

**PAWPRINT
BADGES**

Canada Challenge



Grab your passport and jet set to Canada!

Explore Canadian culture, traditions, taste the food and maybe pick up a phrase or two as you adventure your way across the globe.

For even more programme ideas check out our 'Canada' 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



This Challenge Pack has been divided into 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							Craft	Food	Games	Other	PICK
Age 5 - 7											
Age 7 - 11		+									
Age 11 - 14		+									
Age 14 - 18		+									
Age 18+		+									

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!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

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Craft

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- 📍 The maple leaf is often recognised as the symbol of Canada and can be found on the national flag. Find a maple leaf and put it under some paper or thin card. Rub the top of the paper or card with a crayon to reveal the leaf texture underneath.
- 📍 Draw a picture of a North American beaver, Canada's national animal.
- 📍 Make a wildlife collage showing animals that can be found in the wild in Canada such as moose, black bears and caribou. Be sure to also include trees, lakes, and other habitats to show where these animals live.
- 📍 Make a model of Niagara Falls out of junk model materials.

What?

Niagara Falls is a group of three waterfalls on the border of Canada and New York (USA), attracting around 14 million visitors each year. Adventurers can get an up-close view of the Falls on the famous Maid of the Mist boat ride.

- 📍 Churchill in Manitoba, Canada is known as 'the polar bear capital of the world' because every year polar bears gather there to wait for winter. Make your very own polar bear mask.
- 📍 Craft your own sun-catcher.

Why?

Parts of Canada experience 24 hour daylight called the midnight sun. This means that between the months of April and August, the sun does not set at night in some northern areas. This happens because the Earth is tilted, and in summer the North Pole leans towards the sun.

- 📍 Paint a landscape picture in the style of Canadian painter, Lawren Harris.
- 📍 Use card and paint to create the Canadian flag. For a fun twist, dip your hand in red paint and press it into the middle to make a hand print maple leaf!

Did you know?

Canada is the second largest country in the world and stretches across 3.8 million square miles. The UK could fit into Canada over 40 times!

- 📍 Ice hockey is the most popular sport in Canada. Design your own set of ice skates and hockey sticks to use if you were to play the sport yourself.



Food

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- 📍 Poutine is one of Canada's most famous dishes and is made up of fries and cheese curds topped with hot brown gravy. Have a go at making this delicious comfort food for yourself and give it a try. If you can't get hold of cheese curds, you could try cutting up some fresh mozzarella balls.
- 📍 Canada is the world's top producer of maple syrup, making around 75% of the world's supply. Enjoy some maple syrup over some classic breakfast foods such as pancakes or waffles.

Did you know?

National Maple Syrup Day is celebrated on the 17th of December. Why not mark this day by inviting friends and family to enjoy tasty treats topped with maple syrup?

- 📍 Bake some classic Canadian sweet treats, such as traditional butter tarts, beaver tails, or Nanaimo bars. Make sure to check allergies before baking.
- 📍 A Caesar cocktail is often enjoyed in Canada. Have a go at making your own non-alcoholic version of this tomato based drink.
- 📍 Visit a Canadian-themed restaurant.
- 📍 Put together a charcuterie board using only red and white ingredients.

Why?

The Canadian flag is red and white to pay tribute to its French (white) and British (red) heritage. These colours are now a proud symbol of Canada's identity.

- 📍 Did you know that the famously controversial pizza topping, ham and pineapple (better known as Hawaiian pizza), was actually invented in Canada by Greek restaurant owner Sam Panopoulos in 1962? Give it a try for yourself and see what your friends and family think. Do these sweet and savoury flavours belong on a pizza?
- 📍 Hold a Canadian themed buffet for your friends, family or group.
- 📍 Canada is typically credited with creating ketchup flavoured crisps (or chips, as they're called over there!) in the 1970s and they still remain a popular snack there to this day.
- 📍 Try making the traditional French-Canadian dish tourtière, a meat pie traditionally made using pork, beef and sometimes veal mince. Vegetarians/vegans could swap out the meat for a mix of tofu and mushrooms.



Games

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- 📍 Basketball was invented by James Naismith, a Canadian PE teacher in 1891. Play a game of basketball with your family, friends or group.
- 📍 Play a game of Mario Kart.

Why?

On Mario Kart 64, the fastest lap of the track Kalimari Desert was completed in 36.73 seconds by Dan Russell in Ontario, Canada.

- 📍 Canada is famous for its extremely cold winters. In fact, the lowest temperature ever recorded in the country was in Snag, Yukon, on 3 February 1947, when the temperature went all the way down to -63.0°C ! Take part in a Snowman Beetle Drive using the free resource on our website.
- 📍 During the winter months, many of Canada's lakes freeze over, creating natural ice surfaces that can be used for ice skating. Create your very own frozen lake ice skating game.

How?

Fill a shallow tray, such as a baking tray, with water and freeze it overnight to create a 'frozen lake.' While the water is freezing, design your own mini ice skates using card or paper, then laminate them to make them water-resistant. Once the ice is ready, place one ice skate at one end of the tray and have another player place theirs alongside it. Take turns blowing through a straw to move your ice skates across the ice. The first person to reach the other side of the tray wins!

- 📍 A giant rubber duck visited Toronto in 2017 as part of the Canada 150 celebrations. It also returned in 2023 for the Toronto Waterfront Festival. Take part in a rubber duck race with a friend by blowing them across a bathtub, sink or body of water to see who reaches the other side first.
- 📍 Northern Canada contains over 36,000 islands! Have a game of Islands.

How?

Each player has a sheet of newspaper/'island' and must get themselves onto it when the leader shouts 'go!'. Each round the newspaper is folded in half to make the 'island' smaller.

- 📍 Canada has the largest moose population in the world, estimated between 500,000 and 1 million. Have a game of antler ring toss by making your own set of moose antlers and cardboard hoops, then ring toss to see how many rings you can hook onto the antlers.



Other

- 📍 Did you know that some schools in Canada have outdoor ice skating rinks? Go ice skating with your family, friends or group.
- 📍 Learn the words to Canada's national anthem 'O Canada'.

Here's an idea!

Since Canada has two official languages (English and French), why not try to learn the national anthem in French too?

- 📍 Find out why Canada Day is celebrated on the 1st of July each year.
- 📍 Watch the 2022 Pixar film *Turning Red*, which is set in Toronto, Ontario. This film showcases many of Canada's iconic locations such as the CN Tower, Kensington Market, Chinatown and the SkyDome.
- 📍 Listen to some music by a Canadian artist such as Justin Bieber, Celine Dion, The Weeknd or Leonard Cohen.
- 📍 Hiking is a very popular activity in Canada due to its stunning landscapes, trails, and national parks such as Banff, Jasper, and Yoho. Find a park near you and enjoy a walk or hike surrounded by nature's beauty.
- 📍 Read one of the classic *Winnie-the-Pooh* stories by A.A. Milne.

Why?

Winnie-the-Pooh was inspired by a real bear called Winnie. In 1914, Lieutenant Harry Colebourn bought a black bear from Canada to London Zoo and named her 'Winnipeg' after his hometown. A.A. Milne's son, Christopher Robin, loved visiting Winnie at the zoo, and his stuffed bear later became the famous Winnie the Pooh.

- 📍 Canada is home to over two million lakes, more than any other country in the world and holds around 20% of the world's freshwater. Its oldest lake, Great Bear Lake, is even bigger than Belgium! Find out what the largest lakes are in the country where you live. If possible, why not visit one?
- 📍 Make a timeline to learn more about the history of Canada.
- 📍 Canada has the longest coastline in the world, stretching over 200,000km. That's around 125,000 miles! Explore your local shore and collection some seashells along the way.
- 📍 Write a letter to a Canadian pen pal (real or imaginary).

Adventure Complete?

Reward your young adventurers with their Canada 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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