

**PAWPRINT**  
**BADGES**

# Cycling Challenge



**A wheely great challenge pack...**

Get ready to explore and get moving with the Cycling Challenge as we pedal, race, weave, and zoom into a world of new adventures!

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

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



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# 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:

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**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

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- 🍊 Craft a custom bike flag to attach to a real or pretend bike.
- 🍊 Make some handlebar streamers using colourful ribbons to add some flair to your ride.
- 🍊 Create a safety sign reminding people to follow health and safety rules when cycling, including wearing a helmet and watching out for traffic.
- 🍊 Draw a picture of your dream bike with colours and gadgets of your choice.
- 🍊 Build a draisine using cardboard, wood sticks, or other junk model materials.

## Why?

The first bicycle was invented by Karl von Drais in 1817 and was called a draisine. It had no pedals and was made entirely of wood. Riders pushed along with their feet to move forward.

- 🍊 Decorate your bike helmet with stickers, patterns, paint, or glitter.
- 🍊 Craft a cycling race medal out of cardboard or clay to wear after completing a ride. Why not make some more for your friends or family and hold your own mini cycling awards ceremony?
- 🍊 Collect natural treasures whilst on a bike ride such as leaves, flowers, or small twigs and use them to make a collage when you get home.
- 🍊 Cycling is environmentally friendly because bicycles produce zero emissions. Create a poster encouraging people to cycle instead of drive.
- 🍊 Design your own cycling team jersey using paper, fabric, or colouring pencils.
- 🍊 Put together a cycling scrapbook with photos, drawings, or notes from your favourite rides.
- 🍊 Make a bicycle wheel sun catcher using coloured cellophane.

## Did you know?

The largest rideable bike in the world has a wheel diameter of 3.3m (10 ft 9.92 in)!

- 🍊 Build a mini cycling podium (1st, 2nd, 3rd place) for toy racers.
- 🍊 Paint a kindness rock and hide it on your next bike ride for a stranger to find.



# Food

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- 🍋 Plan a route to a café or restaurant and cycle there rather than driving or taking public transport.
- 🍋 Fix up some bike-shaped sandwiches.
- 🍋 Discover the best foods to eat before and after cycling and learn what our bodies need to stay strong and energised. You can find some handy information at <https://www.cyclinguk.org/eat-drink-cycling>.
- 🍋 Cook a recipe using lime as one of the main ingredients such as key lime pie or coconut and lime cake.

## Why?

LimeBikes were launched in 2017 and are electric bikes available in cities around the world, including London, Manchester, Paris, and Berlin.

- 🍋 Cycle to a local ice cream or sweet shop for a delicious cycling treat.
- 🍋 Make some energy balls or trail mix using oats, nuts, dried fruit and seeds to take on a bike ride to keep your stamina up. Why not try making a few different flavours to see which one keeps you going the longest on a ride? Remember to check for any allergies before making or sharing your snacks.
- 🍋 Bake wheel-shaped cookies or biscuits.
- 🍋 Build your own bicycle out of foods of your choice. See if you can make it balanced enough to 'stand' like a real bike before eating it!
- 🍋 Fill your bike basket with healthy snacks, treats or anything else you like, then cycle to your favourite picnic spot and enjoy!

## Here's an idea!

Make sure to think about the packaging you will use to keep your picnic light and easy to carry on the front of your bike. Consider how you will dispose of your packaging (if applicable) when you get home.

- 🍋 Assemble an edible cycling scene such as a bicycle riding through a beautiful green landscape. Use foods of your choice.
- 🍋 Blend a healthy and nutritious 'Tour de Fruit' smoothie using fruits of your choice. Some examples could include banana for a quick energy boost, strawberries to support muscle health, or watermelon for hydration.



# Games

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- Create your own obstacle course using cones, chalk, or other safe markers and ride your bike around it.
- Since early bicycles had no pedals, try moving along using only your feet to push. How fast can you go without using the pedals?
- Enjoy a game of Musical Brakes.

## How?

Play some music of your choice and have all players ride their bikes slowly around a safe area, such as a playground or park. Players must keep their fingers lightly on the breaks as they ride around. When the music stops, everyone must stop their bike as quickly as they can. The last person to stop is out. The game continues until one rider remains, this is the winner! Remember to ride at a safe, slow speed and be ready to brake gently to avoid accidents.

- Play 'What's the Time, Mr Wolf?' on bikes instead of walking.
- Host your own mini race inspired by the Tour de France, which covers around 2,000 miles in 23 days! Set up checkpoints in your garden, local park, or playground and see who can complete the course first.

## Did you know?

Henri Cornet is the youngest winner of the Tour de France. He won in 1904 at just 19 years old - what an inspiration!

- Challenge your friends or family to a slow bike race. The last person to reach the finish line without putting their feet down is the winner.
- Take part in a game of A Race Around the Zoo.

## How?

Set up your area by putting pictures (or stuffed toys) of four animals of your choice (four, one in each corner). Scatter some cones or other safe obstacles in the middle to make the course more challenging. When the leader calls out the name of an animal, players must cycle as fast as they can to that animal's corner. The cyclist that is last to reach it, or bumps into a cone along the way is out. Continue the game until only one rider is left.

- The Guinness World Record for the most people in a bicycle relay is 307 and was achieved in Dubai on the 4th December 2018. Take on your own bicycle relay. How many people can you find to take part?



# Other

- Go for a bike ride. Don't forget to track your big moments using the Pawprint Family milestone badges!
- Join a local cycling club and meet new friends that love cycling too.
- Cycling can change lives through charity rides such as those run by ActionAid. Plan a sponsored bike ride and see how many laps or kilometres you can cycle. Every pedal can make a difference.
- Discover the best cycling routes in your local area and plan a fun adventure.
- Print out a world map and highlight countries with the most bicycles.
- Find out about the different parts of a bicycle and what each part does.
- Practice basic bike maintenance, such as pumping tyres, oiling the chain, or cleaning your bike.
- Cycle at different times of the day and notice how your experience changes with light, weather, and sounds.
- Learn and practice cycling hand signals to communicate safely with other road users and show which way you are going.
- Make a cycling bucket list of places you would like to ride a bike one day.
- Research the different types of bikes, including BMX, mountain bikes, and road bikes. What makes each bike unique?
- Notice how different surfaces affect cycling, such as grass, paths, or trails. Make notes of the differences. What is your favourite surface to cycle on?
- Try unicycling for a fun challenge to improve your balance.
- Learn how to ride your bike safely and confidently by taking part in a Bikeability course. Ask your school, local council, or cycling club if they run any sessions near you.
- Take photos of interesting things you find on a bike ride.
- After a bike ride, write a short story about your adventure. You could include the places you visited, people you saw, sounds you heard, things you could smell, or wildlife you noticed.

## Adventure Complete?

Reward your young adventurers with their Cycling 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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