

ISABELLA

HENMAN:

Well, good evening and welcome. Welcome to our Freshers Friday night social, which is probably going to be a little bit different than maybe some of you that have been to our possibly slightly more serious sessions that we've had this week, where we did the Welcome to the OU on Tuesday, and we did a Being a Confident Academic learner on Thursday, which was only yesterday. It seems ages ago. So tonight is our Friday night social. So we've got a number of different things planned.

What we're thinking of is it's a social. But we're talking about hobbies because it's Friday night, we do different things. We do lots of nice exciting things. So what I've got is I've got some lovely guests with me who have different hobbies. So I have got with me Ximena, who does Argentinean tango dancing. I have got, who's next-- Anne, who does yoga. I have got, oh, I can see Ximena's got a study buddy with her, waving.

Oh, and I've got Lorna, who's got a study buddy who I think has wandered off. Or, actually, she may still be there. Yeah, no, there she is, sitting up looking the other way. And I've got Grace, who is very interested in doing different games. Grace and I talk about games, both computer and board games. And I've also got Vanessa, who's baking, which is not definitely not last but not least because that's the chocolate bit because there you go. We've got chocolate in already.

And I've just seen Meg has just escaped. So just so you know some of the practicalities of how things work, you'll see that there's the chat. And the chat is where you can interact. And there's lots of things for you to tell us about, which is great fun. And you'll also see there's widgets at different points.

So I understand that we have got 64% brand-new-- I'm getting numbers fed to me at the moment-- and 72% studying at level 1, which is fantastic. And 29% of people have not studied for 11 to 20 years.

Now we actually have another guest with us today, who I don't think has studied for very long at all. And because it's Friday night, We have got a knight with us. And now I'm pretty sure that he hasn't studied much at all. But anyway, he-- no, no, no, no, no, no studying-- no, no studying from the knight. But anyway, so I think those of you-- knight school. OK, he does knight school, apparently. Fair enough.

So those of you that are over 20 years since you've studied, I think you've got a little bit of competition there. So we might have-- the knight is going to be joining us for various different things in the evening.

So what I was going to say before the knight interrupted me, which he does quite often-- so if you're in the chat, it's lovely you can share a lot. And we've got Rafael and we've got Cat and we've got Jacob helping out in the chat tonight. And so, Jacob, can you tell us some of the things that we've been talking about so far, as we've been getting ready?

You've done a me, Jacob. Unmute yourself.

JACOB

BROADERS:

I know. [LAUGHING]

ISABELLA

HENMAN:

There you go.

JACOB Have I muted myself again?

BROADERS:

ISABELLA You have.

HENMAN:

JACOB I do apologise. That's what happens so late in the week. We've had so much fun during the week getting started.

BROADERS: And then I completely forget everything. But Beverly's been sharing some digital chocolate and cake in the chat, which I'm very grateful for. And Rafael, who's joining us in the chat is actually having a vegan kebab tonight, which sounds absolutely amazing. He needs to share with me where he got this from.

We've got a lot of people who are new, which is fantastic. So Laura's joining us from Poole, Charlotte from Carlisle, Teodore from Northampton, studying computing and business. We also have Ethan Tristan, who's a 20-year-old guy from Northern Ireland. And he's starting his biology degree. Rochelle's doing engineering and computing. We're doing psychology. Katie's on a bit of a change of career, going from a mortgage underwriter to something else and using the OU to change.

So, yeah, it's fantastic chatting to everyone so far. Do introduce yourself if you're coming in. We want to hear all about you. Or just say a quick hello. It's up to you if you want to sit back and just watch and enjoy or join in the chat. But it's my job just to put your wonderful thoughts and ideas and what's going on into a chat to our lovely guests on screen today. So I look forward to doing that.

ISABELLA Fantastic Thank you, Jacob. And I understand that the knight is proving to be quite popular, which is-- oh, no. He's rattling easy. He's very excited about the fact he's popular. In the background he's very--

JACOB Yeah.

BROADERS:

ISABELLA He gets very giddy. And just so you know, now Jacob did say that this was going to be a relaxed session. But I need to warn you in advance, we're going to be doing a little bit of exercise later. Anne is going to be leading us in some gentle yoga and breathing exercises. And you're going to have to compete with the knight because he's going to be joining in as well.

So just so all of the things you're doing, he's going to be joining in as well. But anyway, right. So, Anne, I'm going to come to you first before we do the exercises. Can tell us a little bit about-- you do yoga. How does it help you? Because what we want to talk about tonight is hobbies and how it helps us when we're studying. So how does yoga help you studying or in your everyday life and work?

ANNE CAMPBELL: Yes, I've been doing yoga for, well, 19 or 20 years now. And it's been absolutely great. Because of the type of yoga I do is a very sort of flowing and kind of therapeutic yoga. And there's a lot in it about awareness of what you're actually doing. And it's a yoga for everyone. So it's kind of like an Open University yoga, really, because it's open to everybody. It's not a competitive yoga. You don't need to be really fit to do it, although you can do it if you're really fit.

And it's just helped me on and off over the years. At one point, I had a really, really bad back problem, Isabella, which I think I mentioned to you once before. And one of the things that really helped me all those years was doing just yoga in a really, really gentle way.

And this yoga that I do called Dru yoga, they're always modifications for people that you maybe can't kneel, or maybe you've got a sore back, or anything at all, really. So, yeah, it's been great. And of course, when something stressful happens, that mind body kind of awareness thing, it's a bit like moving meditation in some ways, which helps you just calm things down and think, oh, yeah. Actually, it's not so bad.

ISABELLA HENMAN: I think that idea of calmness is very important because Francesca said, too, she's finding everything very nerve wracking. So I think that you said to her that actually, finding these ways of calming down, particularly when you're starting out. I think that's really important, isn't it, Anne?

ANNE CAMPBELL: Oh, absolutely. Absolutely. As you know, I'm actually studying myself now at the moment. I'm studying to become a yoga teacher part time. So it's not with the Open University, obviously, that's not something we do. But I totally get this idea of thinking, oh, my goodness, I don't know what I'm doing. I don't understand what's happening. I've got an assignment due. How do I do it? In fact, I've got an assignment due next week. So I've got to be kind of, ooh, feeling. So I totally get that. And I actually do the yoga to help me calm down because of the yoga assignment, which is kind a bit weird. But there we go.

ISABELLA HENMAN: That's good because Laura was actually saying she'd love to do it. But she thinks she's a bit too competitive. So that hopefully will give her some good ideas later on maybe not being too competitive. Oh, OK. The knight is apparently saying he's competitive. So there you go Laura and Anne, he wants to compete with the people about doing things. OK, OK, right. So we're being told, everybody, we're being told that actually sometimes being competitive is important. Sometimes it's not. But we know about being competitive. Oh, yeah, and even if Mr. Knight in the background is.

ANNE CAMPBELL: I mean, through yoga, it's all about doing what your body can do at that time and what your mind can do as well. And it's not good if you're in a yoga class and you feel like you've got to kind of stretch yourself right the same way as someone else when your body doesn't do it. So it's quite nice not to have to do that.

ISABELLA HENMAN: Yeah, I think that sounds quite good. So we've got a widget for everybody. What do you think, what would your ideal hobby be? So now Anne's told us about essentially her ideal hobby, which helps her to calm down. Mr. Knight told you about his-- well not quite his ideal hobby, but the idea of calming down I don't think necessarily worked for him.

