

# Me and My Feelings Challenge



**It's okay to not be okay...**

Join us as we explore all kinds of emotions. From happy and excited to scared and angry, every feeling is important and helps us understand ourselves better.

For even more programme ideas check out our 'Feelings' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](http://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

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# Craft

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>Create a colourful way to track your feelings. Cut up small pieces of paper or card in different colours, each representing a different emotion (e.g. red is angry, blue is sad, yellow is happy etc). Each day, pick a colour that matches how you feel and drop it into a jar. Over time, your jar will fill up with a rainbow of emotions.

- Decorate paper plates with different emotions.
- Paint a picture that represents how you feel.
- Craft an octopus using a paper cup and tissue paper.

## Why?

This activity is a fun way to practice mindful breathing. Start by carefully cutting a small hole in the bottom of a paper cup (young adventurers should be supervised by an adult). Decorate your cup to create your octopus's head, then cut strips of tissue paper and attach them around the inside edge of the cup with glue or tape. Once the glue has dried, take a deep breath in through your nose, then exhale by blowing through the hole in the cup. Try this for three breaths and watch as your octopus's tentacles dance! It's a playful, hands-on way to enjoy movement while practicing calm, mindful breathing.

Decorate a mindful stone. Each day hold your stone: what do you hear, feel, smell, see, taste? Breathe in, breathe out, take note of your senses and be in the moment.

Put together a 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 glycerine (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.

- Use old magazines, colours, textures, and shapes to create collages representing different emotions.
- Complete some mindfulness colouring sheets.
- Write any worries you might have on tissue paper and clip it together with a peg to create a worry butterfly. It can symbolise our worries fluttering away.

- Build your own emotion themed pizzas.
- Hold a 'Me and My Feelings' themed buffet by creating a colourful buffet with different platters representing specific emotions. For example, an angry platter could feature red foods like cherry tomatoes, red peppers with dip, strawberries, and other vibrant red treats. Each platter can showcase a different emotion through colour and flavour, making it a fun and tasty way to explore feelings.
- When we feel happy, our brain releases a chemical called dopamine, or the 'feel-good' hormone. This is what makes trying new things fun and exciting. Take part in a blindfolded taste test to try foods you have never tried before.
- Find out how food can affect how we feel.

Here's an idea!

Make a food diary to record what you're eating, when you're eating, who with and what time from and to. Eating with others and taking your time can have a positive impact on your health.

- Baking for others is proven to have a positive impact on your mental health. Bake something and give it to someone else.
- Cook a traditional Finnish dish such as lohikeitto, ruisleipä or lihapullat.

Why?

In 2025, Finland was ranked as the world's happiest country for the eighth year in a row. It is said that this is down to factors such as access to nature, equality, work-life balance and strong social support.

- Make smoothies using colourful fruits and vegetables to represent different emotions. For example, yellow for happiness (banana and mango), blue for sadness (blueberries) or red for anger (strawberries and raspberries).

Did you know?

Certain fruits and vegetables like avocado, spinach, and bananas can help lift your mood! Try adding them to your smoothies for a natural boost of happiness and energy to brighten your day.

- Eating a healthy breakfast is proven to improve mood and productivity for the day ahead. Enjoy a nutritious breakfast such as porridge with fruit, avocado toast or yogurt and berries.



# Games

- ♥ Take it in turns to act out different emotions without using words and have other players guess what the feeling is.
- ♥ Play a game of musical statues but with an emotional twist.

## How?

Play some music and dance around as normal when playing musical statues. When the music stops, a leader must call out an emotion such as happy, sad, or excited and players must freeze showing that emotion with their body and facial expression. Players who move or show the wrong emotion are out and the game.

- ♥ Studies show that dance helps to reduce stress and increase levels of serotonin, which is a feel-good hormone. Take part in a game of Just Dance. If you don't have this game, almost all of the dances can be found on YouTube so take your pick and get your groove on!
- ♥ Have a go at playing the Skittles friendship game.

## How?

Take it in turns to pick a sweet out of the packet, the different colours represent different questions. Ask these questions to a whole group of friends or ask to a specific person. Red = What is something you did today that made you a good friend? Orange = Tell me something good about a friend. Yellow = What is a good way to make a new friend? Green = What do you think makes somebody a good friend? Purple = How might you make a friend feel better when they are having a bad day? Brown = What do you do when a friend makes you feel sad?

- ♥ Blow bubbles and imagine you are filling each bubble with worry. Watch your worries float away in their bubbles as you blow each one into the air.
- ♥ Take part in a reflective version of the classic game hot potato.

## What?

This game works the same as hot potato as players pass around an object such as a small ball whilst music plays. When the music stops, the player holding the object picks an emotion card and says, "A time I felt \_\_\_\_ was when...". This simple twist encourages children to explore different emotions and also gives them a safe space to share their own experiences and feelings.

- ♥ Have a game of sleeping lions and listen to some calm and relaxing music at the same time. As you lie still, take a moment to imagine yourself in your happy place, maybe a sunny beach, your house or a garden full of flowers.



# Other

- Watch the 2015 Disney Pixar film, *Inside Out* or its sequel released in 2024, *Inside Out 2*. These films cover a range of emotions including joy, sadness, fear, disgust, anger and anxiety.
- Read a book about emotions such as *The Colour Monster* by Anna Llenas, *The Stompyaurus* by Rachel Bright, *Find Your Happy* by Emily Coxhead or *Ruby's Worry* by Tom Percival.

Here's an idea!

Why not try reading the book aloud and discuss how the characters might be feeling at different points.

- Write a story or poem about the different emotions we feel.
- Find out how different animals show their feelings, for example, how do dogs show joy, elephants show sadness, or cats show love and affection?
- Donate to a charity that helps people who are feeling sad or worried, such as the Samaritans. Don't forget, it's important to talk to someone you trust if you're feeling upset or overwhelmed.
- Listen to different types of music, some slow, some upbeat and pay attention to how it makes you feel. How can music change our mood?
- Make a list of things that make you feel happy.
- Take a moment to steady your breathing and practice some calming breaths. Pretend you are gently smelling a flower, then slowly blowing out a candle. Repeat this a few times to help your body relax.
- Research what an art therapist does and how art can help people through tough times in their life.
- Go for a walk and notice how nature makes you feel. Are you calmer by a stream? Happier in the sunshine? Write down your observations.
- Perform some small acts of kindness and think about how they make you feel, and how they might make others feel.
- Interview a friend or family member about a time they felt a strong emotion.
- Use the free emotion tracker resource on our website to put together a visual chart of how you have felt throughout the year.

# Adventure Complete?

Reward your young adventurers with their Me and My Feelings 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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