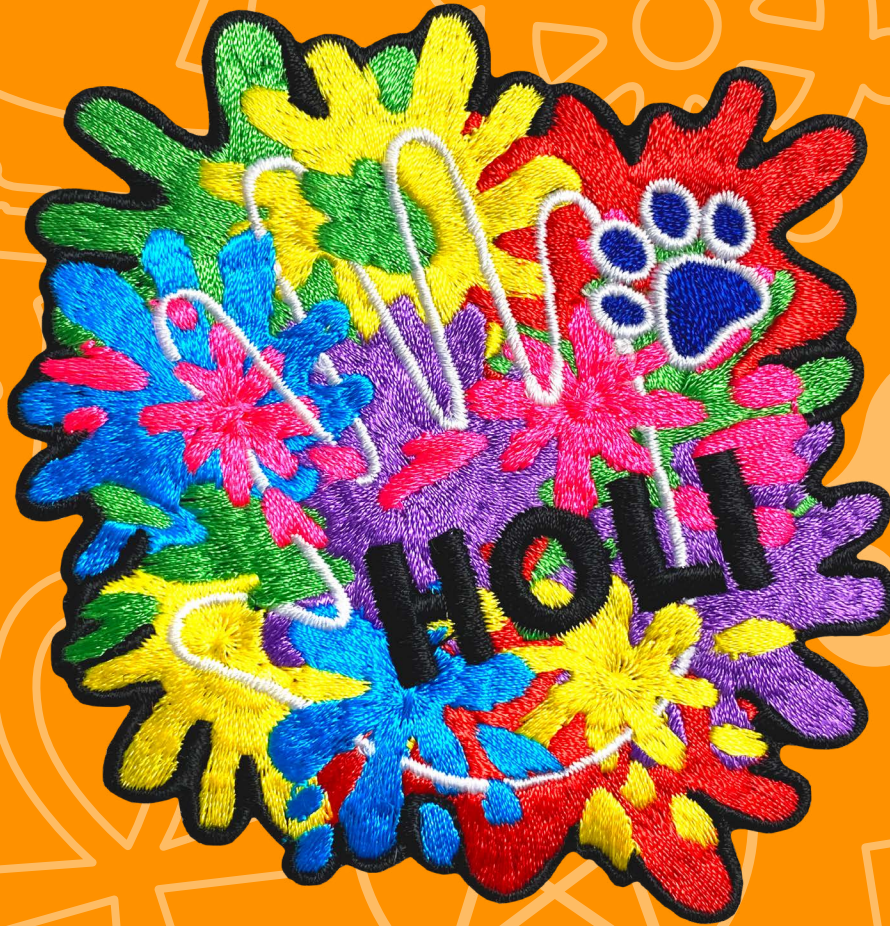


# Holi Challenge



**Holi is the Hindu festival, also known as the Festival of Colour!**  
Originally from India it is now celebrated all over the world, spreading joy. The festival signifies the triumph of good over evil, are you ready to celebrate?

For even more programme ideas check out our 'Holi' 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!



@pawprintfamily



@pawprint\_family

# PAWPRINT BADGES

**Age 3 - 5**

**Age 5 - 7**

**Age 7 - 11**

**Age 11 - 14**

**Age 14 - 18**

**Age 18+**

**Craft**

**Food**

**Games**

**Other**

**PICK**

**Leaders, Teachers & Parents**

Award yourselves a badge for supporting your young adventurers in their activities!

- 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!

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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You can view the extended terms of use on our website  
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# Craft

**PAWPRINT  
BADGES**

ॐ Investigate colour and complete a colour mixing activity.

ॐ Build a bonfire indoors or outdoors.

Why?

Bonfires are an essential part of Holi celebrations. On the first day of the two-day festival people gather around a bonfire and celebrate the triumph of good over evil.

ॐ Find out about the Hindu calendar system and make yourself a calendar to record special days and dates.

ॐ Create your own coloured powders using natural materials.

What?

Gulal is the name of the powder thrown during Holi celebrations. It comes in many colours to signify specific things: red - love, blue - Krishna, yellow - turmeric and green - spring.

ॐ Fold your own origami water balloons.

ॐ Create a miniature self and splash it with paint. If you're unsure about getting messy yourself then cut out a person from card and splash paint or throw your home made gulal powders at it. Keep it as a reminder of your adventures.

ॐ Make some colourful cards or wrapping paper using paint splashes; you could take a look at the work of artist Jackson Pollock.

ॐ Create your own colourful clothes and have a go at batik or tie-dye.

ॐ Crochet some reusable water balloons.

Why?

On the second day of Holi the gulal powder is thrown and made to stick with water pistols and balloons.

ॐ Create your own Holi portrait. Draw a picture of yourself and then use blow pens or coloured powder to add the colour to your face.

ॐ Make some coloured salt, rice or sand and use it for sensory play or creating patterns in a mindfulness activity.