So we're going to put that widget up for you to say what you think your ideal hobby would be. Now, it's a word cloud. So the way, practically, you need to do that, you can enter three words. If you've only got one, then you can just put a dot or space for the other-- I think it's a dot for the other two, otherwise it won't go through. And we'll come back to that a little bit later.

So thank you, Anne. We're also going to come back to you a little bit later, as well. So, Jacob, what kind of things have been going on while we've been having this little bit of a dichotomy between Anne calming us down and Mr. Knight trying to rev us up again?

JACOB BROADERS: Well, I am slightly curious about how yoga can be competitive. So I'd be interested to see some competitive yoga. That sounds actually quite fun. But Rochelle was saying, "I enjoy doing many things, not least of them playing board and card games with my siblings or playing the piano to unwind."

Rochelle says, "I would, however, have to say my favourite hobby is reading. I seriously lose track of time when I read." And lots of people in the chat agreed. Isn't it a great way just to let your mind wander, forget about everything else that's going on, TMA deadlines don't matter when you're reading, do they?

ISABELLA HENMAN: Maybe they do. Maybe they do. But we can read and do TMA deadlines so we just want to put that little bit in there, OK. Sorry, Jacob.

JACOB BROADERS: Yeah, maybe. [LAUGHS] Janine agrees. She loves reading too and listening to audio books while going out for a nice long walk. That sounds really good. Judisa has recently come back from playing the piano after almost 15 years, that sounds something great to get back into.

And Hannah-- Hannah's got loads of hobbies. She did ask if you could have too many hobbies. But absolutely not. I think, whatever you enjoy, isn't it. So Hannah loves quilting, sewing, walking, reading, playing any kind of board games, baking, cooking, gardening, eating and drinking. The eating is probably one of my favourite hobbies.

ISABELLA HENMAN: Oh, gosh. Absolutely.

JACOB BROADERS: Yeah, there's lots of hobbies in the chat. And while we're on this point, actually, if you do have lots of hobbies, there are some really good student groups with the Student Association, where you can meet up with other people that like doing the same thing. So there's loads of groups around crafting, sci-fi, films, all these types of things. I'll post a link in the chat. Have a look. But keep on sharing your hobbies because it might give some others some ideas about what they could take up to relax while they're studying.

ISABELLA HENMAN: Fantastic, yeah, because that's what we're talking about. This is a social, so we're talking about hobbies. But we are part of the Open University. It's part of our Freshers Weekend you use. But, yes, so we asked you about the widget. And apparently it's ready to go. You've been adding things. Oh, look-- walking and reading coming in. Let's have a look, reading books, excellent. Face painting, oh, that's exciting. Gardening, oh, yeah, I'm good for that one. Where will these people-- oh, video games. There you go, Grace. There's one for you as well.

GRACE CONEY: My people.

ISABELLA HENMAN: Yeah, [LAUGHING] we've had lots of your people, 'cause we have lots of book things, don't we? We love board games. Grace and I like talking about board games.

GRACE CONEY: Oh, we talk them so long.

[LAUGHTER]

ISABELLA HENMAN: It's fab. Oh, movies. Oh I'm definitely on them with the movies. I don't have a dog, but I like the walking. We've got we've got gaming. So we've got video gaming and gaming coming up quite a few times, and swimming, and being sociable. That's such a lovely one, isn't it being social. Oh, we've got yoga. There you go, Anne, there's-- we've got practicing yoga.

ANNE CAMPBELL: Excellent.

ISABELLA Was anybody doing dancing? I'm just trying to see if we've got anybody doing baking, either. I'm just having look-
HENMAN: - doo doo, doo doo, doo doo-- my eyesight's not working very well. Sorry that's why I'm staring at the screen it makes me look really weird, doesn't it. I'm just reading me widgeit. Anyway, so that's lovely. And it's great to know right.

GRACE CONEY: --horse riding.

ISABELLA There is. It's good isn't it. That's exciting. I'm actually, don't know. Maybe Mr. Knight. Mr. Knight, what do you
HENMAN: think about horse riding? Is that something you'd want to do? Oh, yeah, yeah, yeah, Mr. Knight, maybe horse riding. But just can't quite fit a horse in at the moment. OK, that's fine. OK, just so we know. Oh, the horse is out the back. Horse is out the back having a drink. OK, fine, there you go.

That's a bit worrying because I'm not quite sure. You know they're gardening there. Don't think-- a horse in my garden. I'm a bit worried about that one. Anyway! No, no, no, no, my garden, not your garden, my garden. No, no, no, my garden. No, no, no, no not your garden. No, not your garden. We're not being competitive about the garden. My garden, OK? Oh, OK. Now he's having a smoke. OK. He's having a bit of a mood now because it's apparently-- it's not his garden. OK, well fair enough. OK.

So we were talking about different exercise things. So Anne mentioned about her yoga. So possibly slightly more energetic exercises, Ximena, who does Argentinean tango dancing. So Ximena, can you tell us a little bit about that? It just sounds so exciting to me.

XIMENA ARIAS- Hi. Yes, hi, everyone. Hello from South America, from Ecuador at the moment. I'm enjoying my holidays. And I'll
MANZANO: be back in Ireland next week. Tango dancing has given me so much. And it falls in line with what Anne was saying, that it's a relaxing hobby. And, in fact, tango dancing is called yoga for two because, as you know, it takes two to tango. You have to dance it with another person.

And it is fantastic for your motor skills, for your posture, for your elegance for your breathing, listening to music at the same time, working with other people. But most of all, concentrating on your balance because having a good balance in tango helps. But also having a good balance in life, and in studies, and everything helps a lot. So it's a fantastic hobby.

ISABELLA That was a seamless link, though, wasn't it about balance in life, and study, and hobbies. Oh, Ximena, that was
HENMAN: fantastic. I'm very impressed. So that sounds great. So I don't know, sometimes I'm OK at balance. But I get a bit worried. So what happens? Do you get this whole swinging around thing? Is it that the kind of dancing you do, where you get to swing around on high heels and things? Or am I got completely the wrong idea.

XIMENA ARIAS- You don't swing around. You walk with elegance. You turn with elegance. You project your feelings with elegance.
MANZANO: So basically, it really falls into place with what you're doing with your studies. You're determined to get to a place. You determined to get to a goal. And that's what you do in tango. And you're determined to dance with a specific person. So you have to communicate non-verbally.

ISABELLA OK, so with your dancing, I know often in dancing there's high heels. So the knight's got a suggestion about his
HENMAN: potential shoes. Now, he wants to know, are these the kind of shoes that would be useful for dancing?

XIMENA ARIAS- I can show what I'm wearing.
MANZANO:

ISABELLA Oh, we can see yours.

HENMAN:

XIMENA ARIAS- These are my heels.

MANZANO:

ISABELLA So Ximena's got-- so let's have a look at the knight's shoes, shall we? Shall we see whether we think that they're

HENMAN: going to be suitable? Do you think they're going to match, kind of?

XIMENA ARIAS- Not really because you need to have a good hold.

MANZANO:

ISABELLA Oh, OK. Not suitable. Not suitable? No? OK.

HENMAN:

XIMENA ARIAS- No. No, knight.

