

See Challenge



Explore your sense of sight and let's see what we discover!

Human eyes are made up of over two million working parts, that's a whole lot to explore. Join us as we take a deeper look at our sense of sight.

For even more programme ideas check out our 'See' 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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- Create a suncatcher to reflect and/or refract the light.
- Make a water drop magnifying glass and take a closer look at the world.
- Craft yourself a set of binoculars from a pair of toilet roll tubes.
- See how the world looks for someone with a visual impairment and make your own V.I. goggles.

How?

Take a look at different forms of visual impairment, there are more than you think. Using safety goggles damage or cover the lenses in different ways to replicate the effects of different visual impairments, i.e. covering the edges of the lenses using black electrical tape (loss of peripheral vision) or covering them completely with bubble wrap (blurred vision).

- Make a kaleidoscope.
- Paint a picture whilst blindfolded or wearing a pair of your V.I. goggles. How much harder was it? What were the challenges you faced? Could you use anything to help or assist you?
- Create your name in Braille using beads or dried, split peas.

What?

Braille is a writing system used by people who are visually impaired. Braille is named after its creator Louis Braille, a Frenchman who lost his sight in a childhood accident.

- Put on a puppet show and make your own light box and puppets. Explore how shadows are created.
- Glasses help improve peoples' vision but they're also becoming a fashion accessory with some pairs retailing for thousands of pounds. Design your own pair of glasses; use our free resource to help you.
- Make a picture for someone with a visual impairment or colourblindness.
- Collage, draw or design your own vision board. What do you see for yourself in the future? Add aspirational images and some to represent your dreams.
- Create a pinhole camera. Does your picture appear the right way or not? Why is this?



Food

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- Some people with sensory processing disorder only eat food of a particular colour or may have aversions to foods of certain colours. Pick a colour and try making a meal using only foods of that colour, alternatively try only eating foods of a particular colour for a day.
- Go on a rainbow shopping scavenger hunt and see if you can find foods of different colours.
- Taste test foods blindfolded and imagine what eating would be like if you were blind or visually impaired.
- Investigate foods for healthy vision.

What?

We've all heard that eating carrots will help us see in the dark but can food really affect our sight? Yes! There are several food groups that are ideal for helping our vision and looking after our eyes...clearly the message is watch what you eat!

- Compare foods that look the same or are from the same family, i.e. eggs, different coloured tomatoes. Do they taste the same? How do they compare visually? What are the similarities, what are the differences?
- How would you cook with a visual impairment? Investigate kitchen tech that can help those with a visual impairment or blindness.
- Have a go at preparing foods whilst blindfolded or wearing your V.I. goggles (see Craft section). How easy is it to make a sandwich, make a cup of tea?

For Leaders!

Close supervision is a must in this activity as there are plenty of opportunities for cuts, scalds and minor injuries. However, exploring the world as though visually impaired helps build empathy and understanding in our young people.

- Bake using edible, sugar eyeball decorations.
- Make layered jelly eyeballs and discover the different parts of the eye.
- Decorate cakes or biscuits to look like eyeballs; use white fondant icing as a base, add blood vessels with a cocktail stick and food colouring, make a coloured iris using sweets or icing and add a chocolate button for the pupil.
- 'Watch what you eat' and make a food diary for a week, can you improve your diet in any way? Can you include more eye friendly food?



Games

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- I spy with my little eye...What can you see around you?
- In pairs take it in turns to be blindfolded (or wear your V.I. goggles) and negotiate your way through an obstacle course. Have one go independently and another with instructions/help from your partner, which was easier?
- Have a game of 'Bring Me'.

How?

Race in teams to find and bring to the leader an item of a specific colour, shape, etc. The leader sits at one end of the space and groups/individuals sit at the other. The leader says, "Bring me something...[insert your colour/shape/description here]", players then race to be the quickest person to find and present an item matching the description to the leader. A great game for testing observational skills.

- Have a go at some magic eye or optical illusions. What can you see? What do others looking at the same thing see?
- Some people with epilepsy have focal seizures where they will see shapes, lights, lines, etc in their vision which obstruct what they can see. Can you still identify what's in the pictures with some sections obscured?

How?

Print a selection of photos or use pictures from magazines. Cover large areas of the photos with shapes and then have a go at guessing what the picture is of. How easy is it? How might you feel if you suddenly started experiencing this same sensation as a fit?

- In a large space hunt around for small objects whilst wearing a pair of V.I. goggles that simulate a loss of peripheral vision. For example, compete to gather as many of a particular colour of bead from the floor in a room or paper straws on a field. How does your restricted vision impair you?
- Solve a tactile maze.
- Adapt your favourite game for someone with visual impairment.
- Play a game of pairs using Braille or tactile playing cards with shapes. Why not make your own set of cards and count it as your craft activity?
- Play Kim's Game and test your observation and memory skills.
- Try a spot the difference; create a freeze frame, then blindfold the observers, make key changes and then see if your observers can spot the differences.



Other

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- Complete daily activities whilst blindfolded; how does washing your hands feel? How about getting dressed? What are the challenges and how might people with visual impairment overcome these?
- Find out what babies can see at different ages and how vision develops.
- Visit your optician for an eye check.
- Discover the science of the eye and how it works; what are cones and rods and what do they have to do with the eye and sight?
- Arrange to meet a Guide Dog and/or raise money for a charity supporting people with visual impairment.
- Find out about life with a visual impairment. Speak to someone living with blindness or visual impairment and compare their challenges to your own.
- How do animals adapt to seeing in the dark? Discover some fun facts about our animal friends and their super sight!
- Take a colour blindness test and discover what the world looks like for someone with colour blindness.
- Discover who Helen Keller was and what she achieved.
- Go on a Braille hunt of your local area, how many signs can you find with Braille on them? How could getting out and about be more accessible for those living with visual impairment?
- Are you a visual learner? Watch a demonstration of an activity and see how accurately you can recreate it without instructions after watching a couple of times. Discover techniques/strategies to help you learn.
- Do a simple science experiment with a glass of water and a drinking straw to explore light waves and refraction.
- Audio description helps those with visual impairment to watch television and watch movies. Watch a programme or film with audio description and then have a go at creating your own audio description for a programme of your choice or for a daily activity.
- Play a game (or three) of Dobble® it's a fast-paced card game for all the family...it's a favourite at Pawprint HQ!

Adventure Complete?

Reward your young adventurers with their See 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!

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