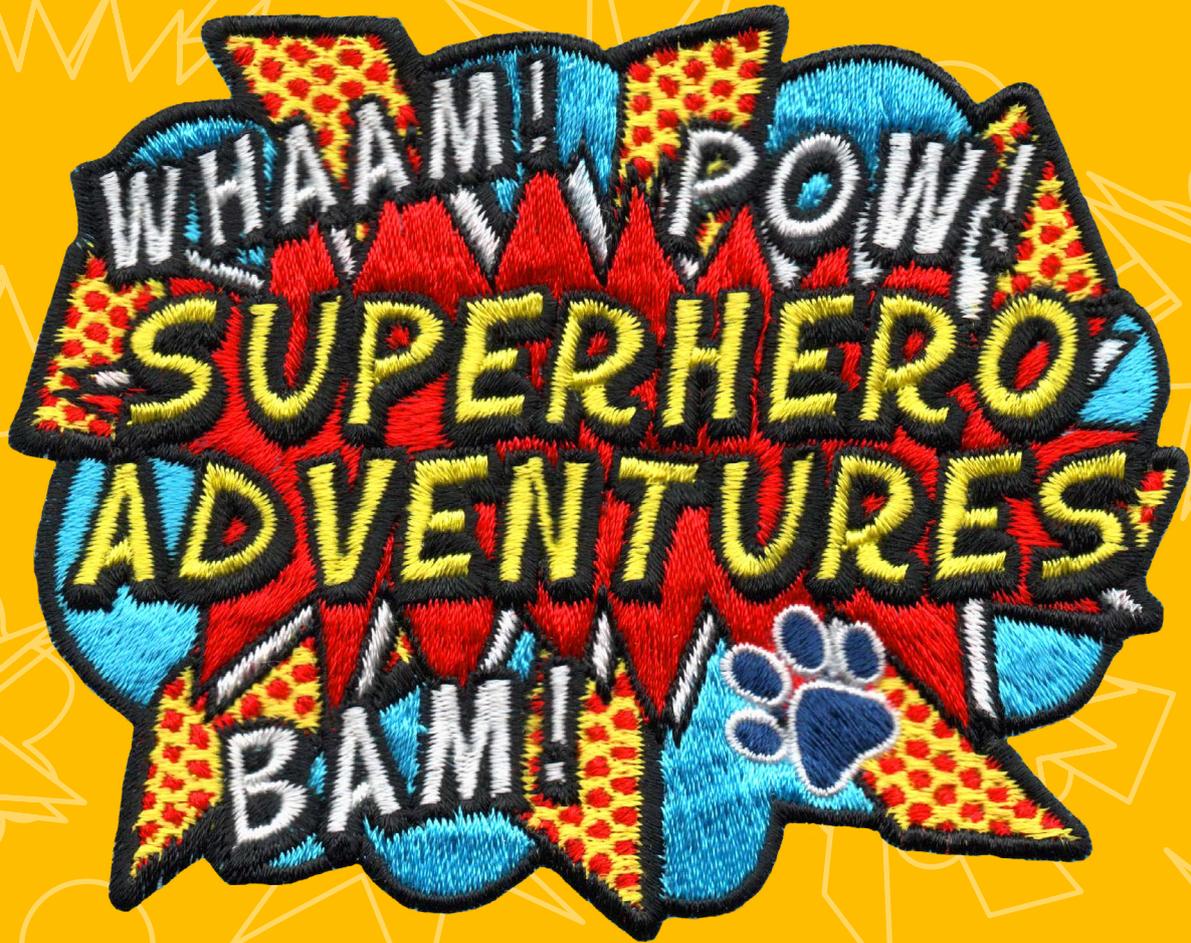


# Superhero Adventures



**What's your super power?**

Whether it's listening to a friend or helping a neighbour, you don't have to save New York city from the next big, bad villain to be a superhero!

For even more programme ideas check out our 'Superhero' board over on [www.Pinterest.com/PawprintFamily](http://www.Pinterest.com/PawprintFamily)

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

<b>Age 3 - 5</b>							<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 5 - 7</b>											
<b>Age 7 - 11</b>		+									
<b>Age 11 - 14</b>		+									
<b>Age 14 - 18</b>		+									
<b>Age 18+</b>		+									

**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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# Craft

**PAWPRINT  
BADGES**

- \* Be a saving superhero and make a money box to keep your savings safe! Why not use your favourite superhero logo to make it personal?
- \* Design a superhero.

## For Leaders...

Younger groups enjoy taking this literally, creating weird and wonderful superheroes with the power to make peoples' heads shrink or become invisible. With older groups, this is a great way of discussing what a model citizen is or how we can be better friends. Get the group to decide who their real-life superhero is... you might be surprised with some of the answers.

- \* Make your own superhero costume including a superhero mask. Can you make your outfit using only recycled materials and be an environmental hero too?
- \* Up-cycle something old using comic book decoupage.

## What?

Decoupage is a fancy way of saying 'decorating an object with layered cut out images'. You can get special decoupage glue which will seal your design (like varnish) so it won't get damaged. Do some research online first.

- \* Write your own comic book about your own superhero or create a new adventure for one of your favourites.
- \* Have a go at some big art and make yourself fly!