MANZANO:

ISABELLA Oh, no. OK. Knight's having another smunk now because you've rejected his shoes. I thought you said it was

HENMAN: about a bit nice and being nice and joining in, Ximena, and you've rejected his shoes. Oh, no. [LAUGHING]

XIMENA ARIAS- You need to have the proper shoes.

MANZANO:

ISABELLA You need to have the proper shoes. OK, so you've got the proper shoes. He hasn't got the proper shoes. So that's

HENMAN: part of it. OK, fair enough. We like the idea. But I'm just going to-- I'll rein back in the knight and be a bit more sensible.

So I like this idea of the balance, and things, and the balance between things. I know when we were talking about this, you said it really helped you with multitasking. Now, everybody that's just starting off will be saying that they've got so much information that we think, goodness me, how can I manage all these different things? So how does the tango dancing help you with multitasking?

XIMENA ARIAS- It helps because you have to concentrate on many different things. You have to listen to your partner. You have

MANZANO: to listen to the music. You have to remember the steps. But most of all, the one key element is the pauses and the breathing.

So when you're studying, you need to pause. You need to get back to your centre, like in tango, and then decide what you want to do next. So that's the bit of multitasking that not only doing the tasks, but also taking pauses is very important in tango dancing and in studying and in life.

ISABELLA Yeah, so I think normally, when I'm being more sensible in the other events, I do talk about study journeys quite a lot. So I'm going to mention that there. And I think it is, actually, we're all on a study journey. Many people who come along tonight for Freshers, they're just starting out on their study journey. I know, Ximena, because you told me. And I was amazed that you've done all sorts of different study. And you are great at languages. So what language, what number language are you up to now?

XIMENA ARIAS- I'm studying my 10th language, which is Arabic.

MANZANO:

ISABELLA That's amazing.

HENMAN:

XIMENA ARIAS- And part of what I do in the tango dancing is connected with my languages. So I travel around the world dancing

MANZANO: at different festivals and doing classes with international teachers. And I communicate with people from many different countries in all the languages I've studied. So I combine it very well. It's a perfect match.

ISABELLA That sounds really good. I think this idea of being able to communicate with different people, we were talking

HENMAN: about communication, actually, in our session yesterday, when I'm being a bit more sensible. And we were saying that in study, when you're going through the study journey, that communication is really important. Now it is, really, isn't it?

I mean, OK, we're not talking about having to learn your 10th different language. But we've actually got a number of students where English isn't their first language. Now I think I'm right in saying, Ximena, English-- is English your first language or is it not your first language?

XIMENA ARIAS- No, no. You can hear from my accent that Spanish is my first language. And I learned English when I was a

MANZANO: teenager through singing the Beatles songs. I didn't know what they meant. I just learned them by learning the phonetics of the songs. And I sang them very well. But I didn't know what they meant.

ISABELLA So, I'm trying to think. Yeah, I probably don't want to go down the line of thinking what some of those might be.

HENMAN: But that's a really interesting way of learning things. So thank you, Ximena, that's been really useful to know. So I'm just going to come back to Jacob now. We've obviously, Ximena's been talking about balance. We've been having some sensible conversations, some unsensible ones. What's going on in the chat? Are we being sensible or are we being a little bit silly tonight?

JACOB Well, there's always a mix in the chat. What are you going to do? It's just how it is. But that's what we like. So
BROADERS: anything goes in the chat. But a lot of us are just simply amazed at Ximena's 10 languages. Ethan, Francesca, Rafael, Holly-- all say it's such an amazing thing. And it just goes to show that we all have our own skills. And when we find out what they are and put them to good use, it's just amazing how far we can go.

But we've also been talking about dancing, as well. So Boris was a professional dancer and used to do tap, ballet, modern, mostly on stage West End and panto, so that's absolutely amazing. I was saying in the chat, I tried a little bit of the Charleston last year. And oh, my word. That's a bit of a workout. I'm not sure I'll go back to that anytime soon. It's not something to do in the summer when you are racing.

We've been talking about our hobbies, as well. So Helena loves playing video games. Melissa likes to make models. I'm sure we'd love to see a picture of them, to tweet us at StudentHubLive or send a picture to StudentHub@open.ac.uk. We'd love to see your models. Elise, reading books, walking. Rianne likes reading, watching fiction, creative writing, and crafting.

And Alex-- I have to say this. This is absolutely brilliant. I couldn't contain myself. This is the type of person I am, though. Alex asks us, why do dragons sleep during the day? What do you reckon?

ISABELLA Why do dragons sleep during the day?

HENMAN:

JACOB Why do they sleep dur-- 'cause they fight knights, of course.

BROADERS:

ISABELLA Oh, because they fight knights.

HENMAN:

GRACE CONEY: Oh my god.

ISABELLA Oh dear. Oh dear.

HENMAN:

JACOB All right, I'm done.

BROADERS:

ISABELLA OK. [LAUGHTER] I think that's supposed to be coming to us, Alex. Now, I'm curious. Is this Alex who keeps trying to persuade us that white chocolate should be allowed, which is just no. There is an Alex who often comes to Student Hub Live who we have a little bit of a discussion about white chocolate. But, mm, no, no, no, no, no. So thank you, Jacob. That's great.

HENMAN: So, Vanessa, I'm going to come to Vanessa next because Vanessa, I'm sure you won't mind me saying you're also-- English isn't your first language. In fact, I've never known, is it your second or your third language?

VANESSA I speak English. Portuguese is my-- I was born in Brazil, so my first language is Portuguese. But I can speak Italian and Spanish. So it's not 10.

ROSARIO:

ISABELLA Fabulous, Vanessa Thank you. No 10. But remember, we weren't being competitive. It was only Mr. Knight that was being competitive. But everybody else was trying to be more relaxed about this. So Vanessa is going to talk to us about cakes and baking because that's your favourite hobby, isn't it, Vanessa? And--

HENMAN:

VANESSA I think it should be everyone's favourite hobby.

ROSARIO:

ISABELLA I know. Well, the eating of the cake should be. And I think, actually Mr. Knight's got some cake in the background. And he was going to see whether we could-- is this your favourite way of trying to eat cake like this, Vanessa? Do you think this is a sensible way of trying to eat cake?

HENMAN:

I think he should be a little careful with his little knife.

ISABELLA OK. Oh, no. I'm slightly worried. Uh, yeah, I'm not quite sure how that's going to go. Yeah, oh. Yeah, OK. Well, maybe we're not going to do cake. Yeah, you got it. Yeah, OK. So this-- thumbs up for the knight? Yeah, OK. He thinks it's quite encouraging. But anyway, we'll-- yay, he's got a clap. No, if you clap him, it will go right to his head. And he's just going to get really, really, really unbearable. There you go. I think that's him taking a bow. OK. Yeah, there you go.

HENMAN:

Anyway, so we've actually got another widget for you. So Vanessa kindly sent us through a number of her photos of her cakes. So you should see another widget, which allows you to vote on which one of those cakes you think looks-- well, I don't know whether it's the nicest or the tastiest.

Now Vanessa's going to be really worried because she's really attached to her cakes. So you should see that widget come up. We'll come back to it a little bit later. But, so we've heard from Anne about getting nice and relaxed. We've heard from Ximena about sort of the pause. Now baking, does baking help you Pause and relax, or does it do you up? How does baking help you as a hobby?