# Food

**PAWPRINT  
BADGES**

- ॐ Make your own bonfire biscuits or cakes, like the bonfires that people gather around on the first day of Holi.
- ॐ Find and cook a recipe using turmeric, represented by the yellow powder thrown during Holi.
- ॐ The green powder thrown during Holi represents Spring. Learn to cook or make a dish using spring greens.
- ॐ Bake rainbow coloured biscuits or cakes.
- ॐ Make Nepalese lentil soup.

## Why?

Holi is celebrated in India but is also celebrated in Nepal and as far away as Australia, Europe and the Americas.

- ॐ Learn how to make Gujia; a sweet deep-fried dumpling that is typically served during Holi.
- ॐ Enjoy a cup of Thandai; a spiced milk drink from India to refresh you during Holi celebrations.
- ॐ Make paint splash biscuits adding layers of coloured icing splashes on to your biscuit until it looks like your Holi Challenge badge.
- ॐ Fry your own Lakdi Mithai.

## What?

Lakdi Mithai is a simple Indian sweet made from fried dough which is coated in sugar syrup and left to crystallise. This dessert is served in Fiji during festivities such as Diwali and Holi.

- ॐ Steam your own Lolo Buns from Fiji where Holi is celebrated.
- ॐ Phagwa is the name given to Holi in Trinidad and Tobago. Learn to make your own Pholourie or roti.
- ॐ Have a go at making your own coconut bake bread from Trinidad.
- ॐ Sweet treats are often shared at Holi. Make your own Indian sweets such as Barfi, Phirni and Shakar Paare.



# Games

**PAWPRINT  
BADGES**

ॐ Have a game of tag using coloured water or powders like those thrown during Holi.

ॐ Make your own recycled water wall. Make pipes, tubes and funnels from recycled plastic bottles and attach them to a board then watch the water race down your wall in to a container at the base.

ॐ Toss the water balloon.

How?

Inflate a water balloon with water and tie securely. In pairs throw from one person to the other, gradually increasing the space between the two of you after each successful throw.

ॐ Fill a pinata with filled water balloons and then smash away.

ॐ In a group play a game of Kabaddi, a traditional Indian playground game.

ॐ Have a water fight with water balloons and water pistols.

Why?

The second day of Holi is the day most recognised. Perfumed powder (gulal) is thrown at everyone and made to stick with water pistols and balloons. Up to 10 days before the festival children can be found hiding and targeting people with water pistols. There is even a saying, "Bura na mano, Holi hai" which means "Don't be offended, it's Holi". these mischievous acts are said to come from the stories of Lord Krishna who was a mischievous young boy.

ॐ Play games and have relay races with water and sponges.

ॐ Try your hand at the bucket and coin game played by Indian children. Fill a bucket with water and in it submerge a glass. Using 20 coins (1 rupee coins in India) drop them one at a time to try and get them to land in the submerged glass. Compete with friends and family.

ॐ Discover the Indian strategy game Kaooa, make your own board and have a game or two.

ॐ Play a game of Pani from Fiji; you will need a ball and ten tin cans.

ॐ Try knitting the balloons. Place 25 filled water balloons in one container and use a pair of knitting needles to pick up the balloons and place them in another container. +1 point for each balloon that doesn't burst and -1 for each one that does.



# Other

**PAWPRINT  
BADGES**

- ॐ Find out where Holi is celebrated.
- ॐ Holi has different names in the different states of India. Take a look at a map of India and identify the different states. See if you can find out what Holi is called in each one and also what each state is known for.
- ॐ Take part in a Holi powder party or a colour run.
- ॐ Paint the face of a friend or family member.

## Why?

There are lots of Indian legends that are believed to give Holi its origins, one of which is the legend of Krishna. The Hindu god Krishna was mischievous and complained to his mother that he didn't like the colour of his dark blue skin and wanted to be fairer like his love, Radha. His mother suggested he paint Radha's face any colour he wanted so that's exactly what Krishna did!

- ॐ Discover the origins of the bonfires of Holi and read the legend of Holika and Hiranyakashipu.
- ॐ Visit a Holi celebration.
- ॐ The gulal powder is thrown in parks and public spaces across the globe. Take part in a community action project to create a rainbow in your local park or public space.
- ॐ Watch a movie that demonstrates good overcoming evil such as the Lion King or Harry Potter.
- ॐ Read a book that shows good overcoming evil such as *The Lion, the Witch and the Wardrobe* by C. S. Lewis.
- ॐ Go paintballing and battle in colour.
- ॐ During Holi people visit family and friends, visit yours to spread some joy.
- ॐ Send a card to a loved one. Holi is also known as the "festival of love".
- ॐ Holi is the festival of colour, get creative with colour and do some DIY. Paint a room in your house or up-cycle some furniture.
- ॐ Holi is just one of many Hindu festivals to discover. Find out about another festival and complete your Diwali badge.

## Adventure Complete?

Reward your young adventurers with their Holi 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

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