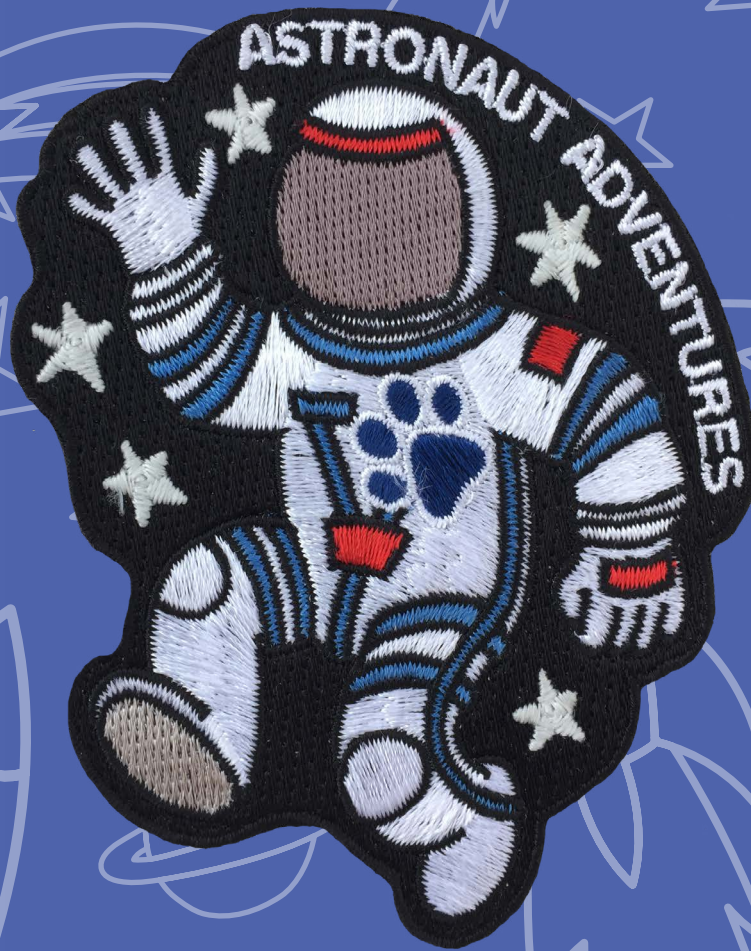


Astronaut Adventures



Are you ready for an adventure that's out of this world?!
This pack contains activities based on a space theme so you can travel to the far flung corners of the solar system without even leaving your meeting place!

For even more programme ideas check out our 'Space' 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

PAWPRINT BADGES

You can view the extended terms of use on our website
www.pawprintfamily.com/terms-conditions



Craft

**PAWPRINT
BADGES**

- ★ Create your own space helmet for your Astronaut Adventures.

Here's an idea!

You could make your helmet from paper-mache or use an old cardboard box or paper bag. Will you decorate it or will you leave it plain?

- ★ Make a tin foil space suit for an action figure or stuffed toy.
- ★ Build a balloon rocket and have races.

How to!

With 2 lengths of string long enough to go across the room, thread one drinking straw 'rocket' onto each. Tie 2 pieces of string parallel across the room. Blow up a balloon and tape it onto the straw, holding onto the end so as not to let the air out. When both teams are ready let go of your balloon and watch as your rocket flies along the length of string to the other side of the room!

- ★ Create a recycled space suit from bin bags etc.
- ★ Make a galaxy in a jar (snow globe style).
- ★ Mix up some galaxy goo or alien slime.
- ★ Find out what life is like on different planets and make a solar system.

How?

Why not double this challenge up and make your biscuit planets at the same time? Or you could use those domed push lights you can buy in cheap shops and paint them to look like planets then they'll glow in the dark. Alternatively you could use fruits and different sized balls to represent the planets sizes.

- ★ Use glow in the dark paint to decorate t-shirts.
- ★ Make a fizzy planet bath bomb.
- ★ Make a star constellation - any way you fancy! Our favourite method is spaghetti and marshmallows but you could punch holes in black paper to put over the end of a torch!
- ★ Make a solar system hanging mobile for your room - maybe you could include some glow in the dark stars?



Food

**PAWPRINT
BADGES**

- ★ Everyone knows that the moon is made out of cheese! So why not have a go at making your own cheese?!
- ★ Make space ice cream/ice cream in a bag.

How?

Recipe for 2 people: you will need 2 sizes of zip-lock freezer bags (2 x small and 1 large), 1 cup of milk, 1 teaspoon vanilla extract, 2 tablespoons of sugar, 8 cups of ice and 8 tablespoons of salt. Inside the smaller freezer bags (double bag to be safe - you don't want salty ice in your ice cream!) mix the milk, vanilla and sugar. Seal the bag tight and in the larger one place the salt and ice. Place the smaller bag inside the larger one and seal well. Churn your ice cream by rolling the bag around making sure the ice mixture surrounds the milk mixture. Churn until you have ice cream!