VANESSA
ROSARIO: I think it cheers me up. It's not like a relaxing thing for me. It's more cheering me up. It helps me to exercise my creativity. I also think of my organisation skills, planning. So it helps me a lot. I am a very-- I love lists. I love things organised. So baking really helps me with that. And, you know of course we eat the cake.

ISABELLA
HENMAN: So, actually that's-- oh, yeah, well, eating the cake. That's got to be definitely the best bit of it. But I remember you telling me you don't always eat your cakes. What's that about? Why on earth would you not eat them?

VANESSA
ROSARIO: Do you know, I think because I spend so much time--

ISABELLA
HENMAN: Knight doesn't understand. He doesn't understand why you wouldn't eat the cake.

VANESSA
ROSARIO: [LAUGHS]

ISABELLA
HENMAN: No, no. He doesn't understand at all.

VANESSA
ROSARIO: No! In my defence, I think I spent so much time baking and thinking about it and building it that when it's time to eat it, I'm just-- yeah, no. So-- I, oh, but I like seeing people eating my cakes. I love to make people happy.

ISABELLA
HENMAN: I think Jacob's going, no, no, no. I want to just eat the cakes, in the background. I can hear him say, no, just give me the cakes. I don't want to bake them. What does Meg think?

VANESSA
ROSARIO: My neighbours are really lucky.

ISABELLA
HENMAN: They're lucky because they give them. So I'm just thinking, I can see Meg in the background. Would Meg be the one would-- is she allowed to eat cake, Lorna, or not?

LORNA
SIBBETT: She would try to eat cake, given half a chance. We tend not to have much cake in the house. It's terrible. So she's deprived. Poor deprived dog.

ISABELLA
HENMAN: Oh, poor girl. Say, Meg.

GRACE CONEY: She's so majestic.

ISABELLA So can she see the screen? Can we show her some of the cakes? So if we show on the screen some of these
HENMAN: cakes in nice big pictures, let's see whether or not she does anything.

LORNA Meg, what's that? Can you see that?
SIBBETT:

ISABELLA What do you think of that one?
HENMAN:

LORNA What's that?
SIBBETT:

ISABELLA Can you see the picture of the cake? I can see Meg looking quite--
HENMAN:

LORNA What do you see?
SIBBETT:

ISABELLA Oh, and I can see the knight in the background is trying to grab the cake through the screen, as well, which
HENMAN: doesn't necessarily work. But, don't think he understands modern technology. Look at them. They do look fabulous, don't they? So apparently it's neck and neck between--

GRACE CONEY: Wow!

ISABELLA --cakes B and D. Now, I can't remember which number I put, which letters I put them in originally. So I don't know
HENMAN: which is B and D. But if you are--

GRACE CONEY: Very elegant.

ISABELLA D is the bright pink one. OK, I'm being told. And B is the strawberry one. OK, so we're looking at B at the
HENMAN: moment. And D is the pink one.

GRACE CONEY: Just look at those, Jacob. Do you know, this is so me, because--

ISABELLA Jacob's got his own cake. Oh, we'll show your cake, Jacob. Jacob also feels a little bit left out. He's got his own
HENMAN: cake.

[LAUGHTER]

Let's show Jacob and his cake. Does anybody want to vote for Jacob's cake?

JACOB This is my cake. I'm very proud of it. And then I saw Vanessa's line up.
BROADERS:

[LAUGHTER]

So I'm not--

ISABELLA It's not quite the same, is it?
HENMAN:

JACOB No, it's not. It doesn't have the same-- it looks more like a big pancake than--
BROADERS:

[INTERPOSING VOICES]

--Vanessa's. I'm going to have to ask Vanessa for tips for my cake.

GRACE CONEY: If it tastes good, it'll be fine. Like, be proud of what you made.

JACOB I like it. I'm going to be proud.
BROADERS:

ISABELLA Yes. And Mr. Knight agrees with that. Even though he still can do it. And I mean, it's got a study buddy to have a
HENMAN: look at the cakes, as well. No, I think she's more interested in your ear than the cake at the moment. So we'll come back, so are we ready to get the final results of the cake-- is it ready? I don't know. I'm trying to see. Yeah, it is ready.

So we're having a--

JACOB Ba-da-da-da.
BROADERS:

ISABELLA --a drum roll in the background. There's a drum roll.
HENMAN:

GRACE CONEY: Oh.

ISABELLA And, oh, wow. Oh it was even-steven between the strawberry cake and the pink cake.
HENMAN:

GRACE CONEY: Interesting.

VANESSA And do you know, I'm surprised because cake B, I think it was one of the first cakes that I ever made.
ROSARIO:

ISABELLA Really?
HENMAN:

VANESSA And if you look closer, you will see that it's not perfect. [LAUGHS] Inside was good. But it was one of my first
ROSARIO: attempts. Yeah, yeah. We ate it anyway. But, yeah, so-- so, surprised.

ISABELLA We have had the question, maybe cake A had the least number of votes because it was the smallest cake. So we
HENMAN: clearly decide that actually size is quite important when it comes to cakes, as well.

GRACE CONEY: How can you tell the size, is all I can say.

LORNA It's a short cake.
SIBBETT:

ISABELLA --absolutely great.

HENMAN:

GRACE CONEY: It's a short-- I see. So it's like the height, lack of height. I see, yeah.

ISABELLA We like-- it looks like we like elaborate cakes.

HENMAN:

GRACE CONEY: I must say, the flower-type one was insane. It's so cool.

ISABELLA Yeah, that's gorgeous. So well that was the joint winner. So that is really good now. And knight is very impressed

HENMAN: with that. So I know that we've got Anne now ready, because we've been talking about cake. And just trying to stop Jacob eating his cake now. Anne is going to lead us in some exercises. So, Anne, do you want to explain what you'd like people to do?

ANNE Yes, definitely. So Isabella and I had a conversation about yoga while the kettle boils. And basically, you do
CAMPBELL: something while just, like, waiting for the kettle to boil, or you're taking a two-minute break, or a one-minute break, or a five-minute break from your studying, and you just need that wee bit of a break.

So I thought I would start doing some things just to show you just two or three things that you could do. You could do them all, or you could do one of them. And you can do this if you're sitting in a chair.

If you can get out of your chair, it's quite good because then you can get the whole body moving. But you can do it sitting in a chair. So I'm hoping the knight is going to join in here. So you see, I'm just starting to just shake, shake my wrists. I'm shaking my wrist.

ISABELLA He's ready. He's shaking his wrists.

HENMAN:

ANNE OK, so we shake our wrists, and then into our elbows, and into elbows. If you're sitting in a chair with arms, just
CAMPBELL: be really careful what you do bang your elbows off the arms of the chair. And then up to the shoulders. And actually, we're talking about awareness. Have a think about what that's doing. See if you can focus on your shoulders--

GRACE CONEY: Oh, I'm clicking my-- oh.

ANNE Do you feel those shoulders, knight?

CAMPBELL:

[INTERPOSING VOICES]

The knight is doing great. The knight is doing great.

ISABELLA The knight is doing great.

HENMAN:

ANNE And, actually, now-- now, we're going to do something exciting. We're going to keep our arms moving, and we're
CAMPBELL: going to start moving one of our legs.

GRACE CONEY: Oh, OK. Well, I'm--

ISABELLA One of the legs.

