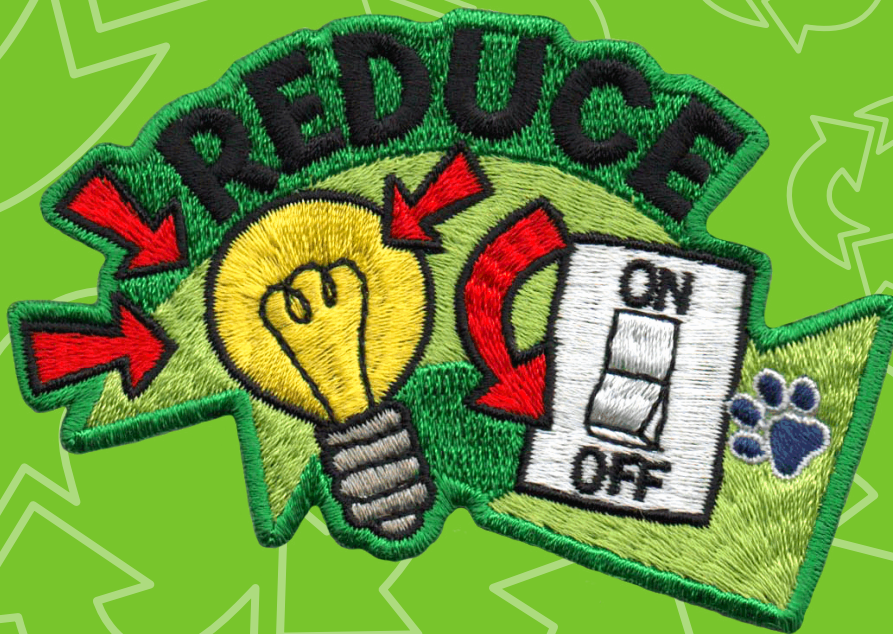


Reduce Challenge



Switch off the lights and start making plastic-free swaps!
The first in the recycling collection the Reduce Challenge packs programme ideas to get you reducing your waste and your impact on the world.

For even more programme ideas check out our 'Reduce' 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

You can view the extended terms of use on our website
www.pawprintfamily.com/terms-conditions



Craft

**PAWPRINT
BADGES**

-  Design plastic free packaging for your favourite sweets.
-  Using renewable energy can help us reduce our impact on the environment. Make a 'wind turbine' pin wheel.
-  Make your own bunting as an alternative to balloons for a celebration. You could even recycle wrapping paper to make your bunting bright!









For Leaders...

You can make this activity easier for little ones by using a hole punch to make holes in the top of each bunting triangle. Threading string through the holes is a great fine motor skill activity. For older ones use recycled ribbons from birthdays past and if you're feeling super creative recycle old clothes and sew your bunting with a sewing machine.

-  Make washing powder using conkers!

What?




Yes this really is possible! Those things you play with in the playground... you can wash your clothes in them too. There are plenty of instructions online and you can also check out the Sustainable(ish) podcast [Episode 30] to hear Mary and Teresa (Sister's Against Plastic) talk about their experiences!

-  Reduce your use of plastic food bags and make your own bees wax food wraps from old clothes.
-  Have a plastic free pamper and mix up your own, natural face masks using ingredients such as eggs, honey and oats.
-  Get creative with a sewing machine and make your own reusable cotton cloths and face pads.
-  Mix your own plastic free toothpaste using coconut oil, baking soda (bicarbonate of soda) and peppermint oil! Was it just as good?
-  Make a liquid hand soap from a soap bar.
-  Sew your own reusable veg bags from old clothes.
-  Create your own plastic free party bags.
-  Make your own water filter with rocks, sand, charcoal, cloth and a couple of reused pop bottles.





Food

**PAWPRINT
BADGES**

-  Take part in #MeatFreeMonday and cut out meat for the day. Try and take part each week and have one/two days meat free.
-  Visit a local zero-waste shop or find out where your local greengrocers is and take a trip there to find out where your food comes from.
-  Take part in a supermarket sweep to try and make a zero waste or plastic free meal.








For Leaders...

You could work in teams to create a full menu: breakfast, lunch and dinner. Can you shop without buying anything wrapped in plastic? How hard is it? What were the biggest challenges?

-  Make plastic free biscuits...can you find ingredients that aren't in plastic packaging?
-  Make your own ice lollies in reusable moulds OR get creative and make your own moulds from recycled yoghurt pots, etc.

Top Tip!




Make sure your yoghurt pots are empty and have been cleaned before being reused. Sisters Against Plastic agree that plastic moulds are OK as long as they are reusable!

-  Forage for natural foods and make something, i.e. nettle tea. REMEMBER! Only pick and eat things you know are 100% safe and seek advice from an expert if you're unsure!
-  Can you find plastic free sweets? Where can you get them from? OR can you have a go at making your own?
-  What do you put in a lunch box? Can you make a plastic free packed lunch? What swaps will you have to make?
-  Set up your own plastic free shopping collective.
-  Use a website like [olioex.com](https://www.olioex.com) to start exchanging unwanted food instead of letting it go to waste.
-  Grow your own fruit and veg.
-  Make your own bread from scratch.






Games

**PAWPRINT
BADGES**

-  Play a game of plastic free SNAP! Download the resource for this new twist on an old favourite from our website.
-  Play a game of blow football using metal straws instead of plastic and a ping pong ball! You'll be surprised how far that ball will fly.
-  Complete the charity shop challenge.






What?

Shop for an occasion in a charity shop. Your occasion could be an interview, ball or sports match. Choose appropriate clothing and keep to your budget.

-  We can reduce our carbon emissions by walking more. Compete with friends/family to see how many steps you complete each day. How can you increase the number of steps with games/fun?
-  Play the memory game, "One day I went to the market..." Challenge yourself to name only plastic free items.
-  Play a game of newspaper islands.

How?



In pairs, start by standing on an open sheet of newspaper. The floor is the water and your newspaper is the island. Fold the paper in half and stand on it again without any of your feet touching the bare floor. If you fall off your island or your feet touch the water then you are out. Continue to fold the paper in half and stand on your island each time. Reduce the size of your footprints by standing on tiptoes. The winning pair is the last ones in.

-  Play higher/lower using our free printable resource. Can you correctly guess how long it would take items to biodegrade?
-  Create your own game to help others reduce their waste.
-  Reduce your carbon footprints and travel around the space without using your feet!
-  Hydro-electric energy is renewable and helps to reduce our impact on the environment. Have relay races transferring water from one bucket to another whilst dodging obstacles.
-  Make a plastic bag ball and reuse those single use bags!



Other

PAWPRINT
BADGES

-  Make swaps at home or in your meeting place to become more eco friendly. Replace single use plastics with alternatives.
-  Go on a hunt for conkers to use in your plastic free washing powder. Can you think of any other uses for them?
-  Wash your hair with different shampoo bars then rate and compare them. Which do you think is best? Share your ratings with others or write a review to share with the makers.
-  Bamboo is used for many plastic free alternatives... find out where it comes from and have a go at growing some.
-  Do a plastic audit and see how much plastic you use in one week. Make simple swaps and go on a 'Plastic Diet' then compare the two weeks. Check out the Sisters Against Plastic Facebook page (<https://www.facebook.com/sistersagainstplastic/>) and see how Mary and Teresa got on when they did the same!
-  Switch to LED light bulbs in your home and in your meeting place. Why not raise funds to buy them by selling old and unwanted items?
-  Share a lift, catch the bus or walk instead of using the car.
-  Plant some trees or flowers and help the world to breathe.
-  Take part in a litter pick and collect rubbish. Remember to wear personal safety equipment and stay back from busy roads.
-  Go beach combing and collect washed-up waste. Can you transform it into something beautiful or find an artist who can?
-  Take part in WWF's #EarthHour on March 28th. Find out more at: www.earthhour.org
-  Find and share some handy tips to help others reduce their environmental impact.
-  Test out some plastic free tea bags or different loose leaf teas. Rate your experience and compare them.
-  Discover and share some of the companies that are creating zero-waste products for the home. Test out some and compare them with your usual.

Adventure Complete?

Reward your young adventurers with their Reduce 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

