



# Grow Your Own Challenge



# Time to turnip the fun!

From tiny seeds to tasty fruits and vegetables, this challenge pack is full of activities for every budding gardener. Ready, set, grow!

For even more programme ideas check out our 'Grow Your Own' 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!



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# HOW TO: Use Your Challenge Pack

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This Challenge Pack has been divided in to 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:



## 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

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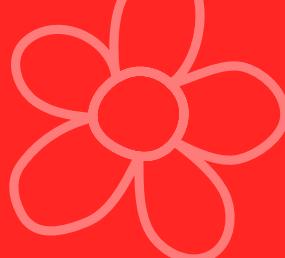
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# Craft



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- ✿ Use coloured pens and paints to decorate a plant pot.
- ✿ Make some DIY seed bombs.

## How?

In a bowl, mix together 1 cup of seeds with 5 cups of compost and 3 cups of clay powder. Slowly add water and mix with your hands until the ingredients stick together. Roll the mixture into ball shapes and leave them to dry. Once they are dry, plant your seed bombs by placing them in your garden.

- ✿ Have a go at potato printing to make patterned wrapping paper or greetings cards. You could try cutting different shapes into the potato or even experiment with other kinds of fruits and vegetables.
- ✿ Put together a mosaic art piece using glue and different kinds of seeds.
- ✿ Start a plant journal and make notes of how your plants grow over days, months etc. You could draw pictures of the seeds, write the date you planted them, and note any changes.

## Did you know?

The Guinness World Record for the fastest growing flowering plant was earned in July 1978. The Hesperoyucca Whipplei grew to 3.56m (11 ft 11 inches) in just 14 days, which is around 25.4cm (10 inches) per day!

- ✿ Craft some garden plant labels to help you remember what is planted where. You could make your labels by decorating old wooden spoons, ice lolly sticks or even rocks/stones, and place them in your garden to mark your plants.
- ✿ Create your own paper using seeds.

## What?

Tear some paper into small pieces and soak them in water until soft. Blend the paper into a smooth pulp using a food processor. Stir in seeds of your choice, then spread the mixture onto a tray and flatten it with a rolling pin. Let it dry completely. Once dry, you can tear it up and plant it to grow flowers, fruits, or vegetables — or keep it to draw and paint on for some extra creative fun!

- ✿ Grow your own cress egg head.
- ✿ Reuse a plastic bottle by turning it into a planter. Decorate the outside, fill it with soil and add your seeds, then watch your chosen plant grow!

- ✿ Plant and grow your own tomatoes, peppers, onions, basil and oregano - all of the delicious ingredients you need to make a pizza! Choose a sunny spot, plant your seeds or small starter plants, keep them watered and watch your pizza toppings grow.
- ✿ Blend fruits and vegetables into a delicious smoothie or freeze them to make some refreshing ice lollies.
- ✿ Vegetables can be used to bake delicious cakes because they add extra moisture and natural sweetness. Try baking your own vegetable-based cake such as carrot cake, chocolate beetroot cake, or courgette and orange cake.

**Did you know?**

The heaviest carrot was grown by Christopher Qualley in Minnesota, USA. When weighed on the 9th of September 2017, it came in at a whopping 10.17kg (22.44lb)!

- ✿ Bake some plant pot cheesecakes using crushed cookies and cream biscuits for edible soil. You could even have a go at making edible plant pots too!
- ✿ Research how different fruits and vegetables grow. Why not compare the different kinds of edible seeds such as pumpkin and watermelon seeds?
- ✿ Have a go at growing some edible flowers, such as nasturtiums or calendula. Once they've grown, you can pick them and use them to decorate cakes.
- ✿ Bake a recipe that includes seeds such as lemon poppy seed muffins.
- ✿ Make a list of all the different kinds of herbs you can think of. What dishes can they go in during cooking?

**Here's an idea!**

Try growing some easy herbs like mint, rosemary, basil and dill. Once they've grown, play a fun guessing game with a friend or family member by blindfolding them and seeing if they can work out which herb it is just by smelling it!

