Big Splash Challenge

Rik Bear is back and ready for a splashing good time!
From water fights and rain clouds to discovering the differences between fresh water and salt water, are you ready to make waves and explore water?

For even more programme ideas check out our 'Big Splash' 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

PAWPRINT BADGES

This Challenge Pack has been divided in to 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

Age 7 - 11

Age 11 - 14

Age 14 - 18

Age 18+

Craft   **Food**   **Games**   **Other**   **PICK**

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!

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Craft

- Make a rain cloud in a jar. 96% of water on Earth is in our oceans and at any given point 0.001% is hanging above us in the clouds!

  > **How?**
  > Fill a jar almost to the top with water. Squirt shaving foam on to the top of the water, allowing it to go above the rim of the jar, creating a fluffy effect (this is your cloud). Slowly drip a mixture of water and blue food colouring on to the top of your cloud. Gradually you will see your blue rain start to fall from your shaving foam cloud in to the water below.

- Create your own slip 'n' slide with a tarpaulin/polythene sheet, water and LOTS of bubbles!

- Have a go at painting with bubbles, mixing paint with your bubble solution.

- Paint with water bombs or using water pistols.

- 68% of the Earth's fresh water is ice. Have a go at ice carving.

- Make a magnifier using water or experiment with light refraction and water.

- Create your own sensory jar or snow globe.

- Build your own water xylophone.

  > **How?**
  > Gather a set of jars, glasses or bottles (made from glass) that are all identical. Add a little water to the first, a little more in the second, and so on, so the amount of water in each jar increases gradually. You can add colour to your water if you'd like to create a fun rainbow effect. Use a pencil or drum stick to gently tap on the jars and listen to the different notes created. Have a go at playing a tune!

- Design a swimming costume, trunks, float or hat.

- Make your own reusable water bombs from sponge or knit/crochet.

- Create your own magic sand that doesn't get wet.

- Paint outside on the footpath or patio using water. Your designs will dry off and leave no trace but what can you create in the meantime?

- Paint or collage a rain drop sun catcher to hang in your window.

- Watch the reaction and do some oil and water painting.

PAWPRINT BADGES

- Track your water intake over a week, how much water should you be drinking? Are you drinking enough?

- Make frozen ice bowls or glasses. Put flowers or leaves in the water before freezing to create decorated items.

- Create your own flavour infused water using fruits or herbs.

- Investigate how much water is in the food you eat; cucumbers are made up of 96% water, that's the highest water content of any food!

- Freeze your own flavoured ice lollies using fruit juices or cordials. Why not freeze them in stages and layer different flavours together?

- Investigate the effects of steam when baking bread. Bake 2 loaves and add steam to one baking and not to the other then compare.

- Mix up your own smoothies or juices to increase your hydration.

- Check out the diet of famous swimmers and create your own meal planner for swimming/water sports.

> **What?**
> According to Swimming World magazine; complex carbohydrates are best the day before a swim meet or competition, followed by a light breakfast on race day and a mix of carbs and protein after to help with muscular repair and growth.

- Set some ocean themed jelly cups with 'floating' characters. You could use jelly ring sweets as little rubber-ring floats and chews as lilos!

- Bake a swim/water-themed cake or decorate cupcakes.

- Chop up a water-melon fruit salad.

- Decorate some stripy lifebuoy/life-ring doughnuts!

- Create an under the sea or beach themed jelly to share. Colour your jelly blue to look like water and decorate with crushed biscuit sand. You could even make your own shell-shaped chocolates to decorate!

- Shake up your own blue-lagoon-style mocktails; why not decorate them with some jelly-sweet fish and a fancy straw or a lemon-wedge boat with a cocktail stick and paper sail?

- Have flipper running races. Yes! Whilst wearing swimming flippers!!

- Play a game of volleyball using a beach ball like Rik's.

- Head to your local pool and enjoy a game of water volleyball.

- Fill a pinata with water balloons for some soaking wet fun. Best played outside in warm weather!

- Free the toys trapped in ice and race to melt the ice using any method possible. Which technique did you find best?

> **For Leaders!**
> Struggling to freeze toys in ice because they keep floating? Add your toy and a little bit of water at first, then freeze to anchor your toy down THEN fill your moulds with water and freeze again for total toy entrapment!

- Try water polo or other water-based sport.

- Have a rubber ring relay race or obstacle course challenge whilst wearing a rubber ring inflatable.

- Throw water balloons in a water balloon tossing competition.

> **How?**
> In pairs, hold a towel 2 corners each to make a sling. Place the filled water balloon in one teams sling then work together to fling it at the other team who should catch it in their towel. A game of catch by any other name but with teams, towels and water balloons!

- Use our free resource to enjoy a game of fishing!

- Play spray bottle tag. Got sprayed? You're out!

- Enjoy an all out water fight! Perfect for those long, hot, summer evenings.

- Run an egg and balloon race. Ok, so it's an egg and spoon race with a water balloon instead of an egg. Fun for all ages and super competitive!

- Have a game of swimming scrabble in the pool. Race to swim to letters and form the longest word you can in a set amount of time.

- With a sponge in a bucket, play a game of overhead and underneath - passing the wet sponge over head and between legs along a line.

PAWPRINT BADGES

- Visit a water park or attend your local swimming pool.

- Take a ride on a water slide!

- Experiment to see which objects float and sink and see if this is different between fresh water (like the stuff that comes out of your tap) and salt water (with a high content of salt dissolved in it).

- Enjoy a walk and have a go at building a damn in a stream with rocks, moss and other natural materials.

- Take a look at water under a microscope and see what you can discover.

- How much water can a sponge hold? Do an experiment to see.

- Observe water in all 3 states: solid (ice), liquid (water) and gas (steam). Water is the only common substance that is naturally found in all three states of matter.

- Discover the water cycle and find out how water moves around the Earth.

- Learn to swim or have a go at synchronized swimming.

- Attend a local aqua fit class. 30 minutes of swimming is roughly equal to 45 minutes of exercise on land!

- Find out where your nearest body of water is and visit it. If you can, why not go paddle boarding, sailing or kayaking on it?

- Try sailing, canoing or stand up paddle boarding.

- Play with water beads (those little pearls that swell when soaked in water). You can buy them online and find some activity ideas on our Pinterest board.

- Read a water-themed story.

- Watch a film or documentary about the ocean or water.

- Experiment and see how the melting of land and sea ice affects sea levels. Which has the greater impact?

- Complete a beach clean to help cleanup the oceans. Why not have a go at using your collected items to make some big art?

Adventure Complete?

Reward your young adventurers with their Big Splash 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!

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