

Knight Adventures



It's time to put your skills to the test and become a Knight!

The Knight's Code included loyalty, kindness, honesty, humility, discipline, integrity and excellence...do you have what it takes?

For even more programme ideas check out our 'Knight' 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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- Design your own crest/shield/coat of arms using materials of your choice.
- Make your own tunic from an old pillow case.

Here's an Idea!

Recycle old/unwanted fabrics and use fabric glue or Bondaweb® to attach your design to your pillow case tunic. For younger ones why not incorporate some role play and develop your storytelling skills?

- Have a go at writing with a quill as they would have in Medieval times. Can you find a feather to make your own?
- Make your own set of armour or chain mail.

Did You Know?

It was expensive to become a Knight! A suit of armour would have cost anywhere from £8/6/8 (eight pounds, 6 shillings and 8 pence) to £340 which, in today's money would be in the region of £4893-£200,000!

- In Medieval times most things were made/carved from wood. Have a go at making something useful from wood.
- Pioneer or build a trebuchet or catapult. Compete in teams.
- Make your own stained glass window/sun-catcher from card and tissue paper. In Medieval times few people could read and stained glass was used to tell stories, i.e. Bible stories in Church windows.
- Build a castle using materials of your choice.
- Before people had watches and clocks they created other ways of telling the time. Often large candles were marked to show hours; have a go at making your own candles from beeswax sheet or wax pellets.
- Music was a past-time of many Knights. Have a go at making your own drum or lute and play a tune.
- Chickpeas, beans and peas were common foods in the Middle Ages (Medieval times); make a picture using them.
- Jugglers often performed for Knights and Ladies in castles after banquets. Make your own set of juggling balls and learn to juggle.



Food

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- Herbs and spices were often used to flavour foods during Medieval times. Nutmeg, caraway, pepper, cardamom and ginger were among them; find out where they come from, what they look like, how they taste and present your findings in a fun way.
- A Knight's day started a sun rise and ended at sun down but special occasions would have been celebrated with a midnight feast; enjoy your own midnight feast.
- Make a weekly meal planner.

Why?

Knights would have eaten 3 times per day, consuming meat 3 times per week and vegetables the rest of the time with bread as a staple.

- Hunting was common in Medieval times. Go on a hunt or find out about animals that are still hunted today and how. Have a go at preparing cooking game.
- Flaming arrows were a common weapon used against enemies. Make your own flaming arrows by toasting marshmallows on sticks!
- Make your own bread.

Why?

Bread was a staple of Medieval diets. The rich used ale and yeast to leaven their bread while the poor ate unleavened bread made with flour and water. Take this further by testing different types of flour.

- Knights drank mead made from honey; 18+ have a go at making your own mead or tasting mead, under 18's make a recipe of your choice using honey.
- Bake your own castle shaped celebration cake.
- Most cheeses were originally recorded in the Middle Ages. Have a go at making your own cheese using an at-home kit or visit a cheese making factory to see how it's done.
- Make and decorate your own coat of arms/shield biscuits.
- Beans and peas were common foods in Medieval times. Try growing your own; you can even grow a bean against the side of a jam jar packed with moist cotton wool so you can see it sprouting.



Games

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- 🛡️ Bowling was played in the Medieval times. Visit your local bowling club and learn how to play...you could be a champion in the making!
- 🛡️ Have a game of Blind Man's Bluff, another game popular in the Middle Ages.
- 🛡️ Draughts and Backgammon were popular in the courts of Medieval England. Learn how to play and/or have a game.
- 🛡️ Host your own jousting competition using pool noodles or pipe insulation as lances.
- 🛡️ Have a go at potato jousting.

How?

Each person has one potato and two spoons. Players should walk around the space with one potato balanced on one spoon whilst using their other spoon to try and knock off other player's potatoes (and also defend their own). Players whose potato get knocked off their spoon are out.

- 🛡️ Gambling was a popular past-time of Knights. Have a game of higher lower... will you stick or will you gamble?
- 🛡️ Host your own Knight's Tournament and test your agility.
- 🛡️ Become King/Queen of the castle with a game of Lolly-stick Castles. Using a narrow necked bottle/glass, take it in turns to balance a lolly stick on the top to make a tower. The player who makes the tower fall down is out and the game starts again. The last player standing becomes the King/Queen of the castle.
- 🛡️ Play the seat swap game using Kings, Queens, Knights and Dragons. The last person to take their seat in each round is out.
- 🛡️ Test your aim and shoot down dragons using a water pistol. Alternatively use rubber bands to shoot down plastic cups.
- 🛡️ Test your agility with a balance game. Can you maintain your balance whilst catching balls thrown to you.
- 🛡️ Defend your castle with a team game of Capture the Flag or Prisoners Base.
- 🛡️ Have a game of Boules; instead of rolling the ball towards the target throw it instead. There are lots of variations...have a go!



Other

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- Have a go at archery at a local archery club. Play some archery target games.
- Knights were noted for their skills with horses. Find out how to read horse body language, look after a horse and have a go at horse riding.
- Research heraldry and make your own family tree. Are you related to anyone noble?
- Find out what life was like in Medieval times and present your findings using a method of your choice.
- Create your own Code of Honour/Code of Chivalry for your group. King Arthur's Knights swore the Oath of Chivalry which included protecting the weak and defenseless, obeying authority and speaking the truth.
- Visit a castle, there are lots to choose from around the country.
- A Knights day started at sunrise. Wake up early and see the sunrise for yourself.
- Find out about Medieval weapons/armour. You could take it further with a visit to the Royal Armouries or the Imperial War Museum.
- Knight comes from the old English word 'cniht' meaning servant. Serve your community by waiting on at a community dinner/afternoon tea or volunteering at a community event or soup kitchen.
- Jugglers and acrobats would have performed in court for the entertainment of Knights. Learn how to juggle or have a go at a Circus Skills workshop. Why not count this skill towards your Circus Adventures badge?
- Music was a popular past time in the Middle Ages with the lute, drums, cymbals and bells being common instruments. Have a go at playing one or all of these.
- Greensleeves and I Gave My Love a Cherry were common folk songs of Medieval times and are still sung today. Sing them or learn some other popular folk songs.
- Research Orders of Chivalry and find out about their crests or medals. Do you know anyone who has been awarded such an honour or is there anyone local to you?
- Meet a modern day knight and speak to a member of the armed forces.

Adventure Complete?

Reward your young adventurers with their Knight Adventures 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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