HENMAN:

[INTERPOSING VOICES]

ANNE Put your hands on your chair or your desk or your wall.

CAMPBELL:

GRACE CONEY: Feel like I'm a bird.

ANNE Shake, shake, shake, shake, shake. You see that, if you could do this, you could do tango dancing. What do you

CAMPBELL: think Ximena? It's a bit balanced.

XIMENA ARIAS- Yeah. Absolutely.

MANZANO:

ANNE Move to the other side and give it a wee shake. I'll go back so you can see my ankle. They would go. Wobble that

CAMPBELL: ankle around. And bend the knee. Just be careful with the knee. Don't move about part. Back and forward.

GRACE CONEY: Oh!

ANNE Do anything that-- and then around and back. Think you're going to fall over.

CAMPBELL:

ISABELLA And there can be all sorts of sound effects since she's always falling.

HENMAN:

ANNE It's not too bad if you start feeling like you're going to wobble and fall over because it's giving a lot of strength

CAMPBELL: and building up the strength in that leg. So that's good.

ISABELLA Are you sure, Anne. You're sure?

HENMAN:

[LAUGHTER]

XIMENA ARIAS- Not on high heels.

MANZANO:

ANNE Once you've done a little bit of shaking--

CAMPBELL:

ISABELLA I'm going to sit down. All right.

HENMAN:

ANNE --you might think, oh, I'm a bit stiff in my shoulders because I've been studying at library. So we're going to do

CAMPBELL: some shoulder skoots. So I bring this shoulder up, front, and back. Up, front, and back. There we go. And then we'll just alternate them. Alternate them, and just go into that shoulder. Can you feel those shoulders? It's listening to my--

[INTERPOSING VOICES]

ANNE Yeah. And get the elbows into it. And just keep those joints really nice and soft. And you could start kind of
CAMPBELL: wiggling around with your knees, as well, if you want.

GRACE CONEY: You know what, I think I needed this.

ANNE Bring the whole arm in. Bring the whole arm in. Do it as if you're wrapping your arm around a beach ball. Yeah.
CAMPBELL: These lovely beach balls. Oh, we were on the beach, doing this. Wouldn't that be nice.

ISABELLA This whole beach. This beach ball thing's so--
HENMAN:

[INTERPOSING VOICES]

ANNE OK, all right. Another thing I thought we might do, and this is really nice for your spine. You can kind think of your
CAMPBELL: spine a bit like a corkscrew. So we're going to kind of corkscrew our spine. So what I want you to do is to make sure your feet are below your knees or below your hips. Don't have them away out there. And don't have them away in here. Just get yourself all nicely lined up. And then--

ISABELLA No, no, no. The knight's a bit confused. He saw you put your legs out and thought he was supposed to do it.
HENMAN:

ANNE Oh, no. Oh, no.
CAMPBELL:

[INTERPOSING VOICES]

ISABELLA --feet together.
HENMAN:

ANNE We're going to do a twist. We're going to do a twist, starting from the hips. And we're going to just turn and turn.
CAMPBELL: And see these arms. Just let them.

GRACE CONEY: --can't quite do this.

ANNE Just let them wrap around your body. And you can actually feel your arms kind of pulling away from your
CAMPBELL: shoulders. And if you want to, you can turn your head around, as well, if it doesn't make you feel dizzy. And that's a nice little stretch for your neck. And you can feel it working all the way up your spine.

And this is actually a really nice one to do. I have to say, I'm forever doing this while I'm waiting for the kettle to boil because it just kind of loosens everything off. It loosens everything off.

GRACE CONEY: Awesome. Twirl around.

ANNE So you can actually make this really energetic if you want. If you wanted to build up your strength.
CAMPBELL:

ISABELLA You can make it plenty energetic.
HENMAN:

ANNE You can make it really energetic by doing this.
CAMPBELL:

[INTERPOSING VOICES]

And we'll just slow down. And just to do one last thing for the calm sake. We're going to do a little bit of breathing. So--

ISABELLA Breathing. All right.
HENMAN:

ANNE --this is something that's quite nice if you're just thinking, oh, I'm running out of energy. I've been at my desk all day. And I've got this thing to do. So while the kettle's boiling and you're just waiting to kind of get your motivation going, or perhaps when you're feeling a bit, oh, I've got TMA due, I've got to do something. You can do this breath.

So, again, line your feet up, your feet to your knees and your hips. And kind of gently soften your knees and tuck your tail in. Just tuck it in just a little bit. And then what we're going to do is cross one arm over the other. And we're going to breathe in as we effectively take off an imaginary jumper. Everybody get that jumper off.

ISABELLA And then jumper off. OK.
HENMAN:

ANNE Yeah, if you remember which arm was in front, you can swap the arms in front.
CAMPBELL:

ISABELLA The other way around.
HENMAN:

ANNE Do you see I'm bending my knees on the way down, as well. So think a little bit strengthening.
CAMPBELL:

ISABELLA I'm cheating.
HENMAN:

ANNE And once you get the hang of it-- once you get the hang of it, you can breathe in and then breathe out. And breath in as you're going up. And you can even shut your eyes while you're doing this. And as a sort of lovely thing to just think about, a little bit of visualisation, you can imagine that you're wrapping yourself around in a big bubble of energy. And you can go, whoo-hah, and a big bubble of energy.

Or if you're feeling a wee bit anxious, you can kind of wrap yourself round in a big bubble of calm. And the way to do this, I know visualisation isn't for everyone. And in many ways it's not for me. But I like this one because I can close my eyes and just think that I'm just putting myself in a big bubble of calm or a big bubble of energy.

And if you go faster or slower, depending on what you need today, then you can make yourself really revved up for your next bit of studying. Or you can just calm yourself down so that you can manage it. And I probably overrun my time there, Isabella.

ISABELLA No, not at all. That's been brilliant. And, obviously, there were lots and lots of sound effects in the background.

HENMAN: Oh, crumbs. And I think everything's just fallen down.

ANNE Not fall over.

CAMPBELL:

[LAUGHTER]

ISABELLA Everything's just having a bit of crisis in the background. Everything fell down because I think he had relaxed a bit. And therefore dropped everything. But--

HENMAN:

ANNE Oh, no.

CAMPBELL:

ISABELLA --thank you, Anne. That was--

HENMAN:

ANNE Too much relaxing for knights is not good. Knights must be upright.

CAMPBELL:

ISABELLA Knights must be upright.

HENMAN:

GRACE CONEY: Always vigilant.

ISABELLA Absolutely. Yeah, always vigilant. Yes, good point, Grace. Knights have to be vigilant. OK, knight, you need to be waking up again. So, brilliant. Thank you, Anne. That's really helpful. We were taking it seriously, even if we sounded slightly silly in the background with some of the sound effects. I think--

HENMAN:

ANNE There's no reason that yoga can't be lots of fun.

CAMPBELL:

ISABELLA No, absolutely. And Charlotte said it's so much fun. She was really enjoying it along the way. It was pointed out that we shouldn't eat cake at the same time as doing exercise. I did get quite excited at one point, Anne, where you said about visualising because I was visualising chocolate. And then you said visualising a bubble of calm. And I was like no, no, I'm visualising chocolate.

HENMAN:

[LAUGHTER]

ANNE Well, Isabella, I think for you, actually, in this breathing, you just need to surround yourself with chocolate. And that will actually make you feel better.

