

Section 4 – Cultivate a love of learning



Podcasts

Need a bit of inspiration? Want to listen to something different? Have a look at our top ten suggested podcasts to keep you entertained during the lock down period. You might just learn something too!

1 - Today In Focus

While many of us have hit absolute peak Coronavirus and want to avoid the news completely, the abundance of fake stories about the virus makes reliable information so valuable right now. So if you do want to stay informed, these daily 20ish minutes long episodes are a great way to dip your toe without being overwhelmed. In the Guardian's [Today In Focus](#) podcast, host Anushka Asthana delivers the good and bad news in a totally digestible, panic-free way, and asks her expert guests the questions we all want answers to. Recent episodes include What is the Covid-19 crisis doing to our mental health? Where is the kit to protect the NHS workers? and an expose of the 5G conspiracy theories.

2 – Have your heard George's Podcast?

Spoken word artist [George the Poet](#)'s podcast is an audio collage of drama, news, poetry, observations, lived experience, experimental ideas and music. Sometimes, he unpicks a drill track, or interviews a friend, or uses audio from a home video his Mum took of him as a boy. To listen to this podcast is to walk an intimate map of George's beautiful, meandering mind. No wonder it won so many golds at the British Podcast Awards.

3 - How I Built This

Ever wondered how some of the world's biggest brands got their start? From Five Guys to Instagram, *How I Built This* gives listeners a chance to learn about the stories behind now-huge businesses. Speaking to a different creator in each episode, hear original stories as told by the people themselves. Through childhood anecdotes, humble beginnings and often unprecedented growth, this podcast peels back some of the mystique surrounding business success, exploring the highs and lows of innovators along the way. **Pro tip** - be sure to listen to the [Ben & Jerry's episode](#) and prepare to be inspired by their feel good story and uncompromising stance on humanitarianism. If you think you love Ben & Jerry's now, wait 'til you listen to this.

4 - The Gemma Collins Podcast

If the news is making you want to crawl inside your own body and hide, some escapism might be on the cards. For that, look no further than Gemma Collins's podcast, a hilarious, sassy and infinitely warming chat show where, alongside spirituality, topics for debate include, "Is St Tropez and Cannes the same place?". Only the GC can save us now.

5 - This American Life

The host of *This American Life*, Ira Glass, is to podcasts what Beyoncé is to pop. Some episodes are pleasingly mundane, like the one where producers embed journalists in an American diner for 24 hours. Others are shocking thrillers: a flute player steals millions of dollars' worth of dead birds from the British Museum; babies are switched at birth. *This American Life* will allow you to experience an entire world through your ears.

6 - Murmurs

Less *The Archers*, more *Stranger Things*, each episode of this radio drama takes place in a different cosmic world. The first episode follows a soldier who becomes scattered across time and space. Another follows a homeless person called Germaine whose life is slipping out of whack. It's floaty and cosmic and it will send you beyond the walls of your room and into the stars.

7 - Stuff You Should Know

Join Josh Clark and Chuck Bryant as they get to the bottom of odd questions, like how Twinkies work and if zombies exist. Confronted by the knowledge that what they are saying is fact, you end up taking their advice seriously. That's why their episode on breakups will make you stop checking your ex's Instagram stories and why their episode on viruses will push you to tackle handwashing with newfound vigour.

8 – Happy Place

Happy Place sees Fearne Cotton delve into mindfulness and what happiness means to different people. In intimate conversations with the likes of Mary Berry and, more recently, Hillary Rodham Clinton, the great success behind this podcast is how universally relatable it is. Uplifting and sincere, *Happy Place* allows listeners a rare look into less openly talked about issues like mental health in the public eye. Highlighting humanity and reminding us that celebrities face a lot of the same obstacles that the average person does, the podcast is a uniting, positive force that we could all do with a bit more of.

9 - Off Menu with Ed Gamble and James Acaster

This podcast sees Ed Gamble and James Acaster talk to guests about their dream menu, from starter to dessert. Though it might not sound like the obvious formula for a comedy podcast, it makes for a laughter-inducing listen, covering integral societal issues such as 'poppadoms or bread?' and the best burger in the world. With guests ranging from Loyle Carner to Jess Phillips MP, every episode has its own varied, hilarious tangents. Just make sure you don't listen on an empty stomach.

10 - That Peter Crouch Podcast

Peter Crouch is hard to miss, his 6'7" frame can be picked out of a crowd by more than just football fans, and his podcast is one of the most popular out there right now, with many beyond the sporting world tuning in for his weekly words of... well, not entirely wisdom.

In an age of sterile modern day footballers, Crouch's grounded nature and bizarre anecdotes from inside the game make it a fascinating listen – even with the nonsensical chatter.