

PAWPRINT
BADGES

Japan Challenge



Grab your passport and jet set to Japan!

Explore Japanese 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 'Japan' 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							Craft	Food	Games	Other	PICK
Age 5 - 7											
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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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

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Craft

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- 📍 Paint a picture of a cherry blossom tree. Why not use cotton balls dipped in different pink colours to create the look of the petals? You could even use scrunched up tissue paper to add texture.

Did you know?

Cherry blossom is considered the national flower of Japan and is widely celebrated as it is believed to represent rebirth, new beginnings and the start of spring.

- 📍 Construct your very own paper lantern. Not sure how? Check out the tutorial on our 'Japan' Pinterest board.
- 📍 Craft some sushi using craft materials of your choice.
- 📍 Create some Koinobori streamers. Cut out scales using colourful paper before sticking them to an old toilet roll tube. Then attach to a wooden stick using string so you can wave it around and join in the fun!

Why?

In Japan, The Children's Day Festival is celebrated every year and families pray for health and happiness. The Koinobori is significant within this celebration as it symbioses courage and strength due to it's ability to swim up a waterfall.

- 📍 Design your own kimono using felt tip pens, pencils, paint or different coloured paper. Head to our 'Japan' Pinterest board to find the template.
- 📍 Put together a traditional Japanese folding fan by using half a paper plate and some wooden sticks. Why not decorate it with a pretty floral design?
- 📍 Make your own climbing stick complete with stamps.

Why?

Whilst climbing up Mount Fuji, hikers can purchase a climbing stick to assist with their journey, as they get further up the mountain they can get their sticks stamped with the elevation and station number.

- 📍 In Japan, the koi fish symbolises luck and good fortune Why not make some art based on koi fish? You could craft a collage or even try origami.
- 📍 Celebrate Girls' Day by crafting some Hinamatsuri Dolls! Use toilet paper rolls, felt tip pens and glue along with the free doll design template that can be found on our 'Japan' Pinterest board.
- 📍 Assemble a model of the Itsukushima Shrine out of old recyclable materials.



Food

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- 📍 Make some sweet sushi using rice crispies, marshmallows, sweets and fruit.
- 📍 Bake and decorate some biscuits to look like the Koinobori kites.
- 📍 Use a cocktail stick with some pink food colouring to decorate a marshmallow. This gives an amazing finish, making it look similar to a cherry blossom tree. Perfect if you have some leftover marshmallows laying around in your cupboards!
- 📍 Prepare your own bento box.

Why?

A 'bento' is the Japanese version of a home-packed meal. It usually consists of a carbohydrate (such as rice or noodles), a protein (usually fish or meat) and variety of seasonal fruit or vegetables. The bento box is a great way to promote a healthy, balanced diet which is very important in Japanese culture.

- 📍 Whip up a Japanese themed buffet for your family and friends.
- 📍 Steamed rice, miso and grilled fish are traditionally eaten for breakfast in Japan. Why not switch up your morning cereal and give it a try?
- 📍 Create the Japanese flag using different foods. You could place raspberries in a circle on a tray of yogurt.

Did you know?

The red circle on the Japanese flag symbolises the sun with it's official name being 'Nisshoki' which translates to 'rising sun flag'.

- 📍 Visit a Japanese restaurant.
- 📍 Try making some onigiri in the shape of your favourite animal or character.

What?

Onigiri is a traditional Japanese food made from wrapping white rice in a dried, edible seaweed called 'Nori'. It can be made into a number of different shapes and is the perfect snack for on the go. This is also a great way to avoid food waste if you have any leftover rice left at the end of the day.

- 📍 Find a nearby cafe that sells bubble tea and give it a try.
- 📍 Have a go at making some Japanese fruit sandwiches using your favourite types of fruit.



Games

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- 📍 Roll sushi across the table and see who can get their's to fall off the end first! For an additional challenge try not using your hands. To avoid food wastage you could buy some discounted sushi at the supermarket, alternatively you could decorate ping pong balls to look like sushi and use these for your race.
- 📍 Play with a Kendama, a traditional ball and cup game played in Japan, Due to being similar to a French 'Le Bilboquet', you could also count this for your France Challenge too!
- 📍 Enjoy a traditional game of Otedama.

How?

During this game, bean bags are tossed and juggled. It can be played alone or with a group of people as a social game.

- 📍 Use origami to create a paper fortune teller.
- 📍 The Sudoku was introduced in Japan. Have a go at completing one. You could even play with a group of friends and use a timer to see who can complete it the fastest.
- 📍 Have a go at playing Mahjong.

Here's an idea!

Create your own Mahjong tiles. Each set of tiles is made up of at 136 tiles but most commonly 144. Use the traditional symbols or create your own. One of the most expensive Mahjong sets ever cost a whopping \$1.07 millions dollars and was made from Tanzanian ruby!

- 📍 Take part in a game of Sushi bingo using our free resource.
- 📍 Complete a word search on a Japanese theme. Find one online or have a go at creating your own and challenging your family and friends to find all the words in the fastest time.
- 📍 Challenge your friends to a game of Keidoro, a game played by children in Japan that is very similar to the popular playground game Cops and Robbers.
- 📍 Go head to head at a game of Janken (Japanese Rock, Paper, Scissors) and discover the Japanese words for these items.
- 📍 Japan has hosted the Olympics four times in total, the most recent being the Tokyo Summer Games in 2020 (held in 2021). Hold your own sports day.



Other

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- 📍 Did you know that over 80% of land in Japan is mountainous? Visit a local mountain or even try climbing one!
- 📍 Manga is a Japanese style of comic and graphic novel. Why not read some or even have a go at drawing some of your favourite characters?
- 📍 Visit a Japanese museum such as Japan House in London.
- 📍 Japan is known for its immaculate gardens. Visit some local gardens and see how many Japanese flowers you can spot.
- 📍 Fujinomiya is home to Mount Fuji, the second-highest volcano located on an island of Asia and seventh-highest peak of an island on Earth. Have a go at putting together a volcano experiment using washing up liquid, vinegar and bicarbonate of soda and count it towards your Volcanoes Challenge.
- 📍 Watch a film or documentary based on Japan.
- 📍 In 2018, Japanese DJ Sumiko Iwamura received the world record for being the oldest professional club DJ at 83 years and 118 days as of 25th May 2018. Why not turn your home into a club by turning down the lights and creating your own playlist for your family and friends to enjoy?
- 📍 The largest seafood market in the world is located in Tokyo, Japan. Try some different kinds of fish or seafood.
- 📍 Learn some words in Japanese.
- 📍 Read a book about Japan.
- 📍 Complete your own research on Japan. What fun facts can you find?
- 📍 Sing along to some traditional Japanese children's songs such as 'Chouchou' and 'Shabondama'.
- 📍 Write your name in Japanese using traditional Japanese calligraphy. What other words can you write?
- 📍 The koto, shamisen and taiko are instruments that are classically used in Japanese music. Listen to some tracks to find out what they sound like.
- 📍 Sumo wrestling is Japan's national sport. Watch some videos of sumo tournaments.

Adventure Complete?

Reward your young adventurers with their Japan 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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