

Butterfly Challenge



Spread your wings and flutter into adventure!

Did you know that 5 species of butterfly have become extinct in Britain over the last 150 years? Get ready to fly into all things butterfly.

For even more programme ideas check out our 'Butterfly' 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

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www.pawprintfamily.com/terms-conditions



Craft

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- ✿ Create a butterfly painting; paint spots and stripes to create one wing of a butterfly and then fold your paper in half to print your pattern.
- ✿ Paint your face with butterfly patterns or camouflage. A butterfly's pattern helps them to camouflage into nature or scare off predators.
- ✿ Build your own 3D butterfly life cycle using our free resource to represent the egg, caterpillar, chrysalis and butterfly. Why not display your life cycle on leaves or hang them from branches in your garden?
- ✿ Create your own butterfly mosaic using small tiles or beads. Don't forget to glue them down!

Did you know?

The wings of a butterfly are actually clear. However, small overlapping scales cover the wings to create the colourful patterns we see.

- ✿ Design and build your own butterfly feeding station to hang in your garden. Place your feeder in line with your window so that you can spot any butterflies that flutter by.
- ✿ Create your own butterfly or caterpillar memo peg. Use our free resource to help or stick pom poms on your peg to create a caterpillar.
- ✿ Design a butterfly friendly garden; think about feeding stations and places for butterflies to rest their wings. Find our garden design resource on the website.
- ✿ Spin or weave with silk just like a caterpillar does to make its cocoon.
- ✿ Use natural objects from around your garden to create a picture of a butterfly. You could use small twigs, leaves, flower heads or even petals.
- ✿ Create a beautiful crown fit for a butterfly queen.

Why?

The Queen Alexandra's Birdwing butterfly is known as the largest butterfly in the world with a wingspan of up to 28cm wide! The species was discovered in 1906 by naturalist Albert Meek, and was named after Queen Alexandra of England (1844 - 1925).

- ✿ Make a flying butterfly using a paperclip and an elastic band. Check out our Pinterest board for a 'how to'.



Food

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- ✿ Create all of the stages of a butterfly life cycle using different types of pasta.

How?

Use orzo for the egg, spiralli for the caterpillar, conchiglie for the chrysalis and farfalle for the butterfly. Display your life cycle on a paper plate or cardboard circle by placing each stage of the butterfly's life in a different quarter of the wheel and drawing arrows from one stage to the next.

- ✿ Mix a variety of fruit juices to create your own butterfly nectar. Share your delicious drink with friends and family on a warm sunny day!
- ✿ Put together your own fruit skewers using fruit and sweet treats. For some extra fun, why not read *The Very Hungry Caterpillar* and put your ingredients on your skewer in the same order, eating each piece as you go along?
- ✿ Bake your own butterfly wing cupcakes. Head over to our Butterfly Pinterest board for an easy to follow recipe.
- ✿ Butter-fly! Churn your own butter using double cream, salt and a mixer. Don't have a mixer? Beat your butter mixture together with a wooden spoon.
- ✿ Discover and try butterfly pea tea; a tasty herbal tea made from butterfly pea flowers. Enjoy your beautiful blue drink hot or cold.
- ✿ Bake a batch of cinnamon swirl butterfly rolls. Top your rolls with cherries for the butterfly's body and cherry stalks for the antennae. Don't forget to decorate your butterfly's wings with icing.
- ✿ Have a go at fermenting some fruit by stirring fresh fruit chunks into fermentation syrup (sugar, water and baking yeast) to make a tasty treat for butterflies in your garden.

Why?

Butterflies enjoy slurping up fruit juices because they're full of sugary goodness! Leave old or fermented fruit out in your garden during the summer and keep an eye out for thirsty butterflies.

- ✿ Caterpillars love munching on leaves - create your own crunchy salad using vegetables of your choice and serve up as a refreshing lunch.
- ✿ Bake some cupcakes and decorate with pretzels for the wings to create a sweet and salty snack.



Games

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- ✿ Butterflies need to be warm to fly. Warm up your muscles ready for take off with a fun aerobics warm up.
- ✿ When a butterfly emerges from the chrysalis, the two halves of its proboscis join together. In two teams, find as many straws of the same colour as you can from around the room and then join them into one long straw. Make the game harder by giving yourself a shorter time limit to build your proboscis.
- ✿ No matter the meal... Identify blended foods by sucking them up through a straw.

Why?

Unlike humans, butterflies drink through their 'proboscis' which acts like a long tongue. Their straw-like tongue can be curled and uncurled when they need to quench their thirst. When they have finished drinking, they curl their proboscis back up under their chin. Imagine only ever being able to drink your food through a straw!

- ✿ Use party horns to make your own proboscis and knock over targets using only your 'long tongue'. Make the game more challenging by pushing objects over the finish line in a head-to-head race with family.
- ✿ A butterfly's wings can flap between 5 and 20 times per second. See how many claps you can do in one second. Can you beat your friends?
- ✿ Print pictures of butterflies and moths and then sort them into the correct species. Don't have a printer? Search for pictures in wildlife magazines or draw your own.
- ✿ Most of a butterfly's taste buds are on its feet. Cover your eyes and guess the food using only your feet. Don't forget to wash your feet after!
- ✿ Flutterby races; cut out a paper butterfly and use a piece of card to waft your butterfly along. How fast can you make your butterfly move? Race your partner to see who has the fastest butterfly.

For Leaders...

Experiment with different sized paper butterflies and challenge your group to find out if a smaller butterfly will flutter faster.

- ✿ Use a straw to suck up and transfer food from one plate to another. Challenge your friends to a duel and see who can move all of their food the fastest. Why not get messy and try the game with drinks too?



Other

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- ✿ 5 species of butterfly have become extinct in Britain over the last 150 years. Use the internet or non-fiction books to find out what these butterflies were called and what they looked like.
- ✿ Attract butterflies to your garden by planting butterfly friendly plants. Place your potted plants in spacious, sunny spots of your garden. Butterflies need plenty of room to fly!
- ✿ Discover native butterflies of the world and mark their location on a world map. Can you remember where the Queen Alexandra's Birdwing was found in 1906 by Albert Meek?
- ✿ The Big Butterfly Count 2022 will run from Friday 15th July to Sunday 7th August. Take part by choosing a place to spot butterflies and moths. Count how many you see in 15 minutes and record your results on the Big Butterfly Count website.
- ✿ Take a trip to a butterfly enclosure and count how many different species you can see. Keep a look out for hungry butterflies feeding on fruit or nectar.
- ✿ Chrysalis and chill... Wrap yourself up tightly in a warm blanket and watch a film. Why not enjoy a sweet juice drink through a straw whilst you're chilling?
- ✿ Spread your wings and fly like a butterfly on a zip line or take part in some aerial yoga.
- ✿ Discover where silk comes from and how its made.
- ✿ Hatch your own butterflies from a caterpillar or cocoon. Release your butterfly between two to four days after it has emerged from its chrysalis. Letting them go near flowers will encourage the butterflies to remain in your area.
- ✿ Fundraise for the Butterfly Conservation Society. Why not run a race or take part in a sponsored event to help raise money?
- ✿ Read The Very Hungry Caterpillar and act out the different scenes. Used our butterfly life cycle resource to make a 3D caterpillar? Retell the story using your curly caterpillar friend.
- ✿ Every Autumn, millions of Monarch butterflies migrate across North America to Southwestern Mexico. Map their migration route on a world map and see just how many miles they travel.

Adventure Complete?

Reward your young adventurers with their Butterfly 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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