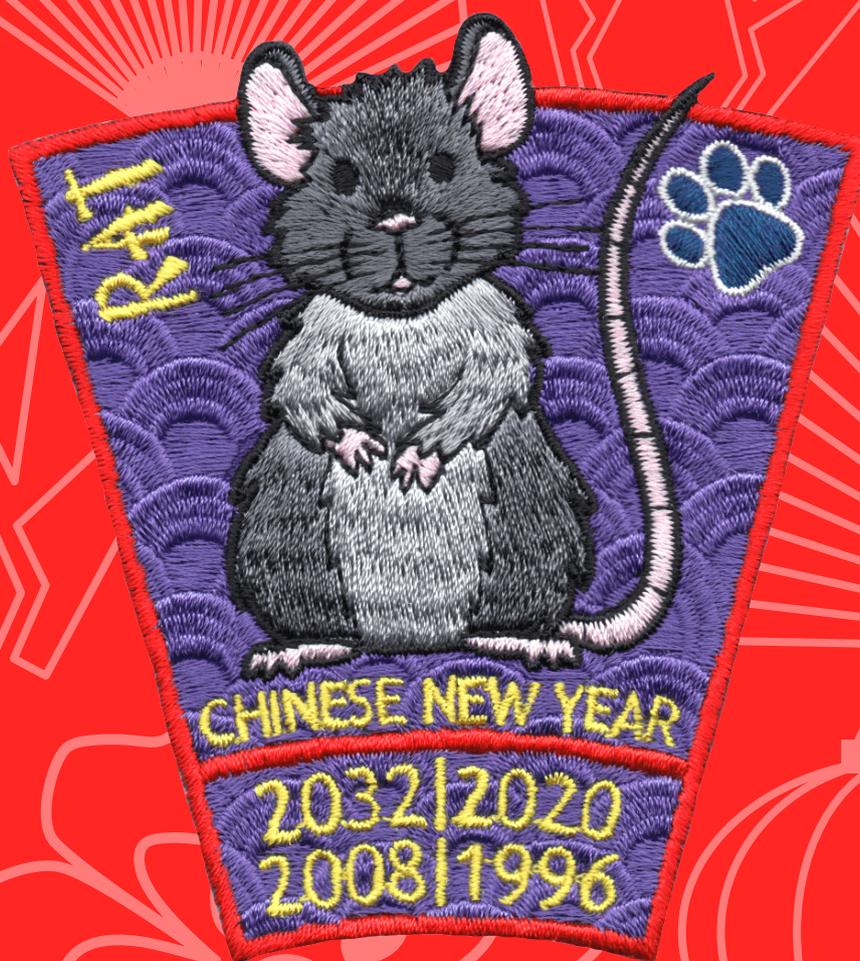


Chinese New Year – Rat



Wishing you all prosperity and happiness in this Rat year!
This pack is full of ideas for oriental themed fun to get you celebrating Chinese New Year and learning about the qualities of the Rat.

For even more programme ideas check out our 'CNY Rat' 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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Craft

**PAWPRINT
BADGES**

鼠 Make or decorate a money box.

Why?

In Chinese culture rats are seen as a sign of wealth and plenty. You've heard the phrase "look after the pennies" so now's your chance!

鼠 Templeton is the famous rat from Charlotte's Web by E. B. White. Create your own web messages or have a go at weaving.

How?

Hammer nails in to a flat piece of wood then use yarn/string to wind around them to create patterns, pictures or messages.

鼠 The rat is associated with water and Winter in the Chinese Zodiac. Make a rat sculpture from ice.

鼠 Sew a 'Good Turn' rat with a loooooonng tail. Tie a knot in the tail each time you do a good turn.

鼠 Make a traditional Chinese money envelope.

For Leaders...

Get your young people making their lucky money envelopes and before they go home fill each one with a silver coin...even a chocolate one!

鼠 The Pied Piper of Hamlyn lead the rats out of town by playing a tune on his whistle. Whittle a whistle and play a tune.

鼠 Create rat finger puppets and tell a story. Did you know famous play write William Shakespeare was born in the year of the rat!

鼠 Make yourself a pair of mittens from an old jumper or knit a scarf.

鼠 Decorate a jam jar and recycle it in to a Chinese lantern. Lanterns are central in the Chinese New Year celebrations as they symbolise the wish for a bright future.

鼠 Fold a rat page corner bookmark. See our Pinterest board for some ideas.

鼠 Rat's are very intelligent creatures, make a toy or puzzle for a pet rat.

鼠 Make your own rat mask. You could wear it for playing your games.



Food

**PAWPRINT
BADGES**

- 鼠 Find out what Rat-atouille is and have a go at making it.
- 鼠 In some cultures, including West Virginia, USA, rat meat is eaten by humans and is said to taste like pork/game. Have a go at cooking a pork/game dish. You could make pork stir fry or find another recipe commonly eaten at Chinese New Year.
- 鼠 Find out about rat meat as food for humans and animals.
- 鼠 A rat can go longer than a camel without a drink of water. Find out how much water we should drink and how to collect water in a survival situation. Alternatively have a go at distilling water to make sure it is safe to drink.
- 鼠 Make your own flour from grain and use it to cook.

Why?

The Karni Mata Temple in India is home to thousands of rats fed on grain and milk. They are thought to be the ancestors of Karni Mata, worshipped as the incarnation goddess Durga.

- 鼠 Make your own sugar rats from fondant.
- 鼠 Bake some 'rat dropping' cookies using raisins or chocolate chips.
- 鼠 Ratatouille (the film) is based in Paris. Make some Parisienne treats.

What?

From baguettes to brioche and croissants to choux Paris is famous for its bakeries. Why not do some research or hold your own 'Bake Off'...you could even award a Star Baker badge.

- 鼠 Make and eat your own Chinese dumplings; thought to be lucky and a symbol of wealth.
- 鼠 Bake your own fortune cookies and swap with friends. What is your fortune for the New Year?
- 鼠 In Western culture rats are often seen as dirty and they can in fact spread more than 35 diseases. Learn how to keep clean and prevent illness when handling food.
- 鼠 Enjoy some noodles, symbol of longevity, often eaten at Chinese New Year.



Games

**PAWPRINT
BADGES**

鼠 Rats have a very good memory, play 'Kim's Game'.

What?

That old favourite where you start with a tray of items, cover it up, take one item away and then the group have to guess which item has gone.

鼠 Make someone else feel great by playing the game 'Feel Good Flip Dots' using the resource from our website as people born in the year of the rat are sensitive to others emotions.

鼠 Have a go at slack lining - how good is your balance? Rats tails help them balance. What can you do to improve yours?

鼠 Complete an IQ test and compare your scores with others; rats are in fact very intelligent!

鼠 Rats can spread more than 35 diseases. See how fast germs can spread. One person's hand is sprinkled with glitter/'germs'. They then walk around the room shaking hands at random. At the end of a minute see how many people have glitter on their hands/have caught the germs. Alternatively try the pepper and soap experiment.

鼠 Rats are very sensitive to changes in temperature. Have a game of hide and seek/treasure hunt and be guided by hot and cold clues.

How?

Hide a series of objects or get the group to go off and hide in different locations. One person/leader must know where every item/person is. The person who is 'it' then has to find the objects/people being guided by temperature. i.e. you're getting warmer, getting warmer, it's really hot or you're cold, colder, it's freezing!!

鼠 Rats are thought to have weak communication skills. Improve yours with a series of games in pairs, taking it in turns to be blindfolded or describing the actions needed.

鼠 Play some games using chopsticks, i.e. how many peas can you transfer from one bowl to another in one minute only using the chopsticks. You could have relay races and try crawling through tunnels like a rat!

鼠 Play Mouse Trap the board game.

鼠 Have a game of 'Splat the Rat' the fairground favourite!



Other

- 鼠 People born in the year of the rat are said to be stubborn with their own opinions. Have a debate and consider other people's opinions.
- 鼠 Complete a Random Act of Kindness. People born in the year of the rat are known to be kind.
- 鼠 Rats are a sign of wealth in Chinese culture, complete a budgeting activity and learn how to save.

For Leaders...

Most banks will have a community relationship manager or someone who can come in to run these type of sessions for you!

- 鼠 The closest Western Zodiac sign to the Rat is Sagittarius, the archer. Have a go at archery or another target sport.
- 鼠 Rats were thought to be the cause of the black death. Sing the nursery rhyme Ring a Ring a Roses and find out it's meaning.
- 鼠 Read/watch a story about rats.
- 鼠 Master Splinter is the famous rat from Teenage Mutant Ninja Turtles. Have a go at a martial art.
- 鼠 Find out about HeroRATs from Apopo and raise funds to support them.
- 鼠 Learn about how to care for pet rats.
- 鼠 Without companionship rats become lonely and depressed - host a community party or visit an old people's home.
- 鼠 Rat's teeth grow up to 5 inches/year. Invite a dentist/hygienist to visit you or take a visit there for a check-up.
- 鼠 Find out about and invite your local Chinese community to visit you or visit your local China Town.
- 鼠 Learn about the 12 signs of the Chinese Zodiac, find out which animal you are and what your lucky numbers/colours/flowers are.
- 鼠 Plan and host a Chinese New Year party or celebration. Why not serve some of your food challenges?

Adventure Complete?

Reward your young adventurers with their Chinese New Year Rat 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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