



# a Night in with Nightline

the Isolation Iteration



Nightline<sup>50</sup>  
1970  
Recognising our listening legacy

April 2020



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Google Drive:

<https://drive.google.com/open?>

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# Welcome... to your *Night in with Nightline* the Isolation Iteration

## What is a Night in with Nightline?

The Night in with Nightline was developed as a fundraising initiative. A Night in with Nightline doesn't have to be elaborate or a big affair - it's about getting together in the evening or nighttime, a time when students feel most alone, and celebrating what Nightlines do in your own way.



We know that loneliness and isolation feels ever more pertinent given the unprecedented circumstances the world now finds itself in. This version of the Night in with Nightline hosts' pack isn't about fundraising. Right now, we just want to offer you support and help you to support each other.

at a time of physical distancing and isolation....

... find social connection and community

This edition of our Night in with Nightline pack offers you some suggestions for how you could arrange some social gatherings, virtually and maybe with a few twists. We're sure you're full of your own creative ideas, but you could use this pack as inspiration or if you're feeling stuck. We've tried to include a little something for everyone.

- 🌙 As you go through the pack, you'll occasionally see a little moon symbol beside suggestions. This means there are additional resources included in the Night in with Nightline Google Drive to help you facilitate that activity.

# About Nightline Association

For most students, their time at university is a positive experience. However for some it can be characterised by periods of stress, anxiety, loneliness and depression. Rising fees, academic pressures and concerns about employability can also impact on student mental wellbeing.

Nightlines are confidential, anonymous listening services that offer students a safe space to talk about their feelings or whatever's troubling them, without fear of being judged. Nightlines operate throughout the night, when other support services are usually closed, and are run by students, for students.

Nightline Association is the umbrella charity for University Nightline services. It supports its members and its mission is to raise the quality, profile and number of Nightline services so that every student is aware of, and has access to, confidential emotional peer support.



This year marks half a century since the first Nightline was founded, in Essex on 7th May 1970. Today there are 39 Nightlines in the UK and ROI, between them giving over 1.6 million students access to emotional support and information through the night. We've seen Nightline respond to changes in political environment, technological advances and mental health needs. We're proud that Nightlines continue to respond and adapt to the world around us.

# Hosting your Night in

## Your group

You could have an intimate Night in with just two of you, or go big with a huge party. You might want to host a Night in with colleagues who you miss seeing around the office, students from your class or tutorial group, old friends you haven't seen in years, a cousin get-together. Whoever your group, this is a great chance to connect with people when other social opportunities are few. You might also just need a Night in for yourself.

## Your invites

Get your invites out a little in advance. As well as the date, time and theme, it's probably worth letting people know what platform you intend to use to host your Night in. This gives people a bit of time to download any apps they need, create accounts, etc.

## Your platform

There are many many different video conferencing and collaboration platforms out there today, so we're just mentioning a few options (in no particular order). Some platforms have limited functionality with their free versions, so you'll probably want to scout out a few to find the one that suits your needs.

- Google Hangouts
- Microsoft Teams
- Facetime
- Zoom
- Instagram
- WhatsApp
- Facebook
- Cisco Webex
- Discord



# Challenges

As well as some of the bigger group activities, you could set a little "challenge" or two for your Night in. These can be fun ways to all come together around something silly, sometimes before you've even started. We've got a few suggestions below:



**Who can make & wear the best tin foil hat?**



**Everyone dress in the same colour.**



**Share a picture of the view out your window.**



**Who's got the cosiest "nest" to chat from?**



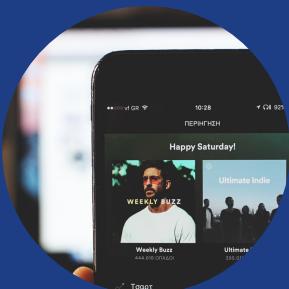
**Crazy hair day!**



**Can you tell a story only in emojis?**



**Share pet pictures!**



**Build a collaborative Spotify playlist.**



**Thematic DIY fancy dress competition!**

# for the ARTISTS



**Pictionary** - this one should be easy enough to complete through a video chat as long as everyone in your group has a couple of pieces of paper and a pen (bonus points to anyone with a white board!). Even if you don't have the genuine game, you could pick a theme and take it in turns to draw for the rest of the group. Remember, no talking!

**Portraits** - randomly assign each member of your group another persons' name. Set yourselves a certain time period - 10 minutes, 20, half an hour? - to create a portrait of the person they were assigned, and share the results at the end!

• **Instructions** - the group can take it in turns to give the instructions. Using a simple line drawing for reference, the instructor should describe their image using only its basic abstract components (e.g. a long line, a semi-circle) avoiding any specifics or names of parts. Everyone else should follow along, and see who produces the most accurate replication!

# for the IMPROVISERS



**Charades** - one of the classic parlour games, charades can easily be played via group video chat. You could even take individual videos and send them through a normal messaging platform. Pick a theme - maybe it'll be movies, or actions, or occupations - and take it in turns to act something out for the rest of your group. Remember, no talking! A quick Google brings up plenty of prompts if you're struggling for inspiration

• **Articulate!** - you can play a pared down version of this popular board game remotely. Take it in turns to describe and define a series of words, without using the word itself!  
(Or, if anyone fancies the House Party app; utilise Heads Up on there!)

**1 minute** - take it in turns to be the speaker. Someone else should provide a random one-word topic, which the speaker should then talk about consistently for 1 minute. No "ummmmm"s, "errrrr"s, repetition or pauses allowed. You can decide if the speaker has gone too off topic too.

# for the READERS & WRITERS



**Book club** - there are plenty of free online short stories and poems you can access. A few days before your NIWN send round a link to the group and come up with some questions as prompts for a discussion. You could even make it a weekly activity - take it in turns to pick the story.

