

Pantosaurus Challenge



Dig into a pant-astic Pantosaurus themed adventure!

Pawprint Family and the NSPCC are on a mission to get everyone talking PANTS with the help of Pantosaurus. There's nothing brief about it...

For even more programme ideas check out our 'PANTS' 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

About the NSPCC

We've been protecting children for over 100 years – doing everything we can to prevent abuse and neglect.

Together, we can stop child abuse and neglect. By working with people and communities across the UK and Channel Islands, we prevent abuse, make the online world safer for children and make sure every child has a place to turn to for support when they need it.

We campaign for change. We work with schools to help children understand what abuse is and support them to speak out and feel safe. Childline is there for children and young people when they need us. And the NSPCC Helpline is ready to respond to adults with any worry about a child. We develop services in local communities to stop abuse before it starts and help children recover, so that it doesn't shape their future.

And, above all, we work together – because we can't stop child abuse alone.

We want to work with everyone in children's lives, from parents and



teachers, to sports coaches, nurses, social workers and members of the public. We'll harness their kindness to create a social safety net that keeps children safe.

Everyone has a part to play in keeping children safe. By building a bigger team, we can give more children the safety and support they need. Every pound you raise, every petition you sign, every minute of your time, will make a difference. Together, we can change children's lives.



67,000 contacts to the NSPCC helpline for adults last year



Almost 200,000 Childline counselling sessions last year



Our Schools Service has reached over 90% of primary schools in the UK



We helped make over 1.5 million children safer in 2020/21

NSPCC

Everything we do protects children today and prevents abuse tomorrow. But all this is only possible with your support.

[nspcc.org.uk](https://www.nspcc.org.uk)

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Let's Talk PANTS

You've probably already talked to your child about things like crossing the road safely. Having a conversation with them to help keep them safe from sexual abuse can be just as easy with Talk PANTS.

From P through to S, each letter of PANTS provides a simple but valuable rule that can help keep your child safe. PANTS teaches your child that their body belongs to them, they have a right to say no, and that they should tell an adult they trust if they're worried or upset.

Thousands of parents have already had this vital conversation using our Talk PANTS materials. We don't use any scary words or even mention sex. And our friendly dinosaur, Pantosaurus, makes it extra roarsome for kids. So help keep your child safe – join Pantosaurus and thousands of parents talking PANTS.

Join thousands of parents talking PANTS
at [nspcc.org.uk/PANTS](https://www.nspcc.org.uk/PANTS)



P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

HOW TO: Use Your Challenge Pack



This Challenge Pack has been created in partnership with the NSPCC. Divided into 4 sections: Craft, Food, Games and Other, it's been designed 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!



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|---|--|
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| Tell your friends/family/colleagues about us! | Copy or modify any part of this resource to share with others either for free or for sale. |
| 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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You can view the extended terms of use on our website www.pawprintfamily.com/terms-conditions



Craft

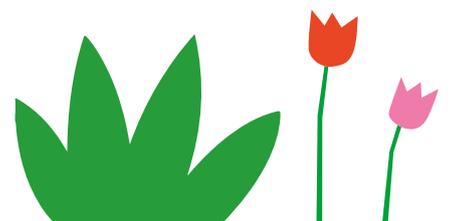
**PAWPRINT
BADGES**

-  Got some old pants you don't know what to do with? Cut the letters of your name out of your old knick-knacks and personalise a bag or jacket with your very own one-of-a-kind lettering.
-  'Pantosaurus and the Power of PANTS' - Pantosaurus gets a new pair of pants that give him special powers. Use our free 'Super Pants' resource to plan out your own super power pants. What will your super powers be?
-  Are you a pet lover? Shred underwear that you've grown out of into little pieces and use it as stuffing for a pet's bed. They'll love you for the extra comfort!
-  Make a pair of life-size pants for yourself using any craft materials of your choice. Bin bag pants? Newspaper pants? Pants made out of tissue paper? Why not?! You could always make your pants out of re-used or recycled materials to help the environment too. Your crafty pants may not be comfortable but they sure will be stylish.
-  Cut unused underwear material into strips about 2cm wide and transform them into hair ties. Not only do you now have super cute hair accessories, but no one will ever know that they're actually made out of old pants.
-  Create your very own 'Talk' box to share with a trusted adult. That way, if you're not feeling confident enough to talk about them, you can write down your secrets, or anything that upsets you, and place them into your box.

Why?

One of Pantosaurus' five rules is to 'Talk about secrets that upset you'. He says there are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad, and you should tell an adult you trust about it straight away.

-  Paint pants printing. Draw a pair of pants, or download the free resource from the NSPCC website, and cut them out. Fold your pants in half and paint a pattern on one half. Before it dries, print your pattern onto the other side of your pants by folding in half again and pressing together.
-  Draw your own dinosaur to help Pantosaurus spread the PANTS message. Why not call your dinosaur a pants-related name - check out the 'Other' dinosaur name activity.





Food

**PAWPRINT
BADGES**

-  Are you a smarty pants? Make a pants picture using a variety of different coloured Smarties® or another circular chocolate of your choice. Why not try to re-create the pants on Pantosaurus or one of his friends?
-  Prepare and enjoy some pizza pants. Make a pizza from scratch and shape your pizza base like some pants. This is a great discussion opportunity for parents, leaders and teachers to discuss the PANTS message with children whilst making the pizza. You could always top your pizza with PANTS toppings (e.g. pepperoni, anchovies, n'duja sausage).
-  Make Pantosaurus using healthy fruit and vegetables for a dinolicious snack. You could use melon or pineapple for his body, carrot chunks for the spikes on his tail, half an egg for his eye and half a cucumber slice for his pants!
-  You're in charge of your body! Find out which healthy foods you enjoy and make you feel good.

