

Mindfulness & Wellbeing Challenge



Relax, unwind and enjoy a journey to a calmer & happier you!
In a world of stress, pressure and anxiety, it's more important than ever we show our young people how to be happy & healthy. Wisdom the Brain is here to help!

For even more programme ideas check out our 'Mindfulness' 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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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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-  Make a journal using a method of your choice to track your feelings and emotions. Can you identify any themes?
-  Create a worry jar or a happy jar.

What?

Decorate an old, clean jar.

Worry Jar - write down your worry and place it in the jar overnight. While your worry is in the jar you cannot think about it. After sleeping, see if you are still feeling worried about that thing and if you are then today is the day to deal with it.

Happy Jar - write down things that make you happy or little positivity messages on slips of paper. Fold them up and place them in your jar. When you're feeling a little down, take one out and read it to brighten your mood.

-  Decorate a mindful stone, it should be smooth to the touch. 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.
-  Print an affirmations tree to help you grow.

What/How?

Create a picture of a tree with big leaves (for you to write in) and a strong trunk. In each circle write a different affirmation (a positive thought) i.e. I am an amazing and helpful person, I get better every day, I am enough. Each day read your affirmations aloud and see the improvement in your self belief.

-  Make a meditation chain. Thread a series of beads on to a string and tie in a loop. Each day hold the beads in your hand. Holding the first bead say a positive affirmation, i.e. Today is going to be a great day. Once done, move to the next bead and repeat until you have held each bead in your hands.
-  Express your gratitude and make a card to thank someone for something they have done to help you.
-  Express your creativity and take part in a large scale art project.
-  Make a breathing wand (see our Pinterest board for some ideas).
-  Complete some mindful colouring.
-  Create a gratitude flower and on each petal write the name of someone or something you are thankful for. Each time you look at your flower you'll grow in gratitude for those people/things.



Food

**PAWPRINT
BADGES**

-  Find out about foods that boost your moods and make some juices or smoothies with them.
-  Create your own healthy snacks or cereal bars you could include dried fruits or nuts. Discover the benefits of different ingredients and make them personal to you.
-  Find out about the hidden sugar in different foods and the impact this can have on your health.

Here's an idea!

Why not invite your local dentist to come and speak to you about the effects of sugar on your teeth? Did you know that using a straw to drink sugary drinks is better for your teeth?

-  Baking for others is proven to have a positive impact on your mental health. Bake something and give it to someone else.
-  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.
-  Have a go at the salty potato experiment.

How?

Cut a potato in half and place each one cut side down in a glass or bowl. Fill one with salty water and the other just plain water. Leave for 30 minutes. You should see the potato in the salt water shrivel and go wrinkly. Salty foods have the same effect on our bodies making us feel thirsty and drained. The same happens when we surround ourselves with negativity/negative people.

-  Try some mindful baking. Experience the ingredients with touch and smell, take care and time and practice some controlled breathing as you stir the mixture.
-  Socialise with others and enjoy a meal together. Hold an afternoon tea or a dinner party.
-  Find out what foods are good and bad for us and what proportions we should eat them in. Why not decorate a plate to show the correct portion sizes.
-  Make a cake or decorate biscuits to represent your hobbies/interests.



Games

PAWPRINT
BADGES

- ✿ Play a game that's new to everyone in your group so that you all feel equal and on a level playing field.
- ✿ Develop your listening skills with a game like Hi Harry! (see the Campfire Challenge pack), Queen's Keys or Chinese Whispers. Listening is a vital communication skill, find out how to listen effectively. How do you feel when someone listens to you?
- ✿ Get active and inventive by moving around the space in different ways, like Simon Says. Hop, skip, jump, frog jump, roll, etc.
- ✿ Mindfulness is practicing being present and aware of the moment and your surroundings...but how aware are you?

For Leaders...

Create a setting and welcome your young people. Take part in a discussion on awareness and what that means. Send your young people off outside to complete a different activity and during this time make some key changes to the setting, i.e. change the colour of your t-shirt, add a sign to the wall, add remove decorations. Invite your young people back in and quiz them to see if they can notice all the changes. No outside space? A simple game of spot the difference would work just as well!

- ✿ Play the sweet game and think about your feelings. What makes your sad, happy, angry? Each person should take it in turns to remove a sweet from the bag. With each colour sweet representing a different emotion, talk about what makes you feel that way depending on the colour sweet you get.
- ✿ Take part in some speed friendship (great for getting to know new people or others in a group). Like speed dating; in pairs take it in turns to spend 1 minute talking about yourself, when the bell rings swap over and after 2 minutes change partners.
- ✿ Have a game of sleeping lions and listen to some calm and relaxing music at the same time.
- ✿ Use your imagination and as a group create a story, each taking it in turns to add one line/word/sentence.
- ✿ In pairs take it in turns to draw a picture on each other's back using your finger. When you guess correctly, swap over.
- ✿ Blow bubbles, how many can you blow. How big can you grow your bubble compared to a friend or family member.



Other

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BADGES

-  Visit the dentist or doctor for a check-up.
-  Learn to play a new instrument.
-  Together with friends learn a new language. Learn how to say key phrases and words including hello, how are you, thank you and goodbye.
-  Survey your group to identify people with similar hobbies or interests. We find it easier to connect with people who have things in common to ourselves. Use our people bingo resource to help.
-  Learn a new skill or try something new to you. You may discover a hidden talent you never knew about!
-  Get outdoors and start a garden or grow a plant. Plants need the same love and care that we do to grow. Think about how you can nurture yourself.
-  Try yoga or animal yoga for little ones.
-  Practice deep, controlled breathing or meditation.
-  Collect newspaper cuttings on current affairs and discuss, then think about what we have to be thankful for...it's too easy to focus on the negatives and sometimes we need a reality check.
-  Have a go at cloud watching. Lie on the grass and watch the clouds go by, what can you see?
-  Find out about body confidence and the influence of the media on our perceptions of beauty. Watch 'The Dove Evolution Film' to see how images can be manipulated.
-  Everyone's perceptions of the same thing are different. Stand and focus on your senses; what do you smell, see, feel, hear and taste? How does it differ from a friend?
-  Write a story about anything you like. You could even enter it in to a competition for young authors!
-  Use our free Managing My Emotions wheel and discover some coping strategies to help you when you feel stressed.
-  Learn to see things from other people's point of view. Use our Conflict Resolution Fortune Teller and work through challenges together.

Adventure Complete?

Reward your young adventurers with their Mindfulness & Wellbeing 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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