- ★ Decorate gingerbread men to look like astronauts.
- ★ Try a range of astronaut freeze-dried meals/foods - do they taste the same as normal?
- ★ Make yourself some campfire 'Rocket Dogs'.

What?

These super cool hot dogs are fantastic fuel for any budding astronaut. Spiral wrap bread dough around a sausage on a skewer and cook gently over the fire until the sausage and bread is cooked (you may want to pre-cook your sausages first if your fire is very hot so as not to burn your bread!). When it's all cooked add a triangle of cheese on the top for the nose of your rocket and enjoy!

- ★ Make fruity rocket skewers to enjoy with melted chocolate.
- ★ Decorate biscuits to look like planets/galaxies. Maybe you could even use some edible glitter to make them sparkle?
- ★ Make your own space/moon rocks (chocolate truffles for those in the know!).
- ★ Find out why people say the moon is made from cheese and then try a range of different cheese. Which one do you think tastes most like the moon?
- ★ Discover the phases of the moon and decorate biscuits to show the lunar cycle. Alternatively use sandwich biscuits and scrape away the cream filling to show the waxing and waning moon. If you haven't seen it already, check out the Jaffa Cake advert; full moon, half moon, total eclipse!



Games

**PAWPRINT
BADGES**

- ★ Collect space waste in a night-time wide game.

For Leaders!

This is an activity that works really well on a sleepover or camp.

You will need: A large open space, a range of coloured drinking straws (one colour per team), black drinking straws (toxic waste) and some glow sticks to light the search area. Coloured straws are worth plus points and black straws are negative points. Teams must search in the dark with torches to collect their coloured straws.

The story: A mission to fix the space station has gone horribly wrong and both parts and tools have been lost into space, floating away into the atmosphere! Your mission is to gather in the waste before it is lost in space forever. The team who gathers the most and gains the most points will win. Beware, some of the space waste is toxic and will lose you points!

- ★ Astronauts have to be very dexterous and have good manual handling skills. In small groups have a race against the other teams to assemble a jigsaw puzzle whilst wearing gardening/rubber gloves to develop your dexterity.
- ★ Hold space hopper races.
- ★ Hold a moon rock toss.

What?

First of all make some 'moon rocks' from balls of aluminium foil (you may want to wrap some different sized balls/beanbags in foil too to make it more difficult!). Once you have your moon rocks try throwing them into a hoop/'orbit' on the floor or throwing them at a target. Who can get closest?

- ★ Have a go at landing your space rover safely on a new planet.

How To!

You need a space rover (this can be a drinks bottle with some water or sand in) and a rubber band (that is small enough and strong enough to grip around the bottle) with 4 ropes attached to it. Marking out a large square on the ground, stand the space rover on the floor outside the square. In groups of 4, each person must hold and control 1 rope and together the group must use the rubber band to grip around and pick up the space rover and safely land it in the centre of the square.

- ★ Check out the NASA Kids' Club and play some online space-themed games: www.nasa.gov/kidsclub
- ★ Play Lost in Space and find 'space waste' in a bran tub.



Other

PAWPRINT
BADGES

- ★ Launch a cola bottle rocket.

How?

There are lots of different versions of these so do your research, choose your materials and get making! Perhaps you could have a competition to see whose rocket goes the highest!

- ★ Take part in a stargazing or space event; there are lots of events organised throughout the year by different official organisations.
- ★ Learn to 'moon walk' either the famous Michael Jackson move or create your own!
- ★ Visit a space centre, observatory or museum to learn about space - find out about at least 5 things you didn't know about before!
- ★ Find out 3 fun facts about astronaut life. How do astronauts go to the loo? How do they brush their teeth? Share your answers with the group.
- ★ Do some star gazing and learn 3 different constellations.

Here's an idea!

Why not combine this activity with the 'Craft' section of your challenge? You could make constellation cards by stitching the constellation or make projectors by making a cover for your torch with the constellation made using small holes in the card.

- ★ Hold a space themed party- try some liquid hydrogen (water) and enjoy your other space themed foods from the 'Food' section of your challenge.
- ★ Astronauts have to be very physically fit and strong. Take part in a fitness class or organise your own circuit training in your meeting place. Maybe you could ask an instructor to visit you?
- ★ Find out about 3 every day objects that were invented for use in space.
- ★ Find and share some general space facts with your fellow trainee astronauts.
- ★ Build your own planetarium to show constellations and the planets. Take it further and visit one.
- ★ Create your own DIY telescope and have a go at using it at night, what can you see?

Adventure Complete?

Reward your young adventurers with their Astronaut Adventures 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

