

# Black History Month Challenge



**Celebrated each October (UK) and February (USA & Canada)**  
Black History Month is a time to look beyond stories of racism and slavery and celebrate the achievements and contributions of the African diaspora.

For even more programme ideas check out our 'BHM' board over on  
[www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://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

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**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**





# Craft

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- ★ Build a model of the ship MV Empire Windrush and discover her story.

## What?

The ship MV Empire Windrush docked in Tilbury on 22nd June 1948, bringing workers from Jamaica, Trinidad and Tobago and other islands to help fill post-war UK labour shortages. The ship carried 492 passengers, many of whom were children.

- ★ Make a mask or carnival outfit suitable for the Notting Hill Carnival and discover the origins of the event.
- ★ In 1988 Naomi Campbell was the 1st Black female to be on the cover of French Vogue. Make your own magazine cover.
- ★ Make your own election rosettes.

## Why?

There have been many achievements by Black men and women in politics but most notably; Diane Abbot, who was the first ever Black woman to be elected to Parliament in 1987 and whose career has spanned more than 30 years to date, and Barak Obama, the first Black president of the United States. Why not find out more about people from different diasporas in politics around the world?

- ★ Make your own shekere; a West African percussion instrument, using a recycled plastic bottle, string and beads.
- ★ Chris Ofili was the first Black artist to win the Turner Prize for his iconic painting No Woman, No Cry (1998). Take a look at the painting and create your own version using materials of your choice.
- ★ Create your own Kente cloth, the traditional cloth of Ghana. The colours and patterns of the cloth all have meanings and the weaving of Kente is traditionally considered a male practice.
- ★ Use potatoes or vinyl cutting techniques to print your own Adinkra symbols.
- ★ Design your own African wax print or Ankara cloth from West Africa and inspired by batik printing.
- ★ Make an equality paper chain with messages of hope and solidarity OR decorate each chain link with the name and information about a Black person we all should know about; from Maya Angelou to Usain Bolt.
- ★ Create bunting with flags of different African and Caribbean nations.



# Food

**PAWPRINT  
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- ★ Host your own BBQ and cook Shisa Nyama from South Africa. Translated as “burn the meat” in Zulu, this dish is meat cooked over a fiercely hot wood fire and served with maize porridge.
- ★ Mix up your own jerk seasoning (a spice blend from the Caribbean) to liven up chicken, pork or fish.
- ★ The Caribbean is famous for its rum punch and vibrant cocktails. Over 18s have a go at mixing some of your own, under 18s skip the rum and mix coloured cordials and syrups for some equally colourful drinks.
- ★ Make Jamaican rice and peas; combining kidney beans, coconut, onions and chilli (optional).
- ★ Bake Hertzogkoekie (Hertzoggie); a jam-filled tartlet popular in South Africa where they are commonly eaten with a cup of English tea.
- ★ Create a dessert using plantain or coconut; ingredients from the Caribbean.
- ★ Shivi Ramoutar was born in Trinidad and has had her recipes published in The Sunday Times and Delicious magazine. Find and cook one of her recipes.
- ★ Cook your own piri piri chicken from Mozambique.

What?

Whilst it's been made famous by a high-street restaurant chain, piri piri chicken actually has its roots in Mozambique! Mix up your own marinade with a traditional recipe and enjoy your home-made version with family and friends.

- ★ Bake a rum-soaked Caribbean Christmas cake.
- ★ Cook up a vegetable Bunny Chow, a South African street food favourite.
- ★ Try nyama na irio from Kenya.

What?

Nyama is meat and irio is a traditional vegetable dish made with mashed peas, potatoes and corn. A Kenyan classic that's hearty and nutritious.

- ★ Cook your own tagine recipe from Morocco and serve with couscous.
- ★ Find and make a Caribbean recipe from celebrity chefs Craig and Shaun McAnuff OR discover some other famous chefs from the African diaspora.



