

People Who Help Us Challenge



Get ready to meet some real-life superheroes...

From brave firefighters and caring nurses, to supportive teachers and dedicated police officers. Join us in celebrating the people who help us every day.

For even more programme ideas check out our 'People Who Help' 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 and decorate a thank you card for someone that helps you. It could be a teacher, doctor, firefighter or even a family member.
- ✋ Use paper plates, paint and craft materials to create faces of different people in your community that help you such as police officers, doctors or vets.
- ✋ Craft a pretend first aid kit using card, felt and recycled materials.
- ✋ Lollipop people help keep us safe when we cross the road. Make your own lollipop stick using recycled cardboard.
- ✋ Make your own medal using clay or card to give to a community helper to show them how much you appreciate all they do.

Here's an idea!

Why not use the free medal designer resource on our website to help you to plan out what you would like your medal to look like?

- ✋ Build a fire engine or ambulance from junk model materials. These vehicles are very important as because they help emergency workers get to people quickly to save lives.
- ✋ Dentists help to keep our teeth healthy. Take part in a fun painting activity that teaches young adventurers the importance of keeping their teeth clean.

How?







Print out an outline of a tooth onto yellow paper. The yellow represents a dirty tooth. Each child should then be given a toothbrush and some white paint. The idea is to scrub the yellow tooth clean by brushing it. As they 'clean' the tooth, the yellow disappears and the tooth becomes bright and white!

- ✋ Vets take care of unwell or injured animals. Make your own ID tags for your toy animals or pets. Why not also make a book to keep track of their health and show how the vets have taken care of them?
- ✋ Put together an outfit and transform into your favourite community helper for the day. You could use clothes or dress-up items from home but why not craft your own badge, hat, or accessories?
- ✋ Postal workers deliver our letters and parcels come rain or shine. Construct your own post-box from papier mache. Why not ask your friends, family or group to fill it with letters for you to deliver?





Food

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BADGES

-  Chefs help feed people in schools, hospitals, and restaurants. Whip up a delicious meal for friends or family. Why not make your own chef's hat to wear whilst cooking? You could add this to your Craft challenge!
-  Police officers work hard to keep our streets safe every day. Bake some biscuits and decorate them to look like police badges.
-  People such as paramedics, firefighters and nurses often work long, busy days and require plenty of snacks to keep their energy up and stay focused. Make some homemade energy bars using oats, dried fruit, honey and seeds. These delicious bars are the perfect healthy snack for workers on the go.
-  Construction workers and builders help us by building the homes we live in, the schools we learn in, and the roads we travel on. Enjoy a 'builder's tea'.
-  Fix up some simple cupcakes or cookies, decorate them with kind messages and deliver them to a teacher, cleaner, or school helper.
-  Doctors and nurses look after us when we're feeling unwell and help us to get better by making sure we eat the right foods. Find out what a balanced diet looks like and learn about the different food groups.



Here's an idea!

Why not create your own food chart showing all of the different food groups? You could even use your chart to help plan and pack a balanced lunch box.

-  Lifeguards watch over swimmers to keep them safe in the water. Make some lifebuoy inspired doughnuts dipped in red and white icing.
-  Find out which types of foods dentists recommend for keeping our teeth strong and healthy - and which ones can actually harm them.

Did you know?




In 2018, German dentist Dr. Max Lukas pulled the world's longest known human tooth from a patient who had been complaining about severe tooth ache. The tooth measured 37.2 millimeters (1.46 inches)!

-  Shopkeepers assist us in finding the things we need at the shop. Set up your own pretend food shop and use play money to buy and sell snacks.
-  Host a special buffet and invite community helpers to enjoy a selection of food as a thank you for all of the amazing things they do.






Games

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-  Paint flames on a Tuff tray, then grab a spray bottle or hose and put out the fire like a real firefighter. Why not add numbers or letters to the flames for an extra challenge?
-  Opticians help keep our eyes healthy and check how well we can see. Play a game that tests your observation skills, just like an optician checks our eyesight. Some examples of games might be i-Spy, spot the difference or a memory card match.
-  Cleaners help us by keeping our schools and public spaces clean and germ-free. Take part in a 'Tidy up Relay'.




How?

Split into two teams. Each team should have it's own pile of toys or items to tidy up. Players take turns racing to pick up one item from their team's pile and put it in the correct place (e.g. toy box, bookshelf, bin). After putting the item away, the player must run back and tag the next teammate. The teams keep taking turns until all of their items are tidied away. The team that finishes first are the winners.

-  Take part in a People Who Help Us scavenger hunt. Search high and low for things that remind you of different community helpers, such as a stethoscope for a doctor, or a book for a librarian.
-  Step into the shoes of a postal worker for the day. Race your friends to deliver letters and parcels to the right houses (marked boxes) as fast as you can but make sure to watch out for obstacles such as barking dogs or slippery steps! The first person to deliver all of their post is the winner.
-  Go head to head in a 'People Who Help Us' inspired version of Simon Says.

What?

Take turns being Simon and give helper-themed actions such as 'Simon says, put out a fire like a firefighter', 'Simon says, hammer like a construction worker' or 'Simon says, water the plants like a gardener'. Remember to only follow the action if Simon says!

-  Set up a role play area to transform your space into a mini world of real-life heroes. Set up a doctor's surgery, post office, vet clinic or school. Use your imagination and act out a day in the life of your favourite community helper.
-  Play the free 'People Who Help Us' match card game on our website.
-  Name as many 'People Who Help Us' as you can.



Other

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-  Visit your local post office to see how letters are sorted and sent.
-  Write a poem about a special person in your community who helps and care for others. Make sure to include all of the ways they support and protect us.
-  Watch some real-life TV shows such as *Inside the Ambulance*, *999: What's Your Emergency?*, or *24 Hours in A&E*. These shows let us in to see how everyday heroes such as paramedics, doctors and police officers help people in emergencies.
-  Take a look at a video about fire safety and how firefighters help during emergencies to save lives.
-  Pilots, train drivers and bus drivers help us by safely transporting people where they need to go. Visit a transport museum.
-  Find out some facts about recycling and how bin workers help keep the environment clean. You could also learn how sorting different types of waste helps to reduce pollution and protect wildlife.
-  Take a trip to your local veterinary clinic or animal shelter to learn about caring for animals.
-  Therapists use their talking and listening skills to help people feel better when they are feeling sad, worried or upset. Create a feelings chart or journal to express your own emotions and learn to understand them better.
-  Think about a job you might like to do when you grow up. Look in a book or online to find out what you need to learn or do to get involved in that job.
-  Gardeners help us by taking care of parks, gardens, and other green spaces. Help with weeding and watering plants at home or school to learn about a gardener's daily tasks.
-  Enjoy some episodes of Fireman Sam, Bob the Builder or Postman Pat. Why not sing along to these catchy theme tunes and make up your own actions?
-  Teachers help us by teaching us new things such as reading, writing, counting and solving problems. Create your own lesson plan or teach a mini-class about something you are passionate about to family or friends.
-  Find out if you can have a tour around a construction site near you. See if you can talk to some of the construction workers about what they do.

Adventure Complete?

Reward your young adventurers with their People Who Help Us 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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