

# T-Rex Challenge



**Have a roawesome time stepping back through the ages!**  
Get your claws into the first in our Dinosaur Adventures collection. This pack is full of ideas for dinosaur themed fun to get you walking with T-Rex!

For even more programme ideas check out our 'T-Rex' 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.

Please Do	You May Not
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.

You can view the extended terms of use on our website  
**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**



# Craft

**PAWPRINT  
BADGES**

- ✎ Make a pair of dinosaur feet from tissue boxes.

## Why?

T-Rex feet are thought to have been around 4 feet long and 3 feet wide... that's pretty big! Find out what its like to walk with such big feet by making yourself a pair of dinosaur feet. Why not use them for your games or spend some time wearing them? What's it like moving around with really big feet?

- ✎ Create a 3D T-Rex head or skull.
- ✎ Draw your own 'designer dinosaur'.

## How?

In groups of 3 or 4 get some large pieces of paper and fold them into as many sections as you have people, each person with 1 sheet of paper. Using any materials you like, on the first section each person draws the head of their 'designer dinosaur' then folds it over so the design is hidden. Swap the papers. The second person then draws half of the body of the dinosaur and some legs, once finished folding it over so it cannot be seen. The third and fourth people then draw the other half of the body/legs and finally a tail. Once complete unfold your paper to reveal your 'designer dinosaur'.

- ✎ Make a dinosaur dish from air dry clay. Why not make a footprint?
- ✎ Make your own fossils.

## For Leaders...

For younger adventurers you could make fossils using Play-Doh or modelling clay. For older explorers experiment and use plaