

Table Talk

Free Sample November 2026

Pictures, conversation and time together



Autumn colours



From the kitchen



Radio days



Garden visitors

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

7 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.

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.

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.

Sunday 1 November 2026

Autumn at the door

- 1** What colours can you see in the leaf?
- 2** How might the scarf feel against your hand?



Autumn leaf / Woolly scarf

- 3** What did your street look like in autumn?
- 4** Which coat would you choose for a chilly day?
- 5** Did you rake leaves or leave them on the ground?
- 6** What did you enjoy about a walk in the park?
- 7** What would you put in a flask to take with you?
- 8** Would you rather have a short walk or sit by a window?



Sunday 1 November 2026

Stories and activities

On this day

1512 – The Sistine Chapel

Michelangelo's ceiling paintings were complete, and Pope Julius II celebrated Mass in the Sistine Chapel on 1 November.

What building would you like to look around?

Birthday spotlight

L. S. Lowry (1887)

English artist remembered for paintings of industrial streets and the people who lived and worked around them. What scene from your hometown would you paint?

Let's talk about...

A place to watch the world

A chair by the window can be a good spot for watching the day go by. There might be trees, passing buses or a neighbour walking a dog. Tell us what you would like to see. What would you put on the windowsill?

Ready, Set... Name it!

Name as many as you like:

- Trees you know
- Things to wear outdoors
- Colours in a garden

Finish the saying

An apple a day keeps the ... away.
Mighty oaks from little ... grow.
Every cloud has a silver ...

Monday 2 November 2026

An evening with the television

- 1** What do you notice about this television?
- 2** Would this chair be a good place to sit?



Television / Armchair

- 3** What programme made you laugh?
- 4** Did you watch television with family or neighbours?
- 5** Who liked to look through the television listings?
- 6** Was there a programme you never wanted to miss?
- 7** What would you serve during the interval?
- 8** Would you choose a comedy, a nature programme or a film?



Monday 2 November 2026

Stories and activities

On this day

1936 – Television begins

The BBC began its regular television service from Alexandra Palace in London. A new kind of entertainment was arriving in people's homes.

What do you remember about your first television?

Birthday spotlight

Burt Lancaster (1913)

American actor who appeared in *From Here to Eternity* and many other films. He worked as an acrobat before his screen career. Which film actor would you like to talk about?

Let's talk about...

The evening routine

The curtains are drawn and someone is putting the kettle on. A programme is about to start. Imagine the room where you would watch it. Would you like a cushion, a footstool or a little table beside you? Who would enjoy the programme too?

Ready, Set... Name it!

Name as many as you like:

- Television programmes
- Things in a living room
- Snacks to share

Time Machine

Imagine an evening before remote controls. Who changes the channel? Choose something for the family to watch and decide where everyone will sit.

Tuesday 3 November 2026

Put a record on

- 1** What can you see on the record sleeve?
- 2** Which sound would you choose: a record or a guitar?



Record / Guitar

- 3** Did you save up to buy music?
- 4** Where did you enjoy hearing a band play?
- 5** Was there a singer everyone in your house liked?
- 6** What music would suit a slow dance?
- 7** Did you sing while doing jobs around the home?
- 8** What tune would you like to hear this afternoon?



Tuesday 3 November 2026

Stories and activities

On this day

1973 – A space journey

NASA launched Mariner 10. The spacecraft later visited Venus and Mercury and sent photographs back to Earth.

What would you like to see in a photograph from space?

Let's talk about...

At the record shop

Imagine browsing through records in a shop. You turn a sleeve over, look at the picture and decide what to hear next. What kind of music would you look for? Would you choose a familiar singer or try something different?

Ready, Set... Name it!

Name as many as you like:

- Musical instruments
- Dances
- Places to hear music

Birthday spotlight

Lulu (1948)

Scottish singer known for Shout, To Sir with Love and Boom Bang-a-Bang. Which song would you choose for a singalong?

Music moments

Choose a song title you know. Hum a little, tap its rhythm or describe how it sounds. Others can join in or suggest a song with a similar mood.

Wednesday 4 November 2026

The keepsake tin

- 1** Which button catches your eye?
- 2** What might this key open?



Button tin / Brass key

- 3** Was there a tin of useful bits in your home?
- 4** What did you keep in a special drawer?
- 5** Did you ever collect badges, stamps or postcards?
- 6** Who was good at finding a use for old things?
- 7** What small gift has meant a lot to you?
- 8** What would you put in a keepsake box today?



Wednesday 4 November 2026

Stories and activities

On this day

1922 – A hidden doorway

Howard Carter's team uncovered a step leading towards Tutankhamun's tomb in Egypt. It was the beginning of a remarkable discovery.

What would you like to discover in a museum?

Birthday spotlight

Matthew McConaughey (1969)

American actor whose films include *The Wedding Planner* and *How to Lose a Guy in 10 Days*. Do you enjoy a romantic comedy?

Let's talk about...

Worth keeping

A tin might hold buttons, ribbon and a card from a friend. Each item can have a story, even if it cost very little. Imagine opening your own keepsake tin. Which object would you take out first? Tell us about it, or choose something you would like to keep.

Ready, Set... Name it!

Name as many as you like:

- Things with a lid
- Things people collect
- Objects made of metal

Guess the object

I have an eye but cannot see. A thread passes through me. I help stitch a button onto a coat. What am I?

Thursday 5 November 2026

Bonfire Night

- 1** Which colour stands out in the sky?
- 2** What would you put on the baked potato?



Colourful lights / Baked potato

- 3** Did you watch fireworks from the garden or a window?
- 4** What did you wear to keep warm?
- 5** Was there a special treat on Bonfire Night?
- 6** What do you like about lights on a dark evening?
- 7** Who would you share a warm supper with?
- 8** Would you choose a display or a quiet evening indoors?



Thursday 5 November 2026

Stories and activities

On this day

1605 – The Gunpowder Plot

The plot to blow up Parliament had been discovered by the morning of 5 November. Bonfire Night recalls the failed plan.

Which November traditions do you remember?

Birthday spotlight

Vivien Leigh (1913)

British actress who played Scarlett O'Hara in *Gone with the Wind* and Blanche DuBois in *A Streetcar Named Desire*. Do you prefer a film or a play?

Let's talk about...

Coming in from the cold

Picture arriving home on a cold November evening. The lights are on and something warm is ready to eat. There might be soup, potatoes or toast. What would make you comfortable? If fireworks are not your choice, describe a quiet evening you would enjoy.

Ready, Set... Name it!

Name as many as you like:

- Warm foods
- Bright colours
- Things that keep you cosy

Sensory chat

Imagine your favourite warm supper. What colour is it? What might it smell like? Would it be crisp, soft or smooth? Describe it, or point to the potato picture.

Friday 6 November 2026

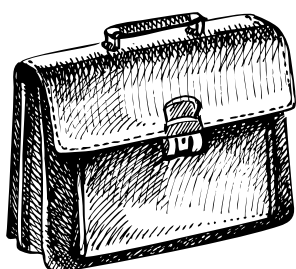
A working day

- 1** What might you carry in this bag?
- 2** What would you choose for a tea break?



Work bag / Tea break

- 3** What did you do at the start of a working day?
- 4** Who showed you how to do something useful?
- 5** Did you wear an apron, uniform or work clothes?
- 6** What was a busy day like at home or at work?
- 7** Which task gave you a sense of satisfaction?
- 8** What advice would you pass on to someone learning a job?



Friday 6 November 2026

Stories and activities

On this day

1860 – News of an election

Abraham Lincoln was elected President of the United States. He took office the following year.

Did you hear important news on the radio or read it in a newspaper?

Birthday spotlight

Sally Field (1946)

American actress known for The Flying Nun, Mrs Doubtfire and Forrest Gump. Which film or television programme makes you smile?

Let's talk about...

Lunch in the bag

A packed lunch might be wrapped in paper, carried in a tin or put in a bag. Someone may have made it before the day began. What filling would you choose? Tell us about a good break, whether at work, at home or after helping someone.

Ready, Set... Name it!

Name as many as you like:

- Jobs people do
- Sandwich fillings
- Useful skills

Word games

Make small words from the letters in SANDWICH. Use each letter only once in each word. Work together and say your words aloud.

Saturday 7 November 2026

Something from the oven

- 1** What could you mix in this bowl?
- 2** Would you choose custard or cream with the pie?



Mixing bowl / Apple pie

- 3** Who made the best pastry you remember?
- 4** Was there a recipe written on a scrap of paper?
- 5** What did you like to lick from the spoon?
- 6** Did you weigh ingredients or use a cup?
- 7** What would you bake for a visitor?
- 8** Which kitchen smell makes you feel at home?



Saturday 7 November 2026

Stories and activities

On this day

1996 – A mission to Mars

NASA launched Mars Global Surveyor. It later orbited Mars, collecting pictures and measurements of the planet.

What discovery would you enjoy hearing about?

Birthday spotlight

Marie Curie (1867)

Polish-born scientist who studied radioactivity and received Nobel Prizes in physics and chemistry. Which school subject interested you?

Let's talk about...

The well-used recipe

A favourite recipe may have a floury corner or a little note beside it. Perhaps it was passed on by someone, or learned by watching. What recipe would you share? Describe a dish you enjoy, even if you have never cooked it yourself.

Ready, Set... Name it!

Name as many as you like:

- Things used for baking
- Kinds of pie
- Foods made with apples

Kitchen pairs

Choose what goes together:

Rolling pin – pastry or tea?
Colander – draining or stirring?
Whisk – beating or peeling?

Facilitator answer sheet

November 2026

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

- 1** Doctor; acorns; lining.

- 2** Open-ended.

- 3** Open-ended.

- 4** A sewing needle.

- 5** Open-ended.

- 6** sand, hand, dish, chin, wind.

- 7** Pastry; draining; beating.

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