Why?

The 'N' in PANTS means no! You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

-  Add a bit of fun to your lunch with some cheese pants sandwiches. All you need to do is carefully cut your cheese slices into pants shapes to place in between your bread and you're done! We know, it's a cheesy activity...
-  Cook a 'pants' meal. After discussing the PANTS message and what each letter stands for, make a dish using foods that begin with the letters in PANTS. For example, you could put together a dish using pineapple, apples, nuts, tangerines and sultanas.
-  Bake a tasty batch of pants biscuits or cookies. Decorate with edible toppings of your choice. For more of a challenge, why not decorate your biscuits the same as the PANTS design on the Pantosaurus Challenge badge?
-  Use a cookie cutter to cut your lunchtime snacks into stars just like the stars on Pantosaurus' pants.
-  Make a batch of surprise-centre cupcakes where only you are allowed to see what's inside, no one else! Why not fill your cupcakes with mini sweets, chocolate chips or a fruit jam?





Games

**PAWPRINT
BADGES**

-  A pair of pants, literally. A classic game of snap with a twist. Instead of matching numbers, you're matching the patterns on pants. Play with a partner or as a group. Head over to our website to download and print the free 'A Pair of Pants' resource.

-  Get ready to fill your boots... or should I say, fill your pants!



How?

Find a pair of the biggest pants you own and put them on over the top of your clothes. The aim of the game is to fill your pants up with as many soft items as you can before the timer runs out (e.g. soft toys, socks, etc.) When the timer ends, count out how many soft objects you've collected in your pants. If you're playing on your own, try to beat your personal score next time. If you're going head-to-head with a partner, try and collect more items than your opponent.

-  Race against the clock to peg as many pairs of pants as you can onto a child-sized washing line - it's great for fine-motor muscles and co-ordination!
-  Play a game of Dino whispers in a group. The key message would be that as the whisper is passed around the circle it becomes distorted and unclear, which is why it's important to tell an adult you trust directly, and straight away, when you're upset or worried.
-  Get stuck into an active game of true or false using the PANTS messaging.

How?

Decide upon a 'true' wall and a 'false' wall on opposite sides of a room and read out a variety of true and false PANTS statements. Players must run to the true or false side of the room. Don't forget to read out some funny statements to add some fun to the game too (e.g. 'Pineapples are private' instead of 'Privates are private.').

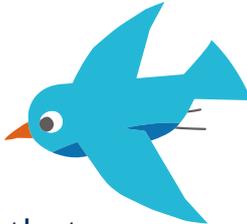
-  Duck, Duck, Goose? Pants, Pants, Pantosaurus! Whenever there is a new Pantosaurus 'on', the child must tell everyone at least one PANTS rule.
-  Fill a washing basket full of clothes and sort out the clothes that cover your private parts and those that don't with an adult. Discuss which items of clothing are suitable to remove with an adult and those that aren't. Swimming trunks and swimming costumes are important to mention too!
-  Simon says. Only do what Simon says if it's appropriate and shout "NO!" when he goes against Pantosaurus' rules (e.g. "Simon says keep it a secret" = "NO!"). Remember, you always have the right to say 'no', even to a family member or someone you love.





Other

**PAWPRINT
BADGES**

-  Grab yourself a copy of 'Pantosaurus and the Power of PANTS' from the NSPCC website - all profits and donations will help them fight for every childhood. *Pantosaurus can't wait to wear his new pants. Dinodad says they'll give him special powers! But, when Pantosaurus has a problem at school, will his super pants give him the power to speak up?*
-  Read 'Aliens Love Underpants' by Claire Freedman. Count how many different patterned pants you can see throughout the whole book. You can never have too many pairs of pants... 
-  Listen to and sing along to the Pantosaurus song on Youtube so that you can learn and remember Pantosaurus' rules for staying safe, and teach your friends how to stay safe too.
-  Pants and Plants. Decorate a plant pot with the PANTS rules. Use this opportunity to discuss that the roots remain beneath the soil, unseen and untouched. Share how this is similar to what's beneath our underwear, and that it's not touched or seen by anyone but ourselves.
-  Did you know? The largest underpants ever made in the world measure 25.36m across the waist - the world record was set in Egypt in March 2018. Measure a pair of your own pants and work out exactly how many pairs you would need to fit inside these utterly gigantic pants.
-  Have fun transforming as many dinosaur names as you can into Pantosaurus themed names. For example, Ver-boxer-raptor, or Knickerdocus! Challenge yourself to think of at least 10 different dinosaur names.
-  Design your own Pantosaurus poster to show to your friends and classmates and teach them all about Pantosaurus. Make sure you include all of Pantosaurus' rules. Can you remember the 5 rules?
-  Do you know what type of dinosaur Pantosaurus is? Discover more about the different types of dinosaurs you see in the Pantosaurus PANTS video and find out some interesting facts about them to share with your friends.
-  The PANTS message is displayed in an acrostic to help you remember how to stay safe. Think up and write your very own acrostic! Your acrostic can be about anything you like (but you get extra Pawprint points for making your acrostic pants themed).
-  Make up your own PANTS song to remember Pantosaurus' rules. Make sure the key message of how to stay safe remains the same, but the rest (including lyrics and tune) can be up to you!

Adventure Complete?

Reward your young adventurers with their Pantosaurus 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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