Table Talk

18–31 October 2026

Pictures, conversation and time together



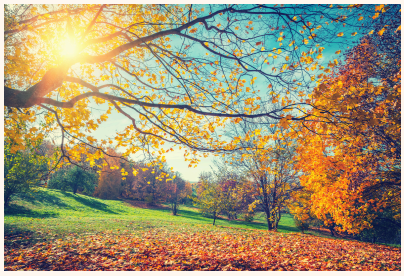
Sunday lunch



Video memories



The clocks change



Autumn traditions

A little to look at. A little to talk about.

Fourteen daily pairs of pages to enjoy around a table, in a small group or with one person. Choose what interests you and take your time.

ACTIVITY CIRCLE

For the facilitator

Use this pack in the way that suits the people with you. A few minutes with one picture can be enough.

Start with a picture

Show the day's page clearly. Ask what someone notices, or offer a simple choice. Read one question at a time and allow a pause.

Follow the conversation

There is no need to finish every prompt. Welcome a story, a gesture, one word or quiet listening. Personal questions have no set answer.

Enjoy the second page

Share some history, then try an activity. Puzzle answers are on the facilitator sheet at the back. Give a clue or say the answer together.

Make it comfortable

Reduce background noise. Offer individual copies so the pictures are easy to see.

Let people choose

Move on from a topic if someone prefers. On 31 October, use the autumn-evening prompts instead if Halloween is not of interest.

Print what you need

Print the day's two A4 pages, single-sided or duplex. Matching borders keep the pair together. Keep the final A4 answer sheet with the facilitator.

ACTIVITY CIRCLE

Sunday 18 October 2026

Sunday lunch

1 What might be cooking for Sunday lunch?

2 What would you pour over the meal?



Roasting dish / Gravy boat

3 Who usually chose what was served on a Sunday?

4 Was there a tablecloth or crockery kept for best?

5 Which vegetables belonged with a roast dinner?

6 Did everyone sit down together or eat at different times?

7 What pudding would you hope to see afterwards?

8 Would you choose a big family meal or something simple today?



ACTIVITY CIRCLE

Sunday 18 October 2026

Stories and activities

On this day

1922 - The BBC is formed

The British Broadcasting Company was formed on 18 October 1922. It would begin regular broadcasting from London the following month.

What did you most enjoy listening to on the radio?

Birthday spotlight

Chuck Berry (1926)

American guitarist, singer and songwriter who helped shape early rock and roll. His energetic guitar style became instantly recognisable.
Which rock-and-roll record gets your foot tapping?

Let's talk about...

The table is nearly ready

There is a warm smell from the kitchen and plates are being set out. Someone is checking the potatoes and another person is finding the serving spoons. Imagine your ideal Sunday lunch. What would be on the table, and who would you enjoy sharing it with?

Ready, Set... Name it!

Name as many as you like:

- Roast vegetables
- Sunday puddings
- Things laid on a dining table

Kitchen pairs

Choose what goes together:
Roasting tin - oven or wardrobe?
Gravy boat - sauce or cereal?
Carving knife - slicing or stirring?

ACTIVITY CIRCLE

Monday 19 October 2026

A trip to the video shop

1 What do you notice about the cassette?

2 Which kind of film would you take home?



Video cassette / Film night

3 Did you ever rent a film for the evening?



4 Who usually chose what everyone watched?

5 Was there a film you watched more than once?

6 Did you rewind a tape before returning it?

7 What snack belonged with a film night?

8 Would you choose a comedy, a musical or an adventure?



ACTIVITY CIRCLE

Monday 19 October 2026

Stories and activities

On this day

1985 - The first Blockbuster opens

The first Blockbuster video-rental store opened in Dallas, Texas, on 19 October 1985. It stocked thousands of tapes on open shelves.

Do you remember choosing a film from a video shop?

Birthday spotlight

Michael Gambon (1940)

Dublin-born actor who became one of Britain's best-known stage and screen performers, with roles ranging from The Singing Detective to the Harry Potter films.
Which actor had a voice you recognised straight away?

Let's talk about...

Choosing something for tonight

Rows of film boxes can make choosing part of the entertainment. Someone reads the back, someone recognises an actor and someone else votes for an old favourite. Which film would you take home, and what would make the evening comfortable?

Ready, Set... Name it!

Name as many as you like:

- Film genres
- Cinema or film-night snacks
- Actors you remember

Guess the object

I am a plastic box with magnetic tape inside. Put me in a machine and I can play a film on the television. What am I?

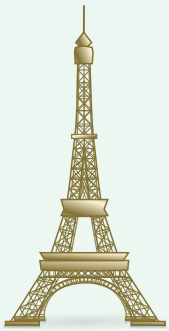
ACTIVITY CIRCLE

Tuesday 20 October 2026

A building worth seeing

1 What makes a building catch your eye?

2 What would you photograph first?





Famous building / Camera

3 Was there a grand building in your town?

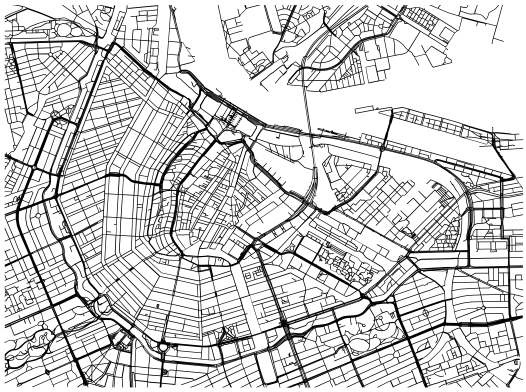
4 Did you enjoy visiting castles, churches or museums?

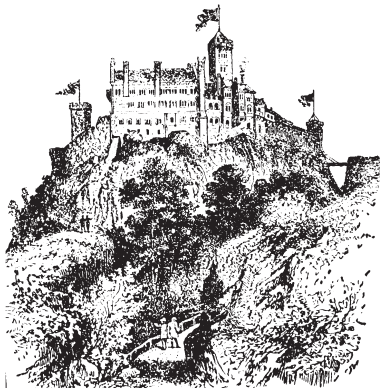
5 Which building had an impressive entrance?

6 Did you ever take visitors somewhere local to look around?

7 What view from a building stayed in your memory?

8 Would you rather visit a historic building or a modern one?





ACTIVITY CIRCLE

Tuesday 20 October 2026

Stories and activities

On this day

1973 - Sydney Opera House opens

Sydney Opera House was formally opened by Queen Elizabeth II on 20 October 1973, more than a decade after construction began.

Which famous building would you like to see in person?

Birthday spotlight

Tom Petty (1950)

American singer, songwriter and guitarist, best known as the leader of Tom Petty and the Heartbreakers and later as a member of the Traveling Wilburys.
Which song makes you think of a journey or a road trip?

Let's talk about...

Looking up

Some buildings make you stop and look before you even go inside. It might be a station, a theatre, a town hall or somewhere you visited on holiday. Describe a building that impressed you. Was it the size, the shape, the view or the feeling of the place?

Ready, Set... Name it!

Name as many as you like:

- Famous buildings
- Cities you have visited
- Things tourists carry

Postcard plan

Choose one building for the front of a postcard. Decide where it is, what the weather looks like and one sentence you would write on the back.

ACTIVITY CIRCLE

Wednesday 21 October 2026

At the art gallery

1 Which colour on the palette stands out?

2 What kind of picture would you hang?



Paint palette / Picture frame

3 Did you ever visit an art gallery or exhibition?

4 Was there a picture you could look at for a long time?

5 Do you prefer landscapes, portraits or abstract pictures?

6 Did anyone in your family enjoy drawing or painting?

7 Which colours make a room feel warm?

8 What would you choose to paint today?





ACTIVITY CIRCLE

Wednesday 21 October 2026

Stories and activities

On this day

1959 - The Guggenheim opens

The Solomon R. Guggenheim Museum opened in New York City on 21 October 1959. Its distinctive spiral building was designed by Frank Lloyd Wright.

What makes a building or gallery memorable to you?

Birthday spotlight

Dizzy Gillespie (1917)

American jazz trumpeter, bandleader and composer who became one of the leading figures in bebop and was known for his virtuoso playing.
Which musical instrument has a sound you recognise immediately?

Let's talk about...

One picture on the wall

Imagine there is room for one picture on a blank wall. You can choose anything: a landscape, a portrait, flowers, a busy street or something abstract. What would you hang there? Which colours would you like to see each day?

Ready, Set... Name it!

Name as many as you like:

- Colours
- Artists you know
- Things found in a gallery

Colour mixing

What colour do you make by mixing:
Blue + yellow?
Red + yellow?
Red + blue?

ACTIVITY CIRCLE

Thursday 22 October 2026

At the office desk

1 What would you type first on a letter?

2 When would you need more than one copy?



Typewriter

3 Did you ever use a typewriter at work or at home?

4 What did you keep in a desk drawer?

5 Were there carbon copies or duplicate books?

6 Who had the neatest handwriting in your workplace?

7 Which office machine seemed modern when it arrived?

8 Would you rather write a note by hand or type it?



ACTIVITY CIRCLE

Thursday 22 October 2026

Stories and activities

On this day

1938 - The first xerographic image

On 22 October 1938, Chester Carlson created the first xerographic image in a makeshift laboratory in Queens, New York. The process later led to modern photocopying.

Which office machine changed the way you worked?

Birthday spotlight

Jeff Goldblum (1952)

American actor and musician known for films including Jurassic Park, The Fly and Independence Day. He is also a jazz pianist.
Would you choose a film, a play or live music for an evening out?

Let's talk about...

The useful drawer

A desk drawer can collect everything needed to keep a day moving: pens, paper clips, stamps, spare keys and little notes. Think about a desk you used at work or at home. What was always within reach, and what did you never seem to have enough of?

Ready, Set... Name it!

Name as many as you like:

- Office supplies
- Things in a desk drawer
- Ways to send a message

Guess the object

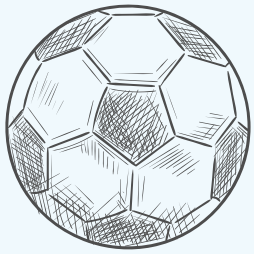
I use light and a sheet of glass to make a paper copy of a document. What office machine am I?

ACTIVITY CIRCLE

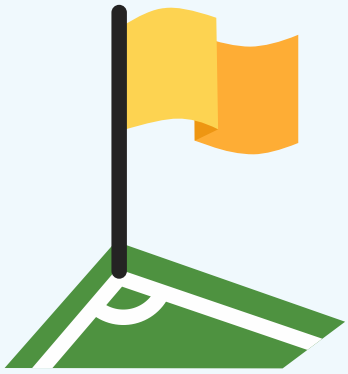
Friday 23 October 2026

Football memories

1 Where would you kick this ball?



2 What might the flag mark on the pitch?



Football / Corner flag

3 Did you follow a football team?

4 Who was a player everyone talked about?



5 Did you listen to matches on the radio?

6 What was the atmosphere like at a local match?

7 What would you eat or drink at half-time?

8 Would you rather play, watch or hear the result afterwards?



ACTIVITY CIRCLE

Friday 23 October 2026

Stories and activities

On this day

2001 - Apple introduces the iPod

Apple introduced the original iPod on 23 October 2001. The portable music player was advertised as holding up to 1,000 songs.

How did you listen to music when you were away from home?

Birthday spotlight

Pelé (1940)

Brazilian footballer Edson Arantes do Nascimento, known worldwide as Pelé, became one of the sport's most celebrated players and won three World Cups with Brazil.
Which football name do you remember most clearly?

Let's talk about...

Match day

A match can be remembered for much more than the score. There is the journey, the crowd, the sound of the whistle and the people standing or sitting beside you. Tell us about a match you watched, or choose a team and imagine the perfect afternoon at the ground.

Ready, Set... Name it!

Name as many as you like:

- Football teams
- Sports played with a ball
- Things seen at a match

Football pairs

Choose what goes together:
Goalkeeper - goal or corner shop?
Referee - whistle or paintbrush?
Corner - flag or kettle?

ACTIVITY CIRCLE

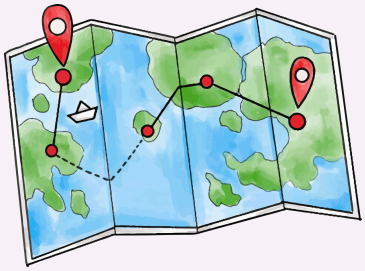
Saturday 24 October 2026

Around the world

1 Which part of the globe would you explore?



2 What would you look for first on the map?



Globe / Map

3 Which country have you enjoyed visiting?

4 Did you keep maps or guidebooks from a trip?

5 Was there a place you first learned about at school?

6 Which food reminds you of another country?



7 What language would you like to hear spoken?

8 Would you choose mountains, a city or the coast?



ACTIVITY CIRCLE

Saturday 24 October 2026

Stories and activities

On this day

1945 - The UN Charter comes into force

The Charter of the United Nations came into force on 24 October 1945. The organisation was created after the Second World War to support international cooperation.

Which country would you enjoy learning more about?

Birthday spotlight

Bill Wyman (1936)

English musician born in Lewisham who became the bass guitarist for the Rolling Stones. Which band or group did you enjoy hearing live or on the radio?

Let's talk about...

A map on the table

Spread out a map and there is always somewhere to point to. It might be a place you know well, somewhere a relative lived or a country you only know from books and television. Choose one place and tell us what you would like to see, eat or hear there.

Ready, Set... Name it!

Name as many as you like:

- Countries
- Capital cities
- Ways to travel

Which continent?

Match each place to a continent:
London - ?
Brazil - ?
Egypt - ?

ACTIVITY CIRCLE

Sunday 25 October 2026

When the clocks change

1 Which clock in the house needs changing by hand?

2 How would you spend an extra quiet hour?



Alarm clock / Extra hour

3 Did you have a clock that chimed on the hour?

4 Who remembered to wind the clock or watch?

5 What time did your day usually begin?

6 Did darker evenings change your routine?

7 Which evening programme marked the time for you?

8 Would you use an extra hour for sleep, reading or a cup of tea?





ACTIVITY CIRCLE

Sunday 25 October 2026

Stories and activities

On this day

2026 - The clocks go back

British Summer Time ends today. At 2 a.m. BST, clocks go back one hour to 1 a.m. GMT, giving the UK an extra hour overnight.

Which clock or timer did you always have to reset yourself?

Birthday spotlight

Pablo Picasso (1881)

Spanish painter, sculptor and printmaker who became one of the most influential artists of the 20th century.
Do you prefer a realistic picture or something more abstract?

Let's talk about...

A little more evening

The clocks have changed and the evening seems to arrive earlier. Think about the routines that make a darker evening comfortable: closing curtains, switching on a lamp, making a warm drink or settling down with something to read. Which would you choose?

Ready, Set... Name it!

Name as many as you like:

- Things with clocks
- Times of day
- Evening routines

Finish the saying

Better late than ...
Time and tide wait for no ...
A stitch in time saves ...

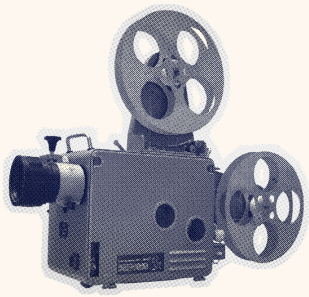
ACTIVITY CIRCLE

Monday 26 October 2026

At the pictures

1 What information would you look for on the ticket?





2 What sort of film might be starting?

Cinema ticket / Film camera

3 Did you have a favourite cinema?



4 Who did you usually go to the pictures with?

5 Was there an usher, an interval or ice cream?

6 Which film star drew a crowd?

7 Did you ever queue for a popular film?

8 Would you choose a comedy, a thriller or a classic today?



ACTIVITY CIRCLE

Monday 26 October 2026

Stories and activities

On this day

1958 - A jet crosses the Atlantic

On 26 October 1958, Pan Am operated the first American scheduled transatlantic jet passenger flight, using a Boeing 707 from New York to Paris.

What do you remember about your first flight or airport visit?

Birthday spotlight

Bob Hoskins (1942)

English actor born in Bury St Edmunds, known for films including The Long Good Friday, Mona Lisa and Who Framed Roger Rabbit.
Which British film actor always held your attention?

Let's talk about...

Waiting for the lights to go down

The adverts finish, the room gets darker and the screen becomes the centre of attention. Think about going to the cinema when it felt like a special outing. What would you watch, who would come with you and what would you buy before taking your seat?

Ready, Set... Name it!

Name as many as you like:

- Film genres
- Cinema snacks
- Actors you remember

Guess the object

I shine a moving picture onto a cinema screen. In the past I used reels of film. What am I?

ACTIVITY CIRCLE

Tuesday 27 October 2026

Underground journeys

1 Where might this train be going?

2 What would you check on the ticket?



Underground train / Travel ticket

3 Did you use an underground railway or metro?

4 Which station name do you remember?

5 Did you prefer a seat or standing near the door?

6 What made a station easy to recognise?

7 Did you ever miss a stop or take the wrong train?

8 Would you rather travel underground or look out of a window?



ACTIVITY CIRCLE

Tuesday 27 October 2026

Stories and activities

On this day

1904 - New York City subway opens

New York City's first subway line opened on 27 October 1904. More than 110,000 passengers used the new underground railway before the day was over.

Which railway or underground journey stands out in your memory?

Birthday spotlight

John Cleese (1939)

English comedian, actor and writer from Weston-super-Mare, best known for Monty Python and for playing Basil Fawlty in Fawlty Towers.
Which British comedy could still make you laugh?

Let's talk about...

Down the stairs to the platform

There is a rumble in the tunnel and a train is approaching. Signs point in different directions and people are checking where to change. Imagine a journey across a busy city. Where are you going, what would help you find your way, and who would make good travelling company?

Ready, Set... Name it!

Name as many as you like:

- Railway stations
- Things on a platform
- Ways to travel

Word games

Make small words from TRAIN.
Use each letter only once in each word. Try three-letter words first.

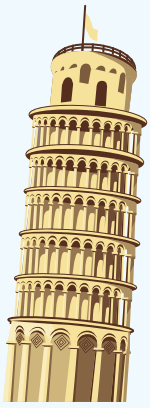
ACTIVITY CIRCLE

Wednesday 28 October 2026

A famous landmark

1 What makes a landmark easy to recognise?

2 What would you look at through the binoculars?





Landmark / Binoculars

3 Which landmark have you seen in person?

4 Did you bring home a postcard from a famous place?

5 What view would you climb steps to see?

6 Was there a monument in your town or city?

7 Which place would you show to a visitor?

8 Would you rather see a city skyline or a countryside view?



ACTIVITY CIRCLE

Wednesday 28 October 2026

Stories and activities

On this day

1886 - The Statue of Liberty is dedicated

The Statue of Liberty was officially dedicated in New York Harbor on 28 October 1886. It had been given by the people of France to the people of the United States.

Which famous monument or landmark would you like to visit?

Birthday spotlight

Bill Gates (1955)

American software entrepreneur who co-founded Microsoft with Paul Allen and later devoted much of his time to philanthropy through the Gates Foundation. What was the first computer or piece of technology that impressed you?

Let's talk about...

A view worth stopping for

Some places become recognisable from a single shape or outline. It might be a tower, a bridge, a statue or a building on the horizon. Choose a landmark you know and describe what surrounds it. What would make you stop for a photograph?

Ready, Set... Name it!

Name as many as you like:

- Famous landmarks
- Cities
- Things shown on postcards

Landmark pairs

Match each landmark to its city:
Eiffel Tower - ?
Statue of Liberty - ?
Big Ben - ?

ACTIVITY CIRCLE

Thursday 29 October 2026

Painting a landscape

1 Which colour would you put on the brush?



2 What season might this landscape show?

Paint brush / Mountain view

3 Did you ever paint or sketch for pleasure?



4 Which view would you choose to paint?

5 Do you prefer mountains, fields, sea or town scenes?

6 Was there someone you knew who enjoyed art?

7 Which colours belong in an autumn landscape?

8 Would you paint from a photograph or from the view itself?



ACTIVITY CIRCLE

Thursday 29 October 2026

Stories and activities

On this day

1969 - The first ARPANET message

On 29 October 1969, researchers at UCLA sent the first message over ARPANET, a forerunner of the internet. They intended to type LOGIN, but the system crashed after the letters LO.

What was your first experience of computers or email?

Birthday spotlight

Bob Ross (1942)

American painter and television host best known for The Joy of Painting, where he demonstrated landscape painting in a calm, encouraging style.
Which kind of landscape would you enjoy having on your wall?

Let's talk about...

The view on the canvas

A blank canvas can become anywhere you like. Perhaps there is a line of trees, a lake, a small cottage or clouds moving across a wide sky. Choose a scene and build it together. Which colours would you use first, and what would you add last?

Ready, Set... Name it!

Name as many as you like:

- Things to paint
- Colours in nature
- Art materials

Artist's tools

Choose what goes together:
Easel - painting or saucepan?
Palette - paint or postage stamps?
Brush - strokes or shoelaces?

ACTIVITY CIRCLE

Friday 30 October 2026

A spooky story

1 What kind of story might be in the book?

2 What would you notice on a quiet night?



Storybook / Moonlit night



3 Did you enjoy ghost stories or mysteries?

4 Who was good at telling a story aloud?

5 What sound can make a dark evening feel mysterious?

6 Did you ever listen to a radio play in bed or by the fire?

7 Which story setting would you choose: a house, a train or a village?

8 Would you rather hear something spooky or something funny?

ACTIVITY CIRCLE

Friday 30 October 2026

Stories and activities

On this day

1938 - The War of the Worlds on radio

Orson Welles' Mercury Theatre broadcast The War of the Worlds on 30 October 1938. Its realistic news-bulletin style caused alarm among some listeners in the United States.

Which radio play or dramatic story do you remember?

Birthday spotlight

Henry Winkler (1945)

American actor, producer, director and author best known for playing Arthur “Fonzie” Fonzarelli in the television comedy Happy Days.
Which television comedy character could always make you smile?

Let's talk about...

The story begins after dark

A light is on in one room and the rest of the house is quiet. Outside, the wind moves a branch against the window. This can become a mystery, a comedy or simply an autumn evening. What happens next? Add one detail at a time, or just listen as the story grows.

Ready, Set... Name it!

Name as many as you like:

- Story characters
- Sounds heard at night
- Things beside a reading chair

Tell a little tale

Start with: “There was a knock at the door just after dark...” Add a visitor, an object or a reason for the knock. Keep it gentle, funny or mysterious - your choice.

ACTIVITY CIRCLE

Saturday 31 October 2026

Halloween and autumn traditions

1 What autumn tradition does this picture suggest?

2 Would you choose a toffee apple or another treat?



Halloween night / Toffee apple

3 What did Halloween mean when you were younger?

4 Did children dress up where you lived?

5 Were there autumn fairs, bonfires or parties nearby?

6 What foods or sweets belong to this time of year?

7 Which autumn colours do you enjoy most?

8 Would you rather talk about Halloween or a quiet autumn evening?



ACTIVITY CIRCLE

Saturday 31 October 2026

Stories and activities

On this day

1941 - Mount Rushmore is completed

Work on Mount Rushmore National Memorial in South Dakota came to an end on 31 October 1941, and the project was declared completed.

Which monument, statue or memorial have you visited?

Birthday spotlight

John Keats (1795)

English Romantic poet born in London, remembered for works including Ode to a Nightingale and To Autumn.
Is there a poem, song or phrase that makes you think of autumn?

Let's talk about...

An autumn evening

The last evening of October can mean different things to different people. Some remember lanterns, dressing up or children calling at the door; others simply notice the darker evenings and leaves outside. Choose whichever part of the season feels comfortable to talk about today.

Ready, Set... Name it!

Name as many as you like:

- Autumn foods
- Things that glow
- Warm drinks

Autumn pairs

Choose what goes together:
Acorn - oak tree or rose bush?
Conker - horse chestnut tree or daffodil?
Pumpkin - vine or pine branch?

ACTIVITY CIRCLE

Facilitator answer sheet

18–31 October 2026

Answers are in activity order. Word-game lists are examples. Open-ended means no fixed answer.

1 Oven; sauce; slicing.

2 A video cassette / VHS tape.

3 Open-ended.

4 Green; orange; purple.

5 A photocopier.

6 Goal; whistle; flag.

7 Europe; South America; Africa.

8 Never; man; nine.

9 A projector.

10 Examples: rain, air, tin, rat, tan.

11 Paris; New York; London.

12 Painting; paint; strokes.

13 Open-ended.

14 Oak tree; horse chestnut tree; vine.

ACTIVITY CIRCLE

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ACTIVITY CIRCLE

Table Talk returns every month with a fresh set of daily prompts, stories and activities.