CAMPBELL:

ISABELLA Oh! Fantastic.

HENMAN:

ANNE It's actually what you need. You need the chocolate visualisation. Yeah, totally.

CAMPBELL:

ISABELLA I do, oh.

HENMAN:

ANNE That's perfect.

CAMPBELL:

ISABELLA Big bubble of chocolate. Big bubble of chocolate. Yes!

HENMAN:

[LAUGHTER]

Ah! Thank you, Anne. That's really good. So I was nice and calm. But now I'm actually just visualising chocolate. But thank you very much.

So, Jacob, whilst that was going on, thank you. You were joining in as well. What was going on in the chat while that was-- I think people were possibly not doing the chat at the time because they were joining in. But the people that weren't joining in, what were they-- what did they want to share with us?

JACOB Well, Rochelle said that their dog kept interrupting, trying to do that exercise. And quite understand why

BROADERS: Rochelle wasn't talking to him, so, understandable. I mean, I wonder what goes through our pets' minds when they see us doing all these sorts of things. They must think we're absolutely bonkers. [LAUGHS]

ISABELLA They must. Constantly, yes.

HENMAN:

JACOB But I did have a lot of support for my cake. Francesca said it was a lovely cake. Boris said it will probably taste

BROADERS: fabulous, which I do hope so after this. I'm glad I didn't eat it before that because that would have been a mistake. Lucy said I did very well.

Rafael said I should be proud of whatever I make. And Shawna said, it's not about what it looks like, remember, it's about what's on the inside and how it tastes, which sounds more like a life lesson than something about cakes. I like thinking about that.

[LAUGHTER]

ISABELLA I think that's really important life lesson, absolutely. Oh, and I can see Meg is trying to get in on that life lesson.

HENMAN: She was joining in as well.

GRACE CONEY: Oh, she's too cute.

ISABELLA She's quite content. She was obviously trying to get thin. So, actually, that's probably-- that was actually a very

HENMAN: good cue because Jacob was just saying about people saying that our pets think we're completely off our trees and bonkers, Lorna. So I know you're here to talk to us about Meg and how she actually joins in with you, joins and helps you with your study and your work-- not always, sometimes hinders you. Tell us a little bit about Meg. She looks perfect at the moment.

LORNA She can't understand why people sit and watch boxes of light all day because it seems the most bizarre thing to

SIBBETT: do. So what she's really good at doing is reminding me to take little screen breaks. So she'll pop up when I'm in the midst of a meeting. I could be interviewing somebody.

I've been doing that a lot of that recently, so interviewing for a job, having to warn them that maybe a dog appears partway through. But it usually breaks the ice if it happens. It doesn't actually happen all that often. And so she helps keep things informal, which is quite good, and to make sure that there's nice breaks in my day and I physically get up.

So if there's a meeting at lunchtime, there's going to be a little nudge about a quarter to one, to say that meeting should finish. And sometimes she'll appear on screen, to let everybody know that the meeting should finish, which is usually quite welcome. Yeah, isn't it, Meg? Yeah.

ISABELLA HENMAN: There you go. we're talking about you, Meg. Oh, I'm sorry we're boring you. Oh, that's it, now. We were obviously very boring. Now apparently, Ethan says his kitten interrupts quite a lot. And Laura was also saying that actually-- so this is actually something for you, Anne, Laura said how good that was. And she's going to use that-- the yoga ideas-- for study break.

So it might be some people use yoga and breathing for study break. Some people might use their study buddies. Now study buddies, we talked about it. I know we've got some photos of study buddies as well. Hopefully, have we got some photos of study buddies. So we can, obviously we've got Ximena's. Yeah, we have got some photos of study buddies, which is great.

GRACE CONEY: Oh, my gosh.

ISABELLA HENMAN: So you should be able to see some of them on the screen. And they're ones that different people who are-- so most of the time, we often have four-legged, two-legged, three-legged.

XIMENA ARIAS- [KISSING SOUNDS] Bali.
MANZANO:

ISABELLA HENMAN: [LAUGHING] I can see Ximena's trying to get her study buddy to come and join. No, that's it. No, no. Now you're more interesting. But study buddies are anything, anyone that helps you study.

You'll actually see in the pictures, one of the study buddies was actually a beautiful orchid that one of the students sent in because they actually said, do you know what, the gardening the focus on that kind of thing, that's what really helps me. And I think the cat in the bottom right-hand corner is probably a little bit like Meg when she's trying to get you to do the study breaks, Lorna, and saying, no, no, no stop looking at the box of light.

So if you have got study buddies, we love seeing pictures of study buddies. So you can email them through to us. You'll see the email address will come up in the chat. And maybe even on the screen because I can never remember I think it's StudentHub @open.ac.uk. I should know by now. I've only been doing this five years. Yeah, Jacob's nodding for me.

Yeah, I'm being told off by the knight because, apparently-- oh, the knight wants you to see his study buddy. His study buddy that--

GRACE CONEY: Oh, my. Wow.

[LAUGHTER] I love him.

ISABELLA --Colin the cauliflower. Is, apparently, it's very helpful for knight school. And Colin's eyes are flashing quite well
HENMAN: on the screen. So, yeah, Colin is very good. So can be anything. And, yeah, that's great.

GRACE CONEY: Beautiful.

ISABELLA So if you've got study buddies, again, we're talking about hobbies. We're talking about things that help you study
HENMAN: in just in a nice little low-key way, really. So Peter says he's going to use cake for study breaks. And Washlle's saying "My dog is great at making me aware of it's time to go for some fresh air."

Yeah, absolutely. I'm a fresh air person, even if I can't speak. You know, we were talking about English being your first language. You wouldn't know English as my first language, would you? I seem to be completely incapable of speaking. [LAUGHING]

So actually, Francesca was saying to us, "thinking that study buddies were actual humans." Well they can be, absolutely. So sometimes study buddies or student buddies can be humans. They're somebody else you talk about.

But often, I mean, I like having my furry study buddy. He's refused to come and help this evening, my Toby, my tabby study buddy, because he thinks that he doesn't want to be in front of people. He may appear in a bit. But, a bit like Meg, he does come and shout at me in the background. Or, he does one other thing. I don't know whether Meg ever does this in meetings. Toby will sometimes just vomit gently behind-- well, not gently.

GRACE CONEY: Oh, no.

ANNE Oh.
CAMPBELL:

GRACE CONEY: Oh, ho, ho, ho. Oh

ISABELLA Oh, no, just checking. Yeah, no. No, I was just checking to make sure there's no little piles of vomit. Don't think
HENMAN: there's been any at the moment. But that's good. So, Grace, I know we've been hearing you've been getting involved all the way through. And you talked about your people in the gaming. And we talked about how much we talk about games. Grace was one of my students. I can't remember, was it last year, Grace, in that access group?

GRACE CONEY: It is.

ISABELLA I lose track of time.
HENMAN:

GRACE CONEY: So I literally just finished the course in June, just gone, June or July, I think. I can't quite remember when I got the certificate. But, yeah, so, very recently.

ISABELLA Lovely. Great. And I can't even remember how it came up because we were supposed to be talking about access
HENMAN: and the thing. But we ended up talking about games. And I knew that it was something that you found really helps you, doesn't it-- both electronic games and board games.

