

# St. David's Day Challenge



**Welcome to the 4th in our Saints' Day Collection!**

With lots of programme ideas, get out your daffodils and gather your leeks as we jump into the world of sheep, St. David and Wales.

For even more programme ideas check out our 'St David's Day' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://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

### Age 3 - 5



## Age 5 - 7



## Age 7 - 11



## Age 11 - 14



## Age 14 - 18



## Age 18+



## Craft



## Food



## Games



## Other



**Award yourselves a badge for supporting your young adventurers in their activities!**

- 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!

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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# Craft

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BADGES**

- Make yourself a daffodil paper windmill; use our 'Catherine Wheel' resource as a starting point.
- Lovespoons date back to the 17th Century when they were given as a gift or romantic intent. Have a go at carving your own lovespoon, alternatively decorate a wooden spoon.

## How?

The different symbols on the lovespoon take on different meanings, find out what they are and incorporate some of them in your design.

## For Leaders...

For younger groups why not cut shapes out and stick them on to wooden spoons or make a collaged lovespoon. For older groups have a go at wood carving. Why not invite a local crafts person in to speak to your unit?

- Dress a peg doll to look like a traditional Welsh Lady.
- Make some soldiers helmets and decorate them with leeks.

## Why?

Although the origins of the Leek as a national symbol of Wales are uncertain, one legend says that David told Welsh soldiers to wear a Leek on their helmet so they could identify each other when in battle with the Saxons.

- Colour and make your own St. David's flag to wave.
- Decorate a plant pot and plant some daffodil bulbs.
- Using only recycled materials create a traditional Welsh Lady costume and find out the origins. Why not race each other in teams to see who can create one the quickest, or see who's is the best quality in 10 minutes.
- Create something using wool.

## Here's an idea!

British wool has seen a resurgence in recent years and is now used in lots of products that you might not otherwise expect! From yarn to insulation and felt there's plenty of woolly starting points to get your creative juices flowing. Why not learn to knit, felt your own picture or complete a DIY project?

- Make a bunch of paper daffodils, you could give them as a gift for Mother's Day which usually lands a couple of weeks after St. David's Day.





# Food

**PAWPRINT  
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- Decorate cakes or biscuits to look like daffodils or traditional Welsh Ladies.
- Make some Bara Brith.

## What?

Bara Brith, sometimes known as 'speckled bread' is a yeast bread flavoured with tea, dried fruit and spices. Leaders might need to do the overnight soaking of fruit before meetings but if baked in small tins they'll be done before home time!

- Have a go at cooking up some leek and potato soup.

## Tried and Tested!

If you're limited by time, chop your vegetables up into smaller chunks. This will make it easier for them to cook through in the time you have available.

- Make Welsh Rarebit. NOTE: Miss out the alcohol for under 18s.
- Bake some traditional Welsh cakes.
- Find out what Welsh Cawl is and try some.
- Find and make a recipe using leeks.

## Why?

Leeks are the national emblem of Wales. According to legend St David told the Welsh to wear leeks so they could tell friend from foe in battle. Today Welsh people around the world wear leeks on St David's Day.

- Make the flag of St. David using food.
- Hold a tasting event to try different Welsh foods/produce. Which foods were your favourite and why? Which did you enjoy the least?
- Wales is famous for its lamb (there are over 10 million sheep in Wales so it's not hard to see why!) Find out about the production of lamb and have a go cooking and eating some.
- Cook up and try your own Glamorgan sausages, a veggie alternative and great with a spicy relish or tomato sauce!
- Make your own lava bread; a traditional Welsh delicacy made from seaweed that isn't actually bread at all!



# Games

**PAWPRINT  
BADGES**

- 🛡️ Play a game of rugby.
- 🛡️ Re-enact the battle between the Welsh and the Saxons in a game of dodge-ball or a water-bomb 'war'.
- 🛡️ Play a game of balloon tag.

## Why/How?

In the battle between the Welsh and the Saxons, the Welsh marked themselves with leeks. In this game, players are marked with balloons. In two teams, each player should tie two inflated balloons around their waist, one colour per team. The aim of the game is to grab and pop the balloons of the opposing team. The first team to have all their balloons popped loses and the other team claim victory.

- 🛡️ Play a game of fruit salad, naming individuals as 'David', 'Saxons', 'Welsh' and 'Leeks'. For fruit salad use, 'St. David's Day'.
- 🛡️ Have a game of Cnapan (medieval football).

## What?

Originating in Wales, two teams from opposing villages would compete to get a wooden ball (which had been boiled in animal fat to make it slippery and harder to handle) back to the porch of their village church. Up to 2000 people would play and things could get dangerous. In your unit, divide into two teams. Use a wooden/plastic ball covered in petroleum jelly or synthetic lubricant and compete to score points by getting the ball back to 'base'. Score one point for each time the ball gets back to 'base'. To avoid injury, players should tag each other at which point the person holding the ball should drop it. The ball can be thrown.

- 🛡️ There are lots of caves in Wales. Complete a night-line or visit a caving experience either man-made or natural. Remember: caves can be dangerous places so only ever explore them with a qualified instructor.
- 🛡️ Rhyme and song is important in Welsh culture. Play a famous playground rhyming game e.g. 'Oranges and Lemons'.
- 🛡️ Try your hand at sheep herding; make a flock of sheep from inflated balloons and then try rounding them up by batting them with your hands.
- 🛡️ Create your own game based on sheep/lambs.
- 🛡️ Adapt a game you know/make one up to fit in with the St. David's Day story.



# Other

**PAWPRINT  
BADGES**

- Find out about the story of St. David and share your findings in a fun and interesting way.
- Visit a farm to see lambs being born and have a go at feeding them.
- St. David was a monk. Find out what monks are and how they live. Why not see if you can get one to come and visit your unit so you can find out more?
- Have a go at playing the Welsh harp.

## Did you know?

The harp is regarded as the national instrument of Wales. By the end of the 18th century, the triple harp - so called because it had three rows of strings - was widely known as the Welsh harp on account of its popularity in Wales.

Source: [www.wales.com](http://www.wales.com)

- Take a trip to 'Bounce Below' or visit the longest and fastest zip-line in Europe in Bethesda. [www.zipworld.co.uk/adventure/bounce-below](http://www.zipworld.co.uk/adventure/bounce-below)
- Song is extremely important in Welsh culture. Find some traditional songs and have a go at singing them. Why not make up your own song about St. David's Day?
- Learn to speak Welsh. Start with the basics: hello, goodbye, how are you? Why not get a fluent speaker to visit you and teach you some conversational skills?
- Find out about the history behind the flag of St. David. Where do its origins lie? Why is it not the same as the Welsh national flag?
- Many feel that the Welsh flag or the flag of St. David should be represented in the Union Flag of the United Kingdom. Have a go at creating your own Union Flag to incorporate something Welsh.
- Design your own coat of arms using our free resource. You could create one to represent Wales or create one to represent where you live.
- Have a go at growing your own leeks.
- Find out as much as you can about Wales and make a guide book in your unit. Why not take it further and visit Wales for a camp/holiday?
- Take it further: climb Wales' highest mountain.

## Adventure Complete?

Reward your young adventurers with their St. David's Day 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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