

Everything is Alive

Everything is Alive is a podcast that absolutely shouldn't work. But, somehow, it does. The premise is simple: in every episode creator and host Ian Chillag interviews an everyday, inanimate object, played by an unscripted actor. The first episode is an interview with Louis, a can of own-brand supermarket cola. It takes you on a journey through Louis's life, to where he sits in the fridge now, going on to discuss the idea of serving his purpose in the world (to be drunk), ultimately discussing death and how it feels to die. Macabre it may seem, but this and the subsequent episodes are poignant, touching and at times laugh-out-loud funny examinations of the human condition. Other episodes include an interview with a tooth, a lamppost and a grain of sand, each touching on the basic things that make us who we are. Prepare to think deeply about yourself, to laugh and at times, cry.

Starter episode: **Chioke, Grain of Sand**

Audio Poem of the Day

From the Poetry Foundation, this is a daily dose of poetry, delivered by the some of the best-placed people to do it. Each day, classic and contemporary poems are read aloud by actors or the poets themselves and delivered to wherever you listen to podcasts. Perfect for when you may need a quiet moment, or just a distraction from modern life. The poems are simply presented, with no jingles or background music – just the voice and the words. Try listening to one or two before bed.

Starter episode: **Ulysses**

The Lonely Palette

Each episode of The Lonely Palette is dedicated to unpacking one piece of art. Host Tamar Avishai starts by interviewing museum guests about what they're looking at, asking them to describe what they see and what they think it means. Avishai then dives into the history of the work, including the artist's influences and inspirations. It's a charming and clever introduction into art history, a topic that can feel too wide and intimidating for many. It also succeeds in introducing what is essentially an entirely visual medium (a painting or sculpture), in an entirely non-visual format (audio). Avishai tells stories with enthusiasm for the subject, and makes art history accessible.

Starter episode: **René Magritte's The Son of Man (1964)**

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