

# Autumn Planner 2022

Here's three months worth of activity ideas for everyday adventures. We'll be featuring activity ideas on our social channels and we'd love to see what you're getting up to. So let's get connected, share the fun and experience #AdventureForAll!

Find us on Facebook and Twitter @PawprintFamily and on Instagram @Pawprint\_Family

October	November	December
<p><b>3rd - 9th - Black History Month</b></p> <ul style="list-style-type: none"> <li>• Make a mask or carnival outfit suitable for the Notting Hill Carnival and discover the origins of the event.</li> <li>• Mix up your own jerk seasoning (a spice blend from the Caribbean) to liven up chicken, pork or fish.</li> <li>• Make your own Top Trumps cards with inspirational Black people. Use our free resource template to help you.</li> <li>• Make a TV news bulletin about Black History Month and find out about the careers of Sir Trevor McDonald and Moira Stuart.</li> <li>• Discover some new books that include inspirational Black characters.</li> </ul> <p><b>10th - 16th - Mindfulness &amp; Wellbeing Challenge</b></p> <ul style="list-style-type: none"> <li>• Express your gratitude and make a card to thank someone.</li> <li>• Create your own healthy snacks.</li> <li>• Grow a plant.</li> <li>• Have a go at cloud watching.</li> <li>• Complete some mindful colouring.</li> </ul> <p><b>17th - 23rd - Diwali</b></p> <ul style="list-style-type: none"> <li>• Make a Diwali lamp (diya) from recycled materials.</li> <li>• Make an edible rangoli pattern.</li> <li>• Have a game of Tambola (Indian Bingo) using numbers 1-90.</li> <li>• Prepare for Diwali celebrations and help with household cleaning.</li> <li>• Read the story of Rama and Sita (the Diwali Story) and then have a go at acting it out or playing a game based on the story.</li> </ul> <p><b>24th - 30th - Halloween</b></p> <ul style="list-style-type: none"> <li>• Carve a pumpkin or go back to Halloween's roots and carve a turnip.</li> <li>• Decorate gingerbread men with skeletons or turn them in to witches/ghouls.</li> <li>• Have a go at apple bobbing or another traditional Halloween game.</li> <li>• Write an acrostic poem or prayer for lost souls.</li> <li>• Read or write your own ghost stories and share with friends.</li> </ul>	<p><b>31st Oct- 6th - Day of the Dead</b></p> <ul style="list-style-type: none"> <li>• Paint your face with a sugar skull design.</li> <li>• Make a butterfly memo peg, using our free resource, or a set of wings for yourself.</li> <li>• Cook a chilli con carne or another traditional Mexican dish.</li> <li>• Play Pirinola using our free template to make your own spinner.</li> <li>• Watch a film about Day of the Dead.</li> </ul> <p><b>7th - 13th - Remembrance Day</b></p> <ul style="list-style-type: none"> <li>• Make a peace dove using our free resource.</li> <li>• Find out about the work of the Ministry of Food and create your own wartime poster.</li> <li>• Play a game of football.</li> <li>• Write your own war/peace poems.</li> <li>• Find out why we use the poppy as a symbol of remembrance.</li> </ul> <p><b>14th - 20th - Kindness Challenge</b></p> <ul style="list-style-type: none"> <li>• Make or decorate a postcard and send it. Why not use an inspirational or uplifting quote for the front and inspire someone else to be kind?</li> <li>• Bake biscuits or cakes to give to friends.</li> <li>• Take turns in a game or let someone else have a go before you.</li> <li>• Discuss: what is kindness? How does it make you and others feel?</li> <li>• Donate unwanted items to a local charity or good cause.</li> </ul> <p><b>21st - 27th - Media Challenge</b></p> <ul style="list-style-type: none"> <li>• Build a radio tower from newspaper.</li> <li>• Cook up your own TV treats and pretend to film a TV cooking show.</li> <li>• Have a go at a word search or Sudoku from a newspaper or magazine.</li> <li>• Listen to a podcast of your choice.</li> <li>• Have a newspaper or magazine scavenger hunt. How fast can you find a list of items? Race against each other in teams or time yourself.</li> </ul>	<p><b>1st - 25th - Advent Challenge</b></p> <p><b>28th Nov - 4th Dec - Christmas Around The World (NEW - Oct '22)</b></p> <ul style="list-style-type: none"> <li>• Create a paper-mache globe, paint and decorate with lights like your badge.</li> <li>• Try Christmas food from a hot country.</li> <li>• Spin the globe and discover the Christmas traditions from the country you land on.</li> <li>• Listen to Christmas Around the World and make up your own actions.</li> <li>• On a map, draw Christmas icons for each country.</li> </ul> <p><b>5th - 11th - Gingerbread Challenge (NEW - Oct '22)</b></p> <ul style="list-style-type: none"> <li>• Make character puppets from the gingerbread man story.</li> <li>• Bake gingerbread from scratch.</li> <li>• Have a game of gingerbread guess who using our free resource.</li> <li>• Taste test different gingerbread.</li> <li>• Make a wish as is traditional in Sweden.</li> </ul> <p><b>12th - 18th - Hanukkah</b></p> <ul style="list-style-type: none"> <li>• Make a dreidel using our free resource.</li> <li>• Create a Hanukkah Menorah.</li> <li>• Make jam doughnuts known as sufganiyah.</li> <li>• Share a card game with friends or family.</li> <li>• Read the Hanukkah story.</li> </ul> <p><b>19th - 25th - Yule (NEW - Oct '22)</b></p> <ul style="list-style-type: none"> <li>• Make decorations from evergreens.</li> <li>• Get together for a solstice feast.</li> <li>• Play Dark, Dark, Light.</li> <li>• Light candles together.</li> <li>• Enjoy a solstice walk.</li> </ul> <p><b>26th - 1st Jan - Kwanzaa (NEW - Oct '22)</b></p> <ul style="list-style-type: none"> <li>• Create a kinara, candle holder.</li> <li>• Gather for a feast on 31st December, known as a Karamu.</li> <li>• Create a game based on the 7 principles of Kwanzaa.</li> <li>• Learn a traditional African dance.</li> <li>• Create a kente cloth pattern.</li> </ul>

For more ideas download the full challenge packs for free from the website!