## How?

Use a pale blue sheet for the sky, then create fluffy clouds with pillows or cotton wool. Lie down on the sheet and take some photos from above of you flying.

- \* Paint a superhero canvas with a power word like 'BOOM' or 'POW!'.
- \* Mix some superhero slime.
- \* Build a robotic arm.
- \* Animate your superhero with stop-motion.
- \* Make a matchbox miniature comic book using concertina paper. Stick your comic strip in the box so it pops out when opened.



# Food

**PAWPRINT**  
**BADGES**

- ★ Be a soup-er hero and make a soup packed with superfoods such as chard, spinach or kale. Find out why they're superfoods.
- ★ Make your own kyryptonite crispy cakes.

How?

We all know how to make crispy cakes so why not put a super spin on them by using white chocolate and green food colouring.

- ★ Bananas have the power to boost your immune system and your mood, use them to bake a tasty banana bread or enjoy chocolate bananas cooked on a campfire.
- ★ Want to see in the dark? Make a recipe using carrots. These valiant veggies contain Vitamin A which helps you to see in low-light.
- ★ Spinach is a super-green superfood - use it as colouring to turn other stuff green or cook something with it.
- ★ Make superhero pizzas.

How?

Use pre-made or make your own bases, then use your toppings to create your favourite superhero logo or make a face with a superhero mask!

- ★ Oysters really are super shellfish! They fight cancer symptoms and have an anti-aging power on the brain. Do they tickle your taste buds though? Be brave and give them a try!
- ★ Bake your own superhero head cake pops. Make your cake pops and then decorate them with some super hero masks or your favourite superhero logo.
- ★ Find out which foods can give you superhero strength and pack you full of energy. Can you make some tasty treats with them?
- ★ Be a soup-er hero and help out at a soup kitchen/homeless shelter or volunteer at your local food-bank.
- ★ Kindness is an under-rated superpower. Use your kindness and cook for a friend, family member or a lonely neighbour... you might just make their day and be their superhero!



# Games

**PAWPRINT  
BADGES**

- ★ Test your agility and make your way through the laser beams (string web). The perfect rainy day activity or one to enjoy outdoors in the sunshine!
- ★ Check your aim with some target practice. Score points for each beanbag you throw in to the hula hoop. Alternatively use water-guns or try your hand at archery.
- ★ Blow them away with your superhero breath. Blow as many bubbles as you can in 30 seconds.
- ★ Could you untie the damsel in distress? Undo as many knots as you can in 1 minute.

## For Leaders...

Prepare a length of climbing rope with lots of overhand knots in it. Time your young people to see how many knots they can undo in 1 minute. You could get them to tie the knots again for the next person.

- ★ Practice your superhero smash by popping as many balloons as you can in 30 seconds without using your hands. Work in pairs or teams.
- ★ Some superheroes are super bendy and stretchy. See how flexible you are with the loop the hoop game.

## How?

Make a circle linking arms. Trap a hula hoop in the circle by placing it on to one person's arm. Teams must get the hoop around their circle in the fastest time without breaking the loop (letting go of hands).

- ★ Play a game of dodge ball. When you get hit by a power draining ball you must freeze for 10 seconds. Players cannot aim for a frozen hero. 3 freezes and you're out!
- ★ Test your spidey skills with silly string. Squirt your 'web' onto a target. How accurate are you? Fancy some more silly string fun? Can you wrap a villain in silly string?
- ★ Superheroes rely on super senses. Have a go at an obstacle course relying on your different senses, i.e. blindfolded, feet tied together, hands behind your back. Why not count this as part of your SENSES challenge badges too?
- ★ Create a game of your own based on a hero of your choice and their powers.



# Other

**PAWPRINT**  
**BADGES**

- ★ Learn about some real-life superheros, i.e. Doctors, Paramedics, etc. Not all superheroes wear capes.
- ★ Have a go at driving a super car - either for real on a race track or electronically using virtual reality/computer games.
- ★ Some superheros can breathe underwater, try scuba diving.
- ★ So you may not be able to fly but you can be creative in how your travel through space. Try learning Parcour.
- ★ Superheros always know how to defend themselves. Try some self-defence or martial arts.

## For Leaders...

This is a great opportunity to invite someone in for an evening. Perhaps they could give a demonstration then let the young people have a go. Why not get your young people to do some research in to the history of martial arts.

- ★ If you could have any superpower what would it be and why? Discuss and debate then vote for who's power you think is the best.
- ★ Generate your own power and light up a light bulb. You could use the power of a potato or build your own bicycle generator!
- ★ Name a real-life superpower, i.e. kindness. What makes some people in to real-life heroes? Make your own real-life hero.

## How?

Use lining paper and lay it out on the floor. Draw around somebody. Write inside the outline all the qualities of a real-life superhero.

- ★ What are you scared of? Be brave and face your fears, find an activity that will help you to overcome something you thought you couldn't do.
- ★ Help others and do a good deed each day. Why not use our 'Good Deed Dice' resource to help you with some ideas?!
- ★ Visit a trampoline park and flip, twist and fly!
- ★ Write your own superhero story. Make it into a comic strip for your 'craft' challenge. Use our free Comic Book and Comic Strip templates to help.