- ✿ Pick fruit and vegetables that have been grown in a greenhouse and use these deliciously fresh goodies in a recipe of your choice.
- ✿ Make an all plant-based dish.
- ✿ Fix up an edible garden using a chocolate ice cream base and a variety of toppings such as berries, basil leaves, jelly worms and crushed biscuits.



# Games

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- ✿ Enjoy a game of 'Musical Statues' or 'Musical Chairs'.

## Why?

It has been proven that plants grow larger, faster whilst listening to music. Plants contain a stomata which help them to grow. The stomata usually closes at night or if the plant is sad. After tests, it was found that the stomata stayed open longer whilst listening to music, helping it to grow faster.

- ✿ Have a competition to see who can grow the largest sunflower.
- ✿ Fancy an ex-seed-ingly good germination science experiment? Grow on... why not!

## What?

Plant the same type of seed (e.g. sunflower, broad bean, sweet peas) in some soil in 3 or more plastic cups. Place each pot in a different place around your home/unit/classroom, such as a dark cupboard, a bright windowsill, the fridge, or the corner of a room. Care for each bean exactly the same, watering each every day. Every day, see how well each bean is growing in their environment. Do they grow better in full sunlight? In cold conditions? Discover which environment is best for your seed! For a different experiment, plant different types of seeds in your pots and place all pots in the same location to see which seed type grows best there.

- ✿ Play a game of Fruit Salad.
- ✿ Take part in a game of 'As Big As Me'. Players must find something in the garden that is as big as a body part. For example, sugar snap peas might be bigger than their fingers, pumpkins bigger than their head or tomatoes bigger than their nose.
- ✿ Take part in a potato themed game such as Hot Potato or a potato sack race.

## Why?

Potatoes were the first vegetable to be grown in space in 1995 in an experiment conducted by NASA.

- ✿ Act out the process of a plant growing. You could even make this into a traffic light-style game where each time you shout a part of the growing process each person has to perform the correct action.
- ✿ Go head to head with friends or family members to see who can pull the most weeds in 5 minutes.



# Other

- ✿ Visit a tree nursery to see different types of trees.
- ✿ Enjoy a trip to a maize maze.
- ✿ Plant and grow your own fruit and vegetables at home or in a garden.
- ✿ Greenhouses are buildings that help to create a controlled environment for plants to grow. Some of the largest greenhouses in the UK are the Eden Project in Cornwall or Thanet Earth in East Kent. Plan a trip to one of them.
- ✿ Find out what the most common crops are in your area.
- ✿ Research how bees help plants to grow through pollination.
- ✿ Grow your own beanstalk using the BBC Bitesize guide.
- ✿ Spend the day at a fruit farm and enjoy berry picking. As an additional activity, research when different fruits and vegetables are in season.
- ✿ Take photos of plants as they grow to observe changes over time.
- ✿ Visit a local orchard and explore the fruit trees and plants they have growing there. Why not discover the purpose of orchards and how they are planted for a deeper understanding of the best fruit farming conditions?
- ✿ Watch a time-lapse video of a plant growing from a seed.
- ✿ Make a model or poster to showing the different stages of a plant life cycle.
- ✿ Read one of Willsow's plantable children's books, such as *The Carrot Who Was Too Big for His Bed* or *The Parsley Who Flew to the Rescue*. These delightful stories are not only fun to read but are also printed on special seed paper, allowing children to plant the pages after finishing the story and watch their own vegetables grow.
- ✿ Have a go at turning leftover fruit or vegetables into compost. You could include peel, cores, rinds, stems and pulp. This helps reduce waste and creates nutrient-rich soil for your plants to grow strong and healthy.
- ✿ Write a poem or a song about how a plant grows.
- ✿ Make your own fruit face mask. Mix plain yogurt and lemon juice for glowing skin. Or for a deeper cleanse, use lemon juice and egg white instead.

# Adventure Complete?

Reward your young adventurers with their **Grow Your Own 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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