

Doughnut Challenge



From glazed rings and jam filled to cronuts...

60 million doughnuts are sold in the UK each year, but which type is your favourite? Explore all things round and sweet, but doughnut forget to have fun!

For even more programme ideas check out our 'Doughnut' 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



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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:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
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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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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-  Make or decorate your own doughnut bangle or bracelet.
-  Create a picture out of colourful sprinkles.
-  Turn a paper plate into your favourite doughnut. Why not make a few different types and use them to play hoopla for your Games challenge?
-  Stitch a soft and squishy doughnut.
-  Make a doughnut stacking toy for a baby.
-  Craft some doughnut bunting or another type of decoration to celebrate doughnut week or for a doughnut themed party.

When?

In the UK, National Doughnut Week usually takes place in May when local bakers and fundraisers sell doughnuts in aid of The Children's Trust. Have a look online closer to the time to find the official dates for 2024. Across the pond, America's National Doughnut Day is held on the first Friday in June each year.

-  Design your perfect doughnut and give your new creation a name. If you had unlimited options, what flavours, fillings and/or toppings would you choose to put together?
-  Construct and decorate a doughnut box. Why not fill your box with some home made doughnuts for your Food challenge?
-  Use oven bake clay to make some doughnut jewellery or a brooch.
-  Create your own doughnut drinks coaster from materials of your choice.
-  Papier mache a giant doughnut, or make a doughy sculpture in another way.

Here's an idea!

Why not paint your doughnut and cut a small hole in the top to turn your masterpiece into a money box? You could use this to save your pennies for a trip to the bakery.

-  Turn some holey socks into hair doughnuts, but remember to wash them before recycling!
-  Make some doughnut shaped play food to use in a bakery role play setting.
-  Paint or draw your own doughnut still life.



Food

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-  In 2002, 49 glazed doughnuts were eaten in 5 minutes, setting a the world record. Fix up 49 of your own to share with friends and family.
-  Make some raspberry jam filled doughnuts which are the nation's favourite.
-  Whip up your own raspberry jam from fresh or frozen fruit.
-  Custard is the second most popular filling. Taste test different doughnut fillings to decide which is your favourite.
-  Recent additions to the doughnut market include the 'cronut' which is a cross between a croissant and a doughnut. Try a cronut, or come up with your own doughnut-cross invention and try making it yourself.
-  Dutch olykoek are believed to be the origin of doughnuts. Compare some olykoek with your favourite type of doughnut and decide which you prefer.
-  Mix up your own sprinkles combination.
-  In 2014, a Sheffield mathematician declared that the perfect ring doughnut is 72-82mm wide and has a hole with a diameter of 11mm. Try making your own ring doughnuts to these dimensions.
-  The doughnut hole is believed to be invented by Swiss Captain Hanson Gregory on 22nd June 1847 to help the dough cook evenly.
-  Fill and/or decorate a plain shop-bought doughnut with your favourite flavours and toppings.
-  Make some camp doughnuts.

How?

Start with a sweet sandwich, such as jam or chocolate spread. Then, whisk some eggs and and dunk the sandwich as if making egg bread. Fry for a few minutes on each side until the egg is cooked and golden brown. Finally, sprinkle with sugar, cut in half and serve.

-  Bake some gluten-free or allergy friendly doughnuts for a friend who can't enjoy a traditional doughnut.
-  Try making savoury doughnuts.
-  Make a doughnut illusion cake that looks like a doughnut, but is actually sponge cake inside.



Games

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-  Thread a doughnut onto a string and hang it up. Can you eat the whole thing without using your hands or dropping any?
-  Have a game of Doughnut Roll and Cover using our free resource. Why not use real sprinkles or mini-doughnuts as your counters?
-  Go on a scavenger hunt 'round' your kitchen or local shop for doughnut ingredients. Once you've collected everything, why not follow a recipe and make your own doughnuts for your Food challenge.
-  Take part in a doughnut taste testing game.

For Leaders!

Fill doughnuts with different purees, blindfold participants and see if they can work out what's inside each one. You could start with sweet fillings like jam, custard or marmalade, but why not try some less traditional flavours like baby food or pureed baked beans?

-  Count the sprinkles on your doughnut. Why not go head to head with a friend to find out who's doughnut has the most?
-  Eat a doughnut without licking your lips. Alternatively, can you eat a ring doughnut from the inside out?
-  Play doughnut hoopla.
-  Stick the icing on a doughnut as a twist on pin the tail on the donkey.
-  Have a doughnut rolling race. Who can roll their doughnut across a surface first? For an extra challenge, try only touching the doughnut with your nose.

For Leaders!

To save money and food waste, why not use out of date doughnuts from the discount section of the supermarket. Alternatively you could make rings from socks but if you're using sugary doughnuts, you might want to cover the floor or table to help with clean up!

-  Challenge yourself to solve a stacking doughnut brain teaser inspired by the Tower of Hanoi puzzle.
-  How many pairs can you match in our Doughnut Snap resource?
-  Take part in a minute to win it style game with mini doughnuts. To start you off, how high can you stack them? How many doughnuts can you move from one plate to another using chopsticks? How many can you fit on one skewer?



Other

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BADGES

-  Take part in National Doughnut Week and raise money for The Children's Trust or your local children's charity.
-  Visit a doughnut shop. Why not ask the bakers how they make their doughnuts, or which variety is their best seller?
-  Host a doughnut themed party for your friends or family.
-  Read a book about doughnuts.
-  Meet someone with a doughnut business and find out how their business started. What is their favourite type of doughnut?
-  Put together a doughnut themed sensory tray. Have a look at our Pinterest board for some ideas, such as pool noodle doughnuts.
-  For some sensory play, make some salt dough to mould into doughnuts.
-  Look at some doughnut inspired art, such as Wayne Thiebaud's oil paintings. Why not take inspiration from your artist and try making your own version for your Craft challenge?
-  Attempt to break a doughnut world record. For example, the tallest tower of doughnuts stacked in one minute while blindfolded is 9, set in 2020. Alternatively can you eat a jam doughnut with no hands in less time than the 2014 record of 11.41 seconds?
-  Complete your own doughnut research. What fun facts can you find?
-  Try some healthier alternatives to frying doughnuts. For example, find out how to cook doughnuts in an air fryer or bake some in the oven.
-  Run a doughnut fundraiser to 'raise some dough'.
-  Create your own minute to win it doughnut activities.
-  Have a go at juggling some doughnuts, or doughnut-like hoop toys.
-  Write a poem about a doughnut.
-  Learn about tessellating shapes. Some doughnuts are square, such as the Long John, which makes them more space-efficient in their packaging.
-  Complete a doughnut themed jigsaw puzzle.

Adventure Complete?

Reward your young adventurers with their Doughnut 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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