Oh, I think the knight wants to join in. I think he wants to help with some games.

GRACE CONEY: Oh. Are we going to talk games?

ISABELLA I think he's got some cards. OK, we're going to talk games. I think, OK. No. Yeah. No, not working.

HENMAN:

GRACE CONEY: Which card game? There's too many.

ISABELLA Yeah, I think an unsuccessful card game. OK, we've given up. OK. Well, OK. I'll get back to you, Grace. We'll give

HENMAN: up on the card game, I think, with the knight. I don't think that was working too well. So tell us a little bit about, how do you find gaming helps you when you're trying to focus on study or work because I know that you're actually working now, as well.

ISABELLA Yes, well I think I used to use it when growing up for some sort of escapism. But as I've gotten older, in my old

HENMAN: age of 25, [LAUGHS] I would say it's more of an outlet because games, in general, are just so varied, in either they're more competitive, difficult-- so kind of punishing, but you want the challenge-- or then there's the more relaxed sort of game.

It really depends on your mood. And I find that either I'm, for some reason I'm feeling frustrated with something I'm doing. So I want to play more of a fighting game, in terms of like video games. Or if I go for a more relaxed moment in video games, I would play something called *Stardew Valley*-- best game, my favourite game, so relaxing. And it's just kind of doing day-to-day tasks and checking in on the villages. It's great.

Or, in terms of board games, there's what I love about it-- it's all thanks to my dad. My dad, he's kept me going through all. He kind of showed how varied they can be rather than just the classic Monopoly, not really my thing, as well as even just rummy. There's massive scope there. And you can either play it as a competitive thing, which I know, between the knight and yourself--

[INTERPOSING VOICES]

--can be quite--

ISABELLA Yeah, absolutely. He wants to be competitive. He heard that you mentioned fighting games. And he's going, that

HENMAN: is his bag entirely. That is his people.

GRACE CONEY: Oh, he's for it. He's ready already.

ISABELLA He's for it, yeah. Absolutely.

HENMAN:

GRACE CONEY: So there's obviously the more competitive side. Or then there's the more cooperative side. And it could be--

ISABELLA Cooperative. OK.

HENMAN:

GRACE CONEY: --in a more, I would say, life-threatening, sometimes, which can be very stressful. So it depends on who you're playing with, such as there's Pandemic.

ISABELLA Oh, yeah, no. We don't get into that game, do we?

HENMAN:

GRACE CONEY: Yeah, yeah, you're not a fan. I know you're not a fan. But there's also a game--

ISABELLA Wait, wait. We can't play the game.

HENMAN:

[LAUGHTER]

GRACE CONEY: It's, yeah, I can understand if you-- yeah. My family in general's quite more-- we want to try and figure out how to solve a problem together. And that's how we kind of take it. But, depending on who you're playing with, it can be quite stressful, like the people you play with.

So, for instance, my dad towards my sister, is always like, you need to do this. You need to do this. All to even my mum. And then they're kind of like uppity because they're like, don't attack me. Rightly so. But, you know, so you have to pick who you're playing with.

ISABELLA You do. Good point, yeah, picking who you're playing with and picking your battles and all that. We've got a

HENMAN: number of people. Some people saying chess. There's, yeah, the knights says chess, too. Oh, yeah, definitely says he likes the idea of chess. Backgammon, we've got somebody into back-- Cherise is into backgammon. So is Hans working with chess. Janine loves *Assassin's Creed*. Francesca says *Minecraft*. Oh, crumbs--

GRACE CONEY: So chill, until the creep comes in.

ISABELLA Oh, I've not-- I've seen the film. Was it *Minecraft* was a film, or was it something else? Oh, I've got the wrong one.

HENMAN: There was a film of a video game.

GRACE CONEY: There might be.

ISABELLA --hopeless 'cause I don't know what it was.

HENMAN:

GRACE CONEY: There are so many game movies.

ISABELLA Oh, warcraft. *World of Warcraft*. That was it. Wrong game. I'm sorry. I'm so sorry. I'm a bit hopeless with that.

HENMAN:

GRACE CONEY: Good film. Good film. Basically, *Dawn of the Apes*, or whatever-- *Dawn of the Planet of the Apes*, or whatever it is. Apparently they're very much the same film at this point. [LAUGHS] It's like, eh.

ISABELLA Probably. I'm not sure. Oh, Hogwarts Battle is a great playing together game, says Hannah. Have you played that

HENMAN: one? Have you ever heard of it?

GRACE CONEY: Yes, it is. It's a very good game. I do recommend that one. It can be very difficult.

ISABELLA Can it?

HENMAN:

GRACE CONEY: But definitely worth it.

ISABELLA OK, I think the knight was a bit worried about a difficult game. I don't think that was something he was-- no, is that nodding it's not good or nodding it is good? Nodding, you can-- no, no, no, bad. We can't do difficult games. It's just, particularly on a Friday night. It's just-- no, no, no. Wants easy games. Definitely wants easy games.

And, actually, we've-- oh, no. He's throwing his dice down. He was going to he was going to try and play some dice for you, Grace, but he's just, no-- you mentioned competitive games. And he said he can't actually fight you-

-

GRACE CONEY: Oh, no the dice have gone. The dice have been rolled.

ISABELLA The dice have been rolled. I'd just like to point out, don't know whether everyone can see, that was a one. The

HENMAN: knight is not going to win with a one.

GRACE CONEY: It's knight, one.

ISABELLA I think he's going to try and pretend. Not good. And actually, we did have a question from Cherise who wanted to

HENMAN: know whether the flag was "knights in white satin," about "never getting to the end," which is not good for an OU student. Thank you for that one. I actually think that was probably you, Jacob, because I know your kind of humour. And that's the kind of thing that you normally snicker.

Oh, OK. Oh, we're getting told, hurry up, hurry up. Knight, that is very, very, very distracting.

GRACE CONEY: Sorry. I'm sorry.

ISABELLA Oh, Cards Against Humanity and a game called Exploding Kittens. Yeah, have you played Exploding Kittens?

HENMAN:

GRACE CONEY: Oh my god! *Exploding Kittens*, very good.

ISABELLA Yeah. There's various different ones like that. I don't like them because I like the study buddy, so I don't like the

HENMAN: name of it because there's kittens in a blender.

GRACE CONEY: It's bad.

ISABELLA So I don't like the name of it.

HENMAN:

GRACE CONEY: That's also actually a really good game.

ISABELLA It's actually pretty confusing, isn't it? You have to-- but you just put other people-- I can't remember. This is the

HENMAN: problem. You forget things. And we're talking about things. This is the thing. We're talking about social things. Games, so games can be competitive. Games can be fun. Baking can be fun. Study buddies can be fun. Exercise can be fun. It's different things. I'll come back to it in a minute.

So Jacob, I know I just blamed you for the night's in white satin joke there. But what else has been going on? It's there more of this-- well, I think there is-- more love for games going on in the chat? Are we still talking about baking?

JACOB There's so much love for games in the chat. It's absolutely brilliant.

BROADERS:

GRACE CONEY: Yes!

JACOB Because this is my territory. I mean, you know, baking and cooking, Vanessa's amazing. Not something I can do well. But when it comes to games, that's where I light up.

BROADERS:

Francesca was saying about *Minecraft* as well, that's my ultimate game to chill out. Just do some farming. Watch how the villagers are doing. All amazing.

