

**PAWPRINT
BADGES**

Rainbow Challenge



“Try to be a rainbow in someone else’s cloud” - Maya Angelou
Are you ready for a colourful adventure? Rain or shine, there’s 40+ activity ideas for you to discover on your way to the Pot of Gold...

For even more programme ideas check out our ‘Rainbow’ 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						
Age 5 - 7		Craft	Food	Games	Other	PICK
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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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
Direct people to this resource online by sharing our website links.	Upload this resource to a website for download.
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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Craft

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- ★ Make a colourful collage using all the colours of the rainbow.
- ★ Create a sun catcher with rainbow coloured sweet wrappers.
- ★ Have a go at tie dying an old white t-shirt or pair of socks. Can you make a rainbow with different coloured dyes?
- ★ Design a pop-up card that reveals a rainbow when you open it.
- ★ Mix all the colours of the rainbow from red, yellow and blue paints.

How?

Find out about the colour wheel and which primary colours you'll need to mix together to make each secondary colour. Can you find out what a tertiary colour is too?

- ★ Craft your own pot of gold.
- ★ Print out and colour in our free Rainbow Colouring Sheet.
- ★ Turn some rainbow coloured threads into friendship bracelets.
- ★ Use paint chips to make a colourful mosaic or garland.
- ★ Assemble a colourful rainbow themed mobile or wind chime.
- ★ In the Irish legend, the leprechaun looks after a pot of gold at the end of the rainbow. Make your own leprechaun to look after your pot of gold.
- ★ Put together a leprechaun outfit. Alternatively, can you put together an outfit that includes every colour of the rainbow? Or, can you make a whole outfit for each colour?
- ★ Make a rainbow using craft materials of your choice. For example, you could crochet, cross stitch or glue pom poms to a paper plate.
- ★ Complete a colour by numbers activity. Why not use our free Rainbow Colour by Numbers resource to get you started?
- ★ Knit yourself a rainbow coloured scarf.
- ★ Have some sensory fun with some rainbow finger painting.
- ★ Cut strips of tissue paper or ribbons and turn them into rainbow streamers.



Food

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- ★ Bake a rainbow cake. Why not make a hole the centre and fill it with colourful sprinkles for an extra rainbow surprise when the cake is cut?
- ★ Put together a colourful fruit salad with every colour of the rainbow.
- ★ Make some stained glass window biscuits with rainbow coloured boiled sweets and shortbread or gingerbread.
- ★ Create a colourful pizza by adding stripes or rings of colourful toppings.

Here's an idea!

Why not use red cherry tomatoes, orange pepper, yellow sweetcorn, green broccoli and purple onion? For an extra challenge, try colouring some cheese for your blue section.

- ★ Decorate some biscuits or cupcakes with rainbow coloured icing.
- ★ Prepare some rainbow inspired fruit skewers. Why not turn these into rainbow rockets and count them towards your Space Adventures badge?
- ★ Assemble a layered treat where each layer is a different colour to make a rainbow. From jelly to ice lollies or even fudge, what will you choose?
- ★ Bake some colourful rainbow shaped biscuits.

How?

Mix some food colouring into some biscuit dough for each colour of the rainbow. Then make a sausage of violet dough and wrap each colour around in reverse order to red. Cut rounds from your big roll of dough; then cut each in half to make the rainbow shapes.

- ★ Enjoy some rainbow coloured sweetie laces.
- ★ Complete the colourful experiment by arranging some coloured sweets around the edge of a plate - Skittles® work best. Pour some warm water on the plate and watch as a rainbow appears in the middle.
- ★ Bake and decorate a cake to look like a rainbow. Why not add some clouds or even a pot of gold?
- ★ Put together a rainbow themed buffet with lots of colourful or rainbow shaped snacks and treats.
- ★ Have a go at using food colouring to dye some cooked spaghetti. Mix your colourful pasta together for a rainbow-l meal.



Games

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- ★ Take part in or write a colourful rainbow themed quiz.
- ★ Play Colour Bingo with one of our free resources.
- ★ Sort a group of objects by colour and put them into the order of the rainbow. Why not organise your bookshelf or colourful pencils?
- ★ Double rainbows occur when raindrops refract the sun's light twice. Go head to head with a friend or family member in a two-person game such as Snap.
- ★ Print our Colour Hunt Colour Wheel resource and head out for a rainbow focused nature walk.
- ★ Go on a rainbow treasure hunt around your house or meeting place. Can you find one object for every colour in the rainbow?

Here's an idea!

For an extra challenge, can you find an object that starts with each letter of the word RAINBOW? Why not turn this into a race to find your objects the quickest, or a competition to find the most creative objects?

- ★ Complete our free Colour Word Search resource.
- ★ What's your favourite colour? What colour is your front door? Get to know a friend or family member with some ice-breaker style questions themed around colour.
- ★ Play "I spy with my little eye..." with colours. Can you spot something for every colour in the rainbow?
- ★ How many different words can you make from the letters of RAINBOW?
- ★ Challenge yourself to complete the Rainbow Game.

What?

Can you name an object for each colour of the rainbow like the ones on your challenge badge? Why not play again but specify a category, such as types of fruit and vegetables? Alternatively, play this on a walk or journey and look for each colour in the right order.

- ★ Rainbows are the youngest section of Girlguiding and love a parachute game. Play 'Rainbow' as a twist on Fruit Salad where each player is given a colour instead of a type of fruit.



Other

- ★ Learn or write a rhyme to help you remember the order of the colours in the rainbow. A popular one is “Richard Of York Gave Battle In Vain”.
- ★ Find out about colour theory and the spectrum of light waves.
- ★ Split light into a rainbow in an experiment using a prism. Alternatively, look for rainbows made by sun catchers and find out how they happen.
- ★ Rainbows became a symbol of thanks for the NHS and other key workers during the COVID-19 pandemic. Thank a key worker you know for their hard work and time spent looking after people.
- ★ Sing the ‘I Can Sing A Rainbow’ song.
- ★ Look for a rainbow in the sky. Rainbows appear when sunlight hits rain droplets and refracts the light into its different colours; so you’ll need to stand with the sun behind and rain in front of you to see one.
- ★ Can you make a rainbow with a hosepipe while you water some plants on a sunny day?
- ★ Make a human rainbow by standing in the right order with each person in a different colour t-shirt or outfit.
- ★ There are seven colours in the rainbow and seven days of the week. Spend a week celebrating the rainbow colours, with red on Monday, orange on Tuesday... and violet on Sunday!
- ★ Host or attend a rainbow themed party.
- ★ Watch a video or documentary about rainbows.
- ★ Find out what a moonbow or fogbow is. Can you also find out how to see a full circle rainbow?
- ★ Take a trip ‘somewhere over the rainbow’ by watching *The Wizard of Oz*.
- ★ Write an acrostic poem with the letters of RAINBOW. For an extra challenge, why not write an acrostic poem for each colour in the rainbow too?
- ★ Complete the ‘walking water’ experiment. Starting with six cups of water, add a few drops of red colouring to one of them. Skip a cup and add yellow to the next, and repeat for blue. Fold some kitchen roll and place as a ‘bridge’ between each pair of adjacent cups. Watch as the colours form a rainbow.

Adventure Complete?

Reward your young adventurers with their Rainbow 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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