

Hygge Challenge



Ready to cosy up and slow down?

Hygge is about enjoying simple pleasures and learning to unwind so grab a blanket, light a candle, and join us as we dive into new 40+ challenge ideas.

For even more programme ideas check out our 'Hygge' 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

PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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Create your own candle holder by decorating a jar with paint, or shape one from clay and add your own designs once it's dry.



Knit or crochet a cosy jumper to keep warm during the cooler months.



Turn a pair of your old socks into a cute sock animal. Add buttons for eyes and use thread to embroider or stitch on a mouth. =



Cut letters or numbers out of cardboard and wrap them in yarn for a cosy, indoor activity. Why not have a go at spelling out Hygge?

Did you know?

Hygge is a Danish word that describes the kind of cosiness (feeling warm, comfortable, and safe) that comes from doing simple things such as lighting candles, baking, or spending time with your family. It was added to the Oxford English Dictionary in 2017.



Go on a nature hunt and collect leaves, twigs, or flowers. Then come inside, get comfy, and use what you found to create a beautiful natural collage.



Make a bookmark to use in your favourite books.



Crochet a comforting cover for your hot water bottle.



Craft a colourful pom-pom garland or bunting and hang it up in a cosy corner. Use fluffy yarn to make the area feel warm and inviting.



Put together your very own DIY sensory bottle.

How?

Start with a clean, clear plastic bottle, making sure to remove any labels. Fill about one-third of the bottle with clear glue or glycerin (you can adjust the amount depending on how soothing you want the movement to be). Then, fill the remainder of the bottle with water, leaving a little space at the top. Add your choice of decorations such as glitter, sequins, beads, or a few drops of food colouring. Once you're happy with how it looks, glue down the lid to avoid any nasty spillages.



Try out cross-stitch or embroidery and make a small piece of art.



Have a go at learning some calligraphy.



Design and build your own dream catcher using a hoop, string, beads, and feathers. Hang it near your bed to catch sweet dreams.



Food

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Hygge is a large part of Danish culture. Try some traditional Danish foods such as frikadeller, smørrebrød or æbleskiver.

Did you know?

Danish pastries actually originated in Vienna and were introduced to Denmark in the 1840s, when Austrian bakers came over to work during a strike among Danish bakers. We are sure that the Danes can certainly thank the Austrians for this one, these delicious treats are now truly beloved!



Visit a coffee shop on a rainy day and watch the world go by. Why not enjoy a sweet treat such as a cinnamon roll, traybake or cookie?



Try making a slow cooker stew or casserole.



Set up a hot chocolate station with toppings such as marshmallows, whipped cream, chocolate chips and sprinkles.



Try out some different porridge toppings such as honey, cinnamon or nuts.

Here's an idea!

Why not bring a little hygge to your morning by enjoying breakfast in bed?



Hygge isn't just for autumn and winter, it can be enjoyed during the spring and summer months too. Bake an Easter treat, whip up some fresh lemonade or host a BBQ or with friends or family.

Did you know?

Hygge is actually pronounced 'hoo-gah'. It comes from the Norwegian term, 'hugga' meaning 'to comfort'.



Bake a hot sponge pudding and pour over some custard for a cosy treat.



Taste test different herbal teas. Why not turn this activity into a game and try it blindfolded? Who can name the most flavours?



Lay out a blanket and cushions and have an indoor picnic with your all of your favourite food and drinks.



Toast marshmallows over a campfire and make s'mores.







Visit a local farm and pick your own strawberries, blueberries, raspberries or cherries. Why not use your fresh fruit to bake a pie of your choice?








Games

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-  Complete a jigsaw puzzle by yourself or challenge a friend to see who can finish their puzzle in the fastest time. Why not take this challenge to the next level and see who can complete the puzzle the fastest whilst wearing gloves?
-  Challenge your friends, family or group to your favourite board games.
-  Play 'Guess the Scent' with calming smells like lavender, cinnamon or vanilla.
-  Go on a plant/flower hunt outdoors in your local park, garden or on a walk.



Here's an idea!

Hold a botanical photography competition where everyone takes photos of the flowers in their local area and a winner is chosen for taking the best photo.

-  Take part in a cosy scavenger hunt and find hidden blankets, teddies, or mittens.
-  Finish a crossword or word search of your choice.
-  Fold a story. In a group, using a sheet of paper, the first person writes a short description of a character and folds it over so it can't be seen. The second writes a short scenario the character is facing, then folds it over. Continue describing where they are, how they feel, and how the character deals with the situation and then reveal the story, reading it as a group.
-  Get together in a group and all close your eyes and listen for a short while. Write down the noises that you heard. Who heard the most? This activity is a great way to feel grounded and connect with your surroundings.
-  Play "I draw a shape upon your back..."

How?






In pairs, sit one behind the other so one person is facing the other person's back. The person sitting behind draws a shape on the other person's back using one of their fingers as a pencil whilst saying, "I draw a shape upon your back, guess which finger did it?". The player being drawn on must then guess what the shape was and also which finger the other player used. Take it in turns and see how good your guesses are.

-  Sock pairing game. How many socks can you pair in 1 minute?
-  Lego® was invented in Denmark, where hygge is an important part of the culture. See who can build the tallest tower using Lego® bricks.













Other

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-  Build a blanket fort and snuggle up inside with cushions and fairy lights. Why not play some games or watch a film inside your fort?
-  Practice some quiet mindfulness time with a colouring book.
-  Attend a calming yoga session or relaxing meditation class.
-  Find a cosy spot and read your favourite book or magazine.
-  Have a pyjama day or DIY spa day at home with warm towels, face masks, and relaxing music.

Here's an idea!

Why not spend some time creating a cosy playlist with a collection of songs that make you feel happy and calm?

-  Sit in a circle with friends, family or members of your group and take turns telling comforting stories or some of your happiest memories.
-  Use candlelight to make shadow puppets and act out a story of your choice.
-  Write in a journal and reflect on your thoughts and feelings.
-  Make a gratitude jar and add something you are thankful for every day.
-  Start a scrapbook and fill it with memories, photos, and drawings.
-  Denmark is ranked as one of the happiest countries in the world. Many people believe that hygge as the reason why. Discover the top 10 happiest countries globally.
-  Go on a woodland walk and take in your natural surroundings. Why not bring along a flask filled with your favourite hot drink?
-  Lay outdoors on a blanket and watch the clouds go by. What shapes can you spot? Perhaps a rabbit, a dragon, or even a giant ice cream cone! What stories can you make up about the clouds you spot?
-  Take photos of things that make you feel cosy and calm.
-  Discover more about hygge by taking part in some of your own research. If you are an older adventurer, why not give *The Little Book of Hygge - The Danish Way to Live Well* by Meik Wiking a read?

Adventure Complete?

Reward your young adventurers with their Hygge 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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