We were talking about-- Alex says, board games as well. So Monopoly, Scrabble, *Cards Against Humanity*.

Rochelle has some friends visiting this week and says they have some great board and card games. Some of our favourites-- and I'll take these as suggestions-- are Othello, Forbidden Island, and Organ Attack. I haven't heard of those, but this is the good thing about--

[INTERPOSING VOICES]

GRACE CONEY: Forbidden Island is a good one.

JACOB There you go. I like the suggestion. This is what Student Help Live is for me. It's what I'm going to do on the weekend is look up all these games.

BROADERS:

But there's also a student's gaming group. So if you are one of these people, like me, who lights up when we talk about board games, video games, I'll post the link as well because we can meet up afterwards maybe and have a good session.

ISABELLA Yeah. So we're supposed to be doing a social, but it's basically a Jacob's "get more people to come and play games with me," isn't it?

HENMAN:

JACOB That's it. That's it. That's all I'm after.

BROADERS:

ISABELLA Yeah, I think-- so you know how the knight was telling me we were going to be running out of time soon? I've been told it's almost time to call it a night.

HENMAN:

[GROANING]

It's not quite to call it a night, but, oh, dear. I think that's the clap. Yeah, I'm with you on the that as well. Apparently, it was a producer joke there. So there you go. I think. Yeah, anyway.

So I know we've done some serious things tonight. So we've been talking. Actually, I always in all Student Help Live sessions, I always mention that I know we have lots of students with disabilities, with all sorts of disabilities. And one of the things about Anne's yoga is that we sort of mentioned it because you mentioned about your bad back. You may think that you can't do some of the more energetic things, like Ximena's dancing. But Anne, if you've got any kind of disability, it's still possible to do some of the yoga, isn't it? Even if you're in a seat and you can't get up and so on.

**ANNE
CAMPBELL:**

Yeah, absolutely. Absolutely. All of these things that I was doing, you could twist like this, for instance. And if you've got movement in your arms, you can move them up and down, even if you're seated in a position.

When I had a bad back I could barely move myself from side to side. And so I just did it just a little tiny bit, and then gradually it started easing off. So yes, there's always things that you can do just to keep yourself kind of moving and just make yourself feel better. There's always something there that you can do. And just moving your body helps your mind.

**ISABELLA
HENMAN:**

Absolutely. And that's a brilliant link to what I was going to talk about-- helping your mind. And I know we have a number of students. We have people with anxiety, or we have students with depression. And often these ideas, the reason why we wanted to talk about hobbies-- so we're being silly some of the time, but we're being quite serious with some of the things as well because these hobbies do help you with your mental health.

I know, first, for me, obviously, I'm involved with Mr. Knight in the background. He does happen to be next to me, in case you haven't worked it out. He's on a different screen, but he is still here. Yeah, there you go. You can see the hand. It's over here. It's in the background. At least he hasn't poked me with a sword. He threatened to fight me with a sword, but he hasn't.

But actually, being outside-- I mean, he's not demonstrating the gardening. I didn't give him a fork, because I thought that was just going to be way too dangerous to have a fork, because he might stab me with it. But things like that, being outside. So like Lorna saying, with Meg going out for a walk, going out for a run with Meg, and where Ximena is saying doing the exercise. It's the mental-- and also the planning bit.

And actually, sometimes, a number of our students have neurodiversities. And the planning aspect of that can actually be really helpful because sometimes you just don't know where to go. So I know-- I'm not saying it's necessarily the same thing, but sometimes the idea-- I know Vanessa, when we talk about planning for cakes, that idea of the stages can really help you just get your head in the right place, can't it? Not saying that it's--

**VANESSA
ROSARIO:**

Prioritise.

**ISABELLA
HENMAN:**

--it's the same.

**VANESSA
ROSARIO:**

Yeah.

**ISABELLA
HENMAN:**

Yeah, absolutely. And I think all of these things are really useful. Apparently, Shelly Lois says to us, this has been a knight to remember. I'd go on--

[BOOING]

I'll come back to Jacob to see if we've got any more dodgy ones. Absolutely, we'll probably get a little bit of a drum beat again in there. You'll see that there is a feedback. So this has been the third of our fresher sessions. We had the Welcome to the OU on Tuesday. We had the Becoming a Confident Academic Learner on Thursday, which was yesterday.

And this is our social, but social with a little bit of a rein of thinking about things helping you forward. We've got a feedback form. So if you could fill that in, we'd be very, very grateful for you because it helps us inform our other sessions.

So Jacob-- so actually, no, before coming to Jacob, apparently, the widget is ready to show about the most effective. And ooh, exercising, it looks like exercising is the most effective hobby. It's beating out eating. Ah, really? But playing games is also up there. I'm thinking the eating chocolate bit.

I have actually-- I'd just like to point out, I have actually got some chocolate here, chocolate and cake.

GRACE CONEY: I love cake.

ISABELLA Can I point out this is not me that's done this? That was Mr. Knight trying to eat earlier, where it just went
HENMAN: everywhere. But Jacob, I said I was going to come to you. So what kind of last things, other than dodgy jokes, have we got that we want to finish up with in the chat tonight?

JACOB Well, I don't think we can avoid the dodgy jokes. That's just what half of the chat is at the present moment. But a
BROADERS: lot of people-- Kali says, it's been really great. Lovely to hear about everyone's study plans and hobbies. And everyone's a lovely bunch of people.

Lucy says, thank you guys. I would say it's been fun. Anthony-- I like this one-- says, thank you for tonight. And next time Anthony will have cake ready. So I'm really glad to hear that we've made an impression. Holly said, everyone's so nice. I'm glad I joined.

And it's just been brilliant to chat to everyone because everyone has been so nice. It's been great having you share your hobbies, your thoughts, just introducing yourselves, being part of the student community. And if you didn't join in the chat, and just sat back and relax, it's great to have you join us as well. So everyone who's watched, it's been brilliant. And as always, I'm really looking forward to chatting to everyone next time. And I hope you can join us again.

ISABELLA And I think Jacob is looking forward to more people in his gaming group, which actually, Grace, you probably want
HENMAN: to find out. You want to go into the chat later and find the gaming group.

GRACE CONEY: Yeah, I'll pop in.

ISABELLA So we're getting people-- Laura is saying that she really came-- so she wasn't a new student, but she enjoyed the
HENMAN: social last year, so she came for so much fun. Probably a little bit different. I think it was probably a quiz last year. I think we might have done it a little bit different tonight.

Holly said she's so glad she joined in because everybody was so nice. Shelly Lewis has said, it's great because-- oh, no. Auntie Boss-- no, not Shelly-- said, it's made me feel part of the community. Yeah, we're very much about community.

So I'm very grateful for my guests tonight. Thank you, Anne, and thank you for leading us in the exercises. Ximena, thank you for showing us about the tango dancing. Laura, thank you for showing us Meg, who is either lying down or has wandered off again. Vanessa, thank you for showing us your cakes and giving the great ideas there. Oh, Mr. Knight wants to show that he's at night school, and he has actually-- he's got his OU mug with his cup of tea, which I think might have gone cold by now. And thank you, Grace, for coming along and telling us about the games.

So it's been great having everybody here tonight. We've had some fantastic things. And I've been told that I need to finish with this. Good night, all.

GRACE CONEY: Good night!