

India Challenge



Grab your passport and jet set to India!

Explore Indian culture, traditions, taste the food and maybe pick up a phrase or two as you adventure your way across the globe.

For even more programme ideas check out our 'India' 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



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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

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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- 📍 In India, elephants are seen as symbols of wisdom and good luck. They are often part of colourful parades during religious festivals. Make your own elephant masks and parade around in them.
- 📍 Use the free resource on our website to design your own mehndi pattern, or try creating real henna designs, a beautiful tradition in Indian weddings.
- 📍 Draw a picture of a Bengal tiger, India's national animal.

Did you know?

India is the only country in the world with both lions and tigers in the wild.

- 📍 The Taj Mahal in India was built by Emperor Shah Jahan between the years of 1631 and 1648, in memory of his beloved wife Mumtaz Mahal who sadly died. The name 'Taj Mahal' means 'Crown of Palaces' in Persian. Make a model of the Taj Mahal out of junk model materials.
- 📍 Diwali is a five-day festival that is celebrated each year and is known as the "Festival of Lights". Craft a Diwali lamp (diya) out of clay.
- 📍 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.

- 📍 The lotus is the national flower of India and represents purity. Have a go at making a lotus flower out of paper.
- 📍 Decorate a paper plate with your own rangoli patterns.

What?

Rangoli is a traditional Indian art form that is created on the ground using colourful powders, flowers, rice, or coloured sand, often during festivals or celebrations.

- 📍 Celebrate Diwali by making your own coloured salt! Grate different coloured chalk into sand using a grater (please ensure small children are supervised).
- 📍 Make a collage of the Indian flag by tearing up green, orange and white tissue paper. To finish your flag, why not stick a picture of the blue Ashoka Chakra in the middle?



Food

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- 📍 Read *India on a Plate: Indian Food from A to Z* by Archana Sreenivasan and sample some of the delicious dishes featured in the book.
- 📍 Visit an Indian restaurant.
- 📍 Make and taste some traditional Indian breads such as chapati, roti, paratha, naan, dosa, phulka or puri.
- 📍 Fix up a sweet or savoury recipe that uses mango as one of the main ingredients.

Why?

India produces more mangoes than any other country, around 20 to 25 million metric tonnes every year! This delicious fruit is also a symbol of prosperity and good luck in Indian culture.

- 📍 India is famous for its rich flavours and aromatic spices, especially in dishes like rogan josh, tikka masala, and jalfrezi. Taste test a variety of different curries to discover which flavours and spice levels you enjoy the most.
- 📍 Lassi is a popular yogurt-based drink from India, made by blending natural yogurt with milk, sugar, and ice. Often, fruits like mango are added for a more exciting and refreshing flavour. While it can be enjoyed any time of day, lassi is especially popular during the hot summer months or as a cooling treat after meals.
- 📍 Create an edible version of the Indian national flag.

Did you know?

The parts of the flag represent different things. The orange/saffron stripe represents courage and strength, the white represents truth, peace and unity, and the green stripe stands for fertility and growth. The wheel in the middle of the flag represents constant movement and progress.

- 📍 Find out what the people of India enjoy for dessert. Why not give some of it a try for yourself? Who knows, you might discover a new favourite.
- 📍 Holi, known as the “Festival of Colours,” is celebrated every Spring. Bake a rainbow cake with bright, colourful layers.
- 📍 Enjoy a hot cup of masala chai, a warming drink from India that is made from black tea, milk, sugar and a blend of aromatic spices.



Games



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- 📍 Have a go at the bucket and coin game played by Indian children. Fill a bucket with water and in it submerge a glass. Using 20 coins, drop them one at a time to try and get them to land in the submerged glass. Why not compete with your friends or family?
- 📍 Take part in a game of Lagori / Seven Stones, a traditional game from India.

How?

For this game you will need 7 flat stones of similar size, one soft ball (e.g. a tennis ball) and two teams. Start by stacking the stones in a pile. One team must try to knock down the pile by throwing the ball, while the other team races to rebuild it before getting hit by the ball. If the defending team rebuilds the pile in time, they win the round, but if the attacking team hits all the players first, they win.

- 📍 Snakes and Ladders originated in ancient India and was called 'Moksha Patanam'. Challenge a friend or family member to a game.
- 📍 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.

- 📍 Challenge your friends or family members to a fun game of 'Yogi Says,' a twist on the classic 'Simon Says!' The leader calls out simple yoga poses like mountain pose or tree pose, and players must strike the pose only when they hear 'Yogi Says' first.

Did you know?

On International Yoga Day, June 21st, 2025, India set a Guinness World Record for the largest yoga lesson, with an incredible 300,105 participants!

- 📍 Have a game of Tambola (Indian Bingo) using numbers 1-90.
- 📍 Chess actually originated in India! The game we still love today evolved from an ancient Indian board game called Chaturanga which dates back to around the 6th century AD. Go head to head in a game of Chess.

Other

- India's film industry, known as Bollywood, is one of the largest in the world. Watch a Bollywood film.
- Learn some traditional Bhangra dancing.
- Celebrate an Indian festival such as Diwali or Holi.
- In 2013, India became the first country to reach Mars on its very first try with the Mars Orbiter Mission (Mangalyaan). Discover more about other space missions and whether they were as successful as this one. Were there any challenges? What made Mangalyaan stand out?
- Listen to some music that features traditional Indian instruments, such as the sitar or tabla.
- Read a travel guide or watch a documentary about India.
- 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.
- Yoga originated in ancient India. Take part in some yoga for yourself to relax your mind, body and soul.
- The Taj Mahal is a famous mausoleum in India. Find out what a mausoleum is and what it is used for.
- India is home to the third highest mountain in the world, Kangchenjunga, which can be found between Nepal and Sikkim, in the Himalayan mountain range, and reaches heights of 8,586m/28,169ft! Go for a hike up a local mountain, hill or nature trail.
- Hindi and English are the most commonly spoken languages India. Have a go at learning to count to ten in Hindi.
- Complete your own research on India. What fun facts can you find?
- Diwali is celebrated by Hindus, Sikhs and Jains; find out about one of these religions, their beliefs and the teachings they follow.
- Visit your local library and explore books about India to discover Indian art, artefacts and fascinating historical objects through stories and pictures. A perfect way to learn about India's incredible culture and history

Adventure Complete?

Reward your young adventurers with their India 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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