**Collaborative story writing** - create an online document you can all access. Take it in turns, sentence by sentence, to build a short story. The more people helping write it, the more twist and turns it will likely take! You don't even have to write it down - just tell the story like you would round a campfire.

**Poetry competition** - haiku's or acrostic poems might be easiest. Pick a theme, or a word, as a prompt for you all to work from. Set a timer for a minute or two, and share your poems with each other when you're finished. Then vote for the groups favourite (or don't - it doesn't have to be a competition!)

# for the KIDS AT HEART



🌙 **Scavenger hunt** - there are a couple of different ways to do this one. Produce a list of items, and then race to find them. You could even split your group in to teams. You could do it around your own individual houses or alternatively, hop on Google Maps Street View and zoom around the world virtually to tick things off your list.

"**Simon says**" - it's a classroom classic, but still good fun, and easy to do online. Someone is "Simon" and gives instructions to the rest of the group - they should only do the instruction if you start your sentence with "Simon says" though. How imaginative can you get with your instructions? It's up to whether you make it competitive or not!

**Musical statues** - you might have to give some allowances for lagging internet connections, but nominate someone to be in charge of the music each time, and play as usual!

# for the MUSIC LOVERS\*

\*be considerate of your neighbours/housemates!



**Virtual karaoke** - take your choice of group video/audio chat software, pick a song, pop up the karaoke version of a song on Youtube and sing your hearts out! Take it in turns, or join in together - whatever you fancy!

**Virtual dance-along** - like karaoke, get on a group video chat, and dance to your hearts content. Find a good song you all enjoy - you could try a movie musical number like High School Musical, or a well choreographed song like the Cha-Cha Slide! It's a good opportunity to get in some exercise too.

**Distance jamming** - get together with your musically gifted friends, and just have a classic jam. Embrace the imperfections that come with dodgy internet connections!

**Guess/finish the lyric** - take it in turns to read a lyric from some classic pop, and see who can guess which song the lyrics come from the fastest.

for

# FLEXING YOUR BRAIN



**Quiz** - it's turning out to be one of the most popular activities of the "lockdown". Each person could be in charge of one round of 5 questions. Take it in turns to read your questions and reveal your answers. There are also lots of websites providing questions online, and technology to support virtual quizzes.

🌙 **How well do you know each other?** - a version of the game that is sometimes called the "Mr and Mrs" quiz, or the friendship test. You'll need a some paper and a pen (or whiteboard!). Each person in turn asks a question to the rest of the group. Everyone else writes down the answer before everyone reveals together - do you all agree?

🌙 **Kim's game** - collect 10-20 random objects and lay them out. Present them to the rest of the group for 1 minute, before turning your video off. The rest of the group then have 2 minutes to try write down as many as they can remember.

# for the FOODIES



**Decoration competition** - as children we were always told not to play with our food, but we'll take responsibility for encouraging you to do so. Get a bit arty with cookies, cupcakes, pancakes, pizzas or anything else you can think of! Pick a theme or prompt to work from - it could be a famous painting, self portraits or abstract impressionism!

🌙 **"Ready, steady, cook"** - this one will require a bit of coordination between your group, but - see if you can find 3 or 4 key ingredients that you all have in your respective kitchens. Using all these ingredients, give yourselves an hour to each cook a dish with those ingredients, and see what different solutions you all come up with for the same ingredients.

**Recipe swap cook along** - again, going to require a bit of coordination between your group prior, and you might have to stick to the basics, but get your favourite comfort food recipes out and share them around. Who has the best cheese toastie recipe? Finest porridge? Greatest omlette?

# for SELF-CARE



As important as social connection is, we also need to ensure we're taking time for ourselves. It is totally acceptable to have an evening where you don't feel like socialising - try not to pressure yourself to do so if it's not what you need at that time. You can take time to pause, decompress and look after just you. You can have a Night in for one.

**Switch off** - why not try giving yourself an hour or two when you switch off from all social media? Pick one or two activities that you know make you feel good and just focus on doing those for a while. Many of the themes mentioned in this pack can be explored solo too. We've thought of a few things, but you know yourself and your personal stress relievers best:

- Find a relaxing, empowering sound track for your evening
- Pick up that book that's been on your "to read" pile for too long
- Get out your journal and commit some thoughts to paper
- Cook your best comfort food, or that insta-worthy healthy salad
- Do some painting and collaging - allow yourself to be messy!

# Learning

With some people finding they suddenly have more "spare time" to fill than usual, they might try using this as an opportunity to learn something new. Maybe you or one of your friends have a particular skill you could share. There are also plenty of tutorials online. We've got a few suggestions:



**Knitting or  
crochet class.**



**Language or sign  
language lessons.**



**Yoga session.**



**Guided meditation or  
mindfulness.**



**Make-up artistry.**



**Baking or cake  
decorating!**



**Work out.**



**Mixology classes.**



**Origami instruction.**

# Share your Night in with us!

You deserve to be proud of what you've put together, and we want to recognise all the little (and big) things to smile about at the moment.

You can tweet, Facebook and 'gram your Night in and tag the Nightline Association - we'd love to see what you've come up with and share it with others.

 **Twitter**  
@NightlineAssoc

 **Facebook**  
[www.facebook.com/NightlineAssociation](http://www.facebook.com/NightlineAssociation)

 **Instagram:**  
@nightlineassociation

Alternatively, you can email us any photos you'd like us to share or use for our promotional materials to [xcomms@nightline.ac.uk](mailto:xcomms@nightline.ac.uk), so we can get more fantastic people like you involved!

## Thank you, and take care.

