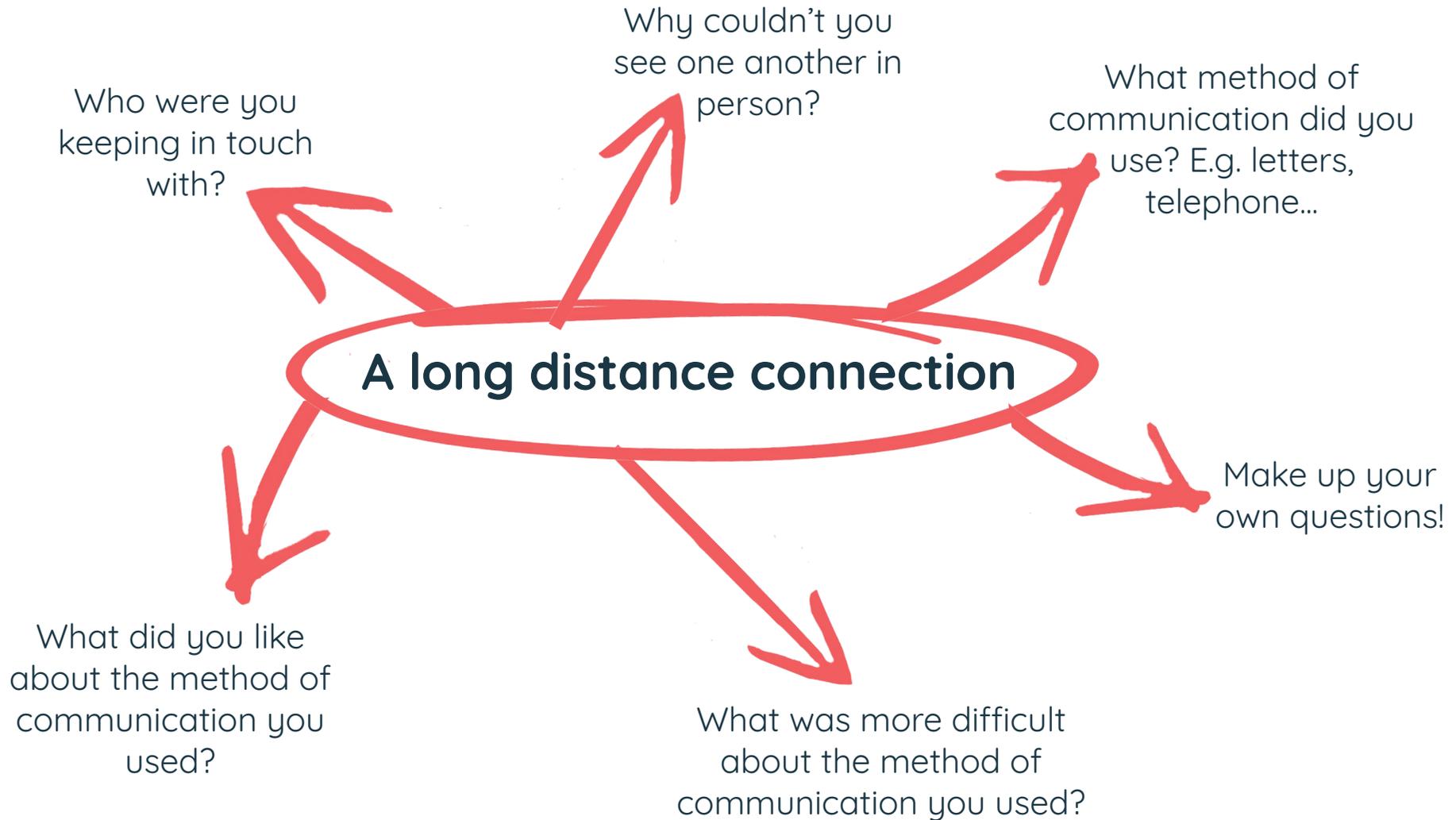
- 1.** Look around the room you're in and choose an object, like a plant or a lamp.
Get started by saying: "I spy with my little eye, something beginning with..." and tell the other person the first letter of your chosen object.

- 2.** The guesser can ask questions that can be answered with a 'yes' or a 'no', like...
Is it a big object? / Is it used for cooking?
You can also guess objects beginning with the letter.

- 3.** Once the other person has guessed your object, the other person has a turn.



Think about a time in the past when you kept in touch with someone from a distance. Maybe you were in different countries or cities. Maybe one of you was unwell. Take it in turns to interview each other about that time.



Keeping in touch through the years

Ask your older Buddy about how they used to keep in touch with people. Then tell them about how you keep in touch with people now. Make some notes and draw some pictures along your timeline.



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

Between now and your next Buddies call...

Now you know a bit more about different ways that people have kept in touch through the years, can you do a survey of everyone in your family to find out what their favourite way of keeping in touch is? Can you find a way to show that information - maybe a drawing or a chart?



Between now and our next call, can you find out three more facts about how people kept in touch 100 years ago - even earlier than we've spoken about during today's call. You might want to ask your family members if they can tell you, or use the internet to research your facts.