# Games

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- ★ In 1978 Viv Anderson became the first Black British footballer and our young lions did us proud in the 2020 European Cup. Shoot some penalties or have a game of football with friends/family and discover some more famous Black players.
- ★ Host your own decathlon with 10 different sporting challenges and see if you can win gold like Daley Thompson.
- ★ See how fast you can run. Linford Christie was the first European athlete to break the 10-second barrier in the 100m while Usain Bolt is the only sprinter to win Olympic 100m and 200m titles at 3 consecutive games.
- ★ Play a game of All Fours; the national game of Trinidad and Tobago.
- ★ Have a game of Dandy Shandy; a traditional playground game from Jamaica.

## How?

A game for 3 or more players. All but 1 of the players are throwers, standing in a large circle around the last player who is in the middle; the dodger. A ball (we recommend a soft one or a beanbag) is then thrown at the player standing in the middle, this player must jump, dive and twist to avoid being hit by the ball. The ball is often homemade from a small paper carton (like a juice carton) stuffed with newspaper. For each throw dodged the dodger receives 1 point, if hit the dodger is out and players swap around.

- ★ Test out your tennis skills. Althea Gibson was the 1st Black woman to compete on the world tennis tour and Serena Williams has won the most Grand Slam tournament titles to date with 23 wins.
- ★ Find out how to play and have a game of Banyoka (The Snake) game from Zambia. A good game for large groups or two families.
- ★ Make your own Top Trumps cards with inspirational Black people to celebrate their achievements. Use our free resource template to help you.
- ★ Have a game of cricket. Many of the players considered the best in the world have hailed from the West Indies including Brian Lara, Vivian Richards and Curtly Ambrose.
- ★ Discover the game 'Fire on the Mountain' from Tanzania and have a go. Much like 'What time is it Mr Wolf?' but played lying down.
- ★ Use our free resource and have a game (or two) of Black History Month BINGO! Create your own set if you prefer.



# Other

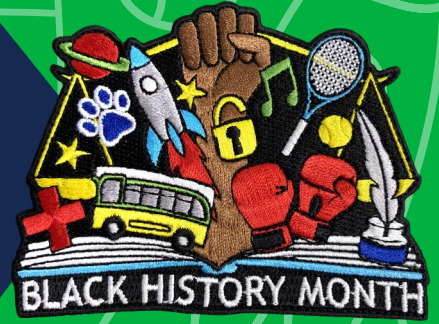
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- ★ Rosa Parks is best known for her role in the Montgomery bus boycott. Take a ride on a bus and imagine what it must have felt for her. Notably Joe Clough was the 1st Black London bus driver; why not visit London for your bus ride?
- ★ Find out about the 30+ year career of Diane Abbott and write to your local MP about racism in your community.
- ★ Mary Seacole was voted the Greatest Black Briton of all time in a poll in 2004. Famed for her work during the Crimean War; learn how to take care of others and complete your First Aid challenge badge.
- ★ Visit your local Church of England and see how it differs from your own place of worship. Wilfred Wood was the Bishop of Croydon from 1985-2003 and was the first Black bishop in the Church of England.
- ★ Discover the life of Olaudah Equiano and raise awareness of modern slavery.
- ★ Create your own newspaper like Claudia Jones who set up the West Indian Gazette in 1958 and established the Notting Hill Carnival.
- ★ Make your own TV news bulletin about Black History Month and find out about the careers of Sir Trevor McDonald and Moira Stuart.
- ★ Raise money or take part in Red Nose Day, jointly created by Sir Lenny Henry and Richard Curtis.
- ★ Find out who Stephen Lawrence was and how his death shone a spotlight on racial inequality in the UK.
- ★ Read some Phillis Wheatley poems and have a go at writing your own. Phillis was the first African-American author or a published book of poetry.
- ★ Listen to some traditional Caribbean or African music and compare with the music you usually listen to. Check out [realworldrecords.com/features](http://realworldrecords.com/features) for some useful resources and sound clips.
- ★ Discover who Septimus Severus was; while you're at it why not complete your Romans history timeline badge?
- ★ Campaign for change on an issue that you're passionate about and discover the life and work of Olive Morris who campaigned for the rights of Black people in South London and Manchester.
- ★ Discover some new books that include inspirational Black characters.



## Adventure Complete?

Reward your young adventurers with their Black History Month 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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