

**PAWPRINT
BADGES**

Hear Challenge



Explore your sense of hearing and let's see what we discover!

The smallest bones in the human body can be found in the ear but the work they do is huge! Join us as we listen closely and explore our sense of hearing.

For even more programme ideas check out our 'Hear' 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						
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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Craft

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-))) Make your own ear trumpet.

What?

Ear trumpets were used as hearing aids from 1600s. F. C. Rein and Son of London were the first company to commercially produce ear trumpets in 1800 and ended production in 1963. Rein also designed a special acoustic chair for the King of Portugal in 1819.

-))) Create something noisy like a musical instrument or drum.
-))) Sew your own hear muffs to keep your ears warm.
-))) Compose or create your own music using materials of your choice.
-))) Design a poster using Makaton.

What?

Makaton is a language of sorts that uses signs alongside symbols and speech to help people to communicate. It is used with people who have cognitive impairments, autism, Down's Syndrome, specific language impairment, multi-sensory impairment and neurological disorders (such as stroke and dementia patients).

-))) Make a headband with animal ears of your choice and look at the different ears in the animal kingdom.
-))) Use materials of your choice to make a model of the ear to learn the different parts.
-))) Draw or paint what you hear or paint with music.
-))) Create a cup and string phone to demonstrate how sound waves work.
-))) Make a model ear drum and discover the world of sound vibrations.
-))) Create a visual representation of a sound wave. Why not convert a saying, word or lyric into a sound wave?
-))) Model a sound using clay or play dough. What does loud look like? How about quiet or silence? Can you make a model/sculpture to show a lion's roar or a mouses squeak?
-))) Complete a craft or make something of your choice but take time to listen to the materials you are using, what do they sound like when they're close to your ear?



Food

-)) Try popping candy, what noises does it make in your mouth?
-)) Identify foods by sound alone.

How?

Many foods have sounds that we're probably unaware of in everyday life but can you identify foods by their sounds alone? How about the opening of a crisp packet, the fizz of a drinks can, the crunch of an apple when it's bitten in to? You can find Guess the Sound videos online or create your own sound experience.

-)) Make a snack or dish for someone who loves crunchy foods. Some people with misophonia hate the sounds of certain foods.
-)) Pop your own popcorn and listen to the sounds it makes.
-)) Fry foods in a deep fat fryer/chip pan. How can you describe the sounds? Remember: take care with hot oil.
-)) Can you identify the cooking method by the sound alone? Can you tell the difference between boiling, frying, baking, searing, grilling, etc?
-)) Learn some BSL or Makaton signs for food and drink then role play ordering food in a cafe or try out your skills in a real life setting.
-)) Misophonia is most commonly triggered by the sound of others eating/chewing. See if anyone you know has misophonia and discover how it might affect their daily life and eating habits.
-)) Discover the world of ASMR and watch some of the ASMR food videos online.

What?

Autonomous sensory meridian response (ASMR) is a tingling sensation that runs from the scalp, down the back of the neck and upper spine. Many people say that the feeling relaxes them and can even put them to sleep. Many video makers are now creating videos of themselves eating certain foods to trigger these responses in viewers.

-)) Eat a variety of foods whilst covering your ears or wearing ear defenders. How different was it to eating normally? How did it make you feel and more importantly do you think it affected your enjoyment of the food?
-)) Bake and decorate ear biscuits or cakes.
-)) Use food to recreate sound waves.



Games

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- Play sound bingo.

How?

Take a walk and see if you can hear the sounds on your bingo grid. Alternatively listen to sounds and see if you can correctly identify them to cross them off your grid.

- List as many words as you can to describe the sounds you hear. How did you do compared with friends/family members.
- Go on a sound scavenger hunt. Can you find something loud, quiet, grinding, muffled, rhythmic, musical, howling, etc?
- Close your eyes and listen, write down the noises that you hear. Who heard the most? Try this in different locations.
- Who's ears? See if you can correctly identify the animal ears.
- Take part in the telephone game. Can you pass the message around correctly? What is the moral of the game?
- Play a copy cat sound game.

How?

Sitting in a circle, players close their eyes and listen. The leader makes a sound using their body, i.e. claps their hands, taps their head, stamps their feet and players then have to replicate the sound. If a player makes a sound incorrectly they are out. The last player to make the sound correctly is the leader in the next game.

- Play a game of higher/lower with pitch. Gather a collection of objects that can be safely hit with a stick/beater. Hit the first object and then decide if the next will be higher/lower in pitch. How many can you guess correctly?
- People with Autism or sensory processing disorder can experience sensory overload (the over-stimulation of one of the body's senses). Listen to some everyday noises (vacuum cleaner, washing machine, hairdryer, etc) and see if you can still correctly identify other sounds played at the same time.
- Have a game of charades and communicate without hearing/speech.
- Play musical bumps/statues/chairs and stop when the music stops.
- Try sound pairs. Listen to a sound and then correctly identify the item and make the same sound.



Other

- Create your own mystery sound tubes using toilet roll tubes covered with tissue paper and filled with different objects/items. Can you guess the item correctly? Make a set for others to try.
- Go on a sensory walk and listen...what can you hear?
- Learn about Evelyn Glennie and her work.
- How do different sounds make you feel? Can you think of a sound or piece of music that relates to a specific memory?
- Explore how someone with sensory processing disorder may hear sounds amplified. How would you feel if everyday was like that?
- Learn some BSL or Makaton signs and use them to communicate.
- How many ways can you communicate with sound? Talking is the most common but what other communication methods rely on hearing?
- Visit a hearing clinic for a hearing test.
- Discover hearing aids and devices that are used to help people with hearing loss. How do they help people with different types of hearing loss?
- Test your hearing. How far away can you hear? Speak to someone and gradually get further apart, the local park or playing field is ideal.
- Investigate how the ear works and how we hear sounds.
- Meet a hearing dog and find out about their work. Alternatively (or in addition) raise money to support a hearing loss charity.
- Wear ear defenders for the day. How does hearing loss change the way you perceive the world? Was anything harder/easier than before?
- Find out about the use of subtitles and teletext for people with hearing loss.
- Write a poem or short story about sound or including onomatopoeia. Why not use our Comic Strip Template and have a go at making your own comic?
- Discover how speech can be affected by hearing loss.
- Visit the Whispering Gallery at St. Paul's Cathedral in London and see how sounds can be amplified by architecture.

Adventure Complete?

Reward your young adventurers with their Hear 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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