

# Highland Cow Challenge



**Meet the iconic shaggy stars of the Scottish Highlands!**  
From fluffy fringes to mighty horns, Highland cows are nature's gentle giants.  
Explore their world with 40+ brand new activity ideas!

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

**#AdventureForAll**  
[www.PawprintFamily.com](https://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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# PAWPRINT BADGES

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**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**



# Craft

**PAWPRINT  
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- 🚩 A group of Highland cows is called a 'fold'. Test out some folding techniques by creating your very own Highland cow using origami.
- 🚩 Draw a picture of a Highland cow in its natural habitat.
- 🚩 Put together an outfit inspired by a Highland cow. Perhaps you could wear a furry vest, a horn headband and some sturdy boots for climbing grassy hills.
- 🚩 Make a mask of a Highland cow using recycled cardboard. Why not use yarn to recreate their shaggy fringe?

## Did you know?

A Highland cow's fringe is known as a 'dossan' and it often covers its eyes to protect from wind, rain and insects. Their thick, shaggy coat helps to keep it warm and dry during harsh winters.

- 🚩 Highland cows are gentle animals that love to make friends with other Highland cows. Create a 'friendship fold' by having each person in a group decorate their own cow. Then, bring them all together to form a colourful display on the wall or in a classroom.
- 🚩 Create a Highland cow inspired collage using torn paper, fabric scraps, magazine cut-outs or natural materials such as grass or leaves.
- 🚩 Make your own fluffy Highland cow pom-pom pal!
- 🚩 Highland cows are nicknamed 'fluffy cows' but are also known in Scotland as 'hairy coos'. Grow your own Highland cow 'hair'.

## How?

Decorate a recycled yogurt pot or paper cup to look like a Highland cow, then fill it with soil and sprinkle in some grass or cress seeds. Watch the 'hair' grow over time and when it gets too long, give your cow a little trim. If you grow cress, you could use it in a food challenge!

- 🚩 Highland cows can sometimes be found foraging 10,000 feet up in the Andes! Make a papier-mâché model of the Andes mountains.
- 🚩 Use card stock to cut out a cow shape and make a Highland cow bookmark. Don't forget the fluffy fringe using wool, string or paper strips.
- 🚩 Craft a Highland cow puppet using a brown paper bag or an old sock.





# Food

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- 🚩 Highland cows are herbivores which means they only eat plants. Whip up a plant-based recipe of your choice. Why not host a dinner party where everything is made entirely from vegan ingredients?
- 🚩 Bake some cupcakes and decorate them to look like Highland cows. Have a go at using a range of different icing colours to represent both black and ginger cow's coats.

## Why?

Highland cows were originally black in colour. They were bred until they were lighter in colour as the Victorians preferred ginger cows.

- 🚩 Highland cows spend around 8 hours grazing a day. Fix up your very own grazing platter that includes all of your favourite delicious snacks. You could prepare a savoury platter that includes vegetable sticks, cured meats, cheese and crackers or why not have a go at a sweet version using brownies, biscuits, marshmallows and fresh fruit?
- 🚩 Grass makes up most of a Highland cow's diet. Have a go at making some edible grass by piping green buttercream using a thin nozzle or colour some desiccated coconut with green food colouring.

## Did you know?

Highland cows can eat up to 75kg of grass a day, which is almost the same weight as an average adult woman in the UK!

- 🚩 Create some edible mud pots by layering crushed cookies, chocolate mousse, and gummy worms.
- 🚩 Use curved slices of melon, apple, or banana on a stick to look like Highland cow horns.

## Did you know?

You can tell male and female Highland cows apart by their horns. Males have thicker horns that curve forward, while females have thinner ones that curve upwards.

- 🚩 Highland cows can produce up to 2 gallons of milk a day. Set up your own milkshake bar.
- 🚩 Have a go at making your own traditional Scottish dishes such as tablet, shortbread, stovies, oat cakes, or tattie scones.



# Games

**PAWPRINT**  
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- 🚩 Play Highland cow hoopla. Toss the rings to hook a horn!
- 🚩 Find out what events form the Highland Games then hold your own. Has anybody in your group ever seen or visited the Highland Games? What do you think it is like in real life?
- 🚩 Take part in a grazing scavenger hunt.

## How?

Hide 'grass' pieces (green paper or felt) around an area. Players must pretend to be highland cows and gather as many pieces as they can in a basket within a time limit. The player with the most grass collected when the time is up is the winner.

- 🚩 Challenge your family, friends, or members of your group to a cow call contest! Take turns trying to mimic the deep, gentle 'moo' of a Highland cow. Who can do the most realistic moo? Who can come up with the funniest or most creative one? Extra points for imagination and performance.
- 🚩 Highland cows often form special bonds and are great at making friends, they can even recognise the humans who care for them. Get to know the people in your group a little better by playing 'That's Me'!

## What?

Each person takes it in turns to stand in front of a group of people and shares a fact about themselves (e.g. how many siblings they have, their favourite film or favourite food etc). If another person in the group shares that fact, they stand up and shout 'That's me!'. This is a great way to make new friends, especially within larger groups.

- 🚩 A Highland cow's nose is super sensitive, helping them sniff out the tastiest plants with ease. Test your own sense of smell by playing 'Guess the Smell'. Take turns being blindfolded while someone offers different scents to identify. Earn a point for each correct guess, and the player with the best nose wins the game!
- 🚩 Have a game of Queen's Keys.

## Why?

Queen Elizabeth II kept a herd of Highland cows and was rumoured to be the only beef she would eat.

- 🚩 Take part in a game of Highland Cow tag, a spin on the classic game of 'tag'. One person is the herder and the others are the cows in the field.



# Other

**PAWPRINT**  
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- 🇬🇧 Highland cows are strong swimmers. Enjoy going for a swim at your local swimming baths. If you're feeling brave, why not try some wild swimming in a safe place?
- 🇬🇧 Read a Highland cow themed story such as *Harry the Highlander* by Cameron Scott and Cee Biscoe or *Hairy Hettie* by Jo Allan.
- 🇬🇧 Host a Highland cow themed party. Why not have it on a 'Coosday' Tuesday?
- 🇬🇧 Highland cows originated in the Scottish Highlands but they now live in many other parts of the world too. Research the different areas they can be found. Can you point them out on a map?
- 🇬🇧 Take part in a local Highland cow experience. Some farms and attractions offer the chance to get up close to the cows - you might be able to walk alongside them, brush their coats or even give them a gentle pat.
- 🇬🇧 Find out how long a Highland cow is pregnant before giving birth to their calf. How does this length of time differ to other animals?

Did you know?

Highland cow mothers are known for raising 15 or more calves in their lifetime!

- 🇬🇧 Have a go at some traditional Highland dancing.
- 🇬🇧 Plan a fun adventure to the Scottish Highlands, and don't forget to bring your camera to snap pictures of any Highland cows you see along the way.
- 🇬🇧 Highland cows are super calm and easy-going. Practice calmness and relaxation with some yoga or quiet meditation.
- 🇬🇧 Listen to some Scottish folk music or stories.
- 🇬🇧 Donate to a Highland cow conservation or rescue group.
- 🇬🇧 Watch a documentary about Highland cows.
- 🇬🇧 Come up with your own acrostic poem using the words HIGHLAND COW.
- 🇬🇧 Highland cow calves are born with a fluffy coat that keeps them warm and cosy from their very first days. Build a cosy fort using blankets and pillows. Why not knit or crochet jumper or cardigan for that extra layer of warmth? You could add this to your Craft challenge.

## Adventure Complete?

Reward your young adventurers with their Highland Cow 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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