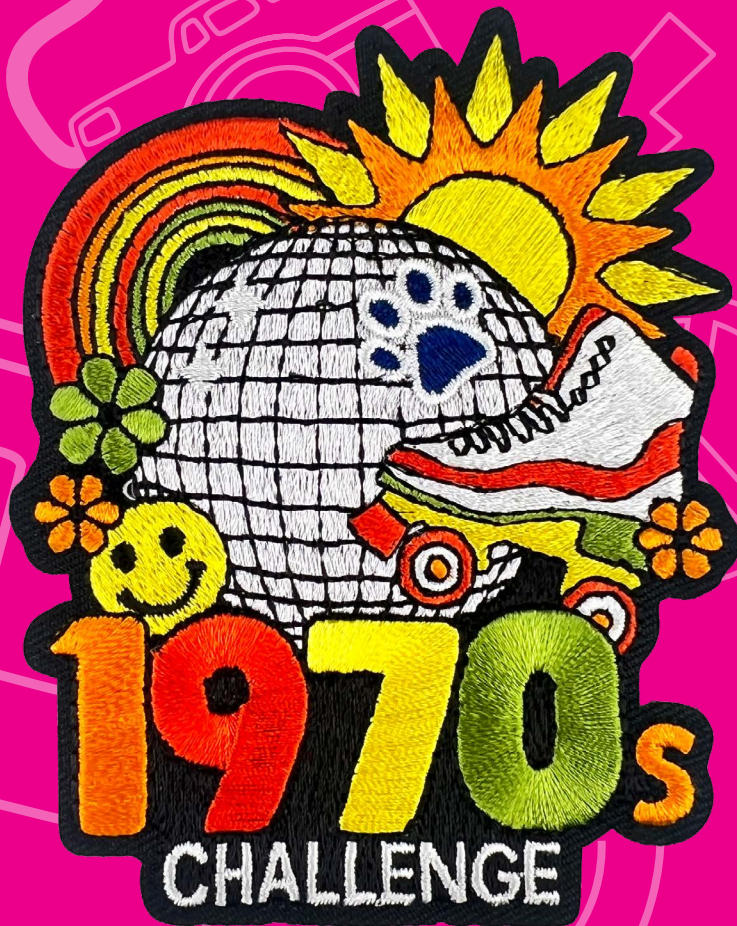


1970s Challenge



Time to groove with the 1970s Challenge...

From the rise of disco and roller skates to bell-bottoms and platform shoes, this exciting decade was a time of creativity and self-expression. Ready to explore?

For even more programme ideas check out our '1970s' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11	+					
Age 11 - 14	+					
Age 14 - 18	+					
Age 18+	+					

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Craft

**PAWPRINT
BADGES**

- 😊 In the 1970s, Elton John became famous not only for his music but also for his bold, colourful fashion including his collection of glasses! Design your own pair of glasses inspired by Elton. You could use stickers, glitter, sequins or anything else you think would stand out. The brighter and more outrageous, the better!
- 😊 Craft your own disco ball. Cut squares from silver paper, kitchen foil, old CDs, or shiny plastic and stick them onto a round base to recreate that sparkling, dance floor effect.
- 😊 Build a model of the Sydney Opera House using junk model materials.

Why?

The Sydney Opera House was opened by Queen Elizabeth II on the 20th of October 1973. It took 16 years to build and contains over 1 million roof tiles!

- 😊 Star Wars first hit cinemas in 1977. Make your own lightsabres inspired by this film franchise using pool noodles. Why not challenge a friend to an epic space battle?
- 😊 The first of the Mr. Men books were first published in 1971 by Roger Hargreaves. If you were one of these characters, what would your name be? Design your very own Mr or Little Miss character, give them a special personality trait, and draw a picture of what they might look like.

Did you know?

Mr. Tickle was the very first Mr. Men character. The idea came to Roger Hargreaves during breakfast time with his children when his eldest son, Adam asked, "What does a tickle look like?". After Roger passed away in 1988, Adam, took over the family business and has continued to keep the Mr. Men and Little Miss stories alive, making children (and grown-ups) smile for generations.

- 😊 Pet Rocks were a funny craze in the United States in the 1970s. What started off as a joke quickly became super popular! The idea, created by Gary Dahl, was that a rock would make the perfect pet because it needed little to no care at all. The rocks were sold in cardboard boxes with 'breathing holes' in the side. Find a rock for yourself and turn it into your very own pet. You could paint it, draw on it, or stick eyes on it. Don't forget to give it a name!
- 😊 Pop art was popular art style during the 1970s, especially with artists such as Andy Warhol. Have a go at creating your own pop art inspired masterpiece! Use bright, bold colours, and fun shapes to make it really POP!



Food

**PAWPRINT
BADGES**

- 😊 Jaws was released into UK cinemas on Boxing Day 1975. Transform watermelon slices into a row of sharp shark teeth. Cut carefully into the melon slice with a butter knife to make a pair of edible jagged jaws.
- 😊 Fondue was very popular in the 1970s! Why not try making a whole meal with it? For your main course, dip bread, potatoes, or vegetables into melted cheese fondue. Then for dessert, have fun with chocolate fondue and dip fruits such as strawberries and bananas. Delicious!
- 😊 Host a dinner party inspired by popular 1970s dishes for friends, family, or members of your group to enjoy.
- 😊 Decorate a circle shaped cake to look like a yellow smiley face.

Did you know?

During the 1970s, the yellow smiley face became very popular. It was seen on t-shirts, mugs, and other accessories. People loved it so much that a 1971 Asbury Park report referred to it as a 'nationwide craze'.

- 😊 The very first Earth Day was on the 22nd of April 1970 in the United States. Find out some facts about food miles. Why not have a go at growing your own vegetables to reduce your carbon footprint?
- 😊 Make a dessert that includes whipped cream such as trifle, banoffee pie, or profiteroles.

Why?

In 1976, a British musical comedy *Bugsy Malone* was released. Set in 1920s New York, it features gangsters who don't use guns but instead fire whipped cream at each other instead. The silly cream filled fights became one of the most memorable and loved parts of the film, making it fun for all ages.

- 😊 Bake some roller skate shaped biscuits.
- 😊 The 1970s saw the release of the first gaming console, the Magnavox Odyssey, in 1972. Play some video games that are themed around food such as Cooking Mama® or Overcooked!®
- 😊 On the 20th of July 1976, Viking 1 became the first NASA spacecraft to successfully land on Mars. Celebrate this incredible space milestone by making your very own Mars cake pops. Decorate them with red icing, chocolate 'rocks', or biscuit crumbs to look like the Martian surface.



Games

**PAWPRINT
BADGES**

- 😊 Post-it Notes were introduced in 1973. Play a game of 'Who Am I?' using Post-it Notes. Write the names of celebrities on some Post-it Notes, each person takes one and sticks it on their forehead. They must ask yes or no questions and guess which celebrity they have on their head. If you guess correctly then you win the game! Why not play this game using celebrities that were born in the 1970s?
- 😊 Play The Telephone Game with friends or family.

Why?

The handheld mobile phone was invented in 1973 by Motorola engineer, Martin Cooper. On the 3rd of April, Martin took the first call from a handheld phone in New York.

- 😊 The iconic game Hungry Hungry Hippos was introduced in 1978. Take part in a life sized version of this game.

How?

To play, you will need at least two players per team. Each team should have one skateboard and one bucket or laundry basket. Before the game, at least 30 play balls should be released into the centre of the room. The first player will lay face down on a skateboard whilst holding the bucket or laundry basket in their hands. The other player/players will push them forward, helping them to collect as many balls as they can in an allotted time. The team that have collected the most balls at the end of the game are the winners.

- 😊 *Willy Wonka and the Chocolate Factory* premiered on the 12th of August 1971. Play a game of 'Pop the Blueberry!' Blow up some blue or purple balloons and attach them to some card or a flat surface. Take it in turns to pop the balloons using a push pin. Who can pop the most?
- 😊 The Rubik's Cube made its debut in 1974 and quickly became one of the world's most famous puzzles. Challenge yourself to complete one. What is your fastest time?

Did you know?

The first official Rubik's Cube world record was set in 1982 and was 22.95 seconds. Today the record stands at 3.08 seconds and was set by Yiheng Wang in China on the 16th February 2025.

- 😊 Connect 4 first hit the shelves in 1974. Go head to head in this traditional board game or get creative and build your own giant version.



Other

PAWPRINT
BADGES

- 😊 Read a book that was released in the 1970s such as *Danny the Champion of the World* by Roald Dahl or *The Lorax* by Dr Suess.
- 😊 The 1970s saw the rise of disco. Host a disco themed party for your friends and family and enjoy dancing to your favourite disco songs.
- 😊 ABBA won the Eurovision Song Contest on the 6th of April 1974 with their iconic song, Waterloo, which shot them to the top of the charts and became one of the most famous groups of all time. Visit the theatre to see a production of Mamma Mia and enjoy some ABBA songs. Alternatively, organise a trip to see ABBA Voyage.
- 😊 Watch the 2018 film *Bohemian Rhapsody* (rated 12) to find out more about the life of the band Queen, who were especially popular in the 70s.
- 😊 David Bowie was a popular singer in the 1970s. He performed as his stage persona Ziggy Stardust between the years of 1972 and 1973. He had a signature face paint which was a red and blue zig zag across his face. Have a go at recreating this look on yourself or on a friend.
- 😊 Watch a classic Disney film that was released in the 1970s such as *Robin Hood*, *The Aristocats*, or *The Many Adventures of Winnie the Pooh*.
- 😊 Listen to some music that was popular in the 1970s such as ABBA, the Bee Gees, Earth, Wind & Fire, or Queen.

Here's an idea!

Create your own 1970s inspired playlist filled with songs from the decade that make you feel happy, excited, and ready to dance!

- 😊 Grease was one of the top films of the 70s and is still enjoyed by many to this day. Learn the famous Hand Jive that features in the film.
- 😊 Put together a 1970s inspired outfit. Think bold colours, fun patterns, flared trousers, floaty tops, and funky accessories!
- 😊 Roller disco was a popular pastime in the 1970s, and many children loved skating to their favourite songs. Visit a local roller skating rink and have fun on the skates. Some rinks even host roller disco events, so that you can get a taste of the 70s disco vibes for yourself!
- 😊 Learn some of the famous 1960s dance moves such as the Hustle, Funky Chicken, or the YMCA.

Adventure Complete?

Reward your young adventurers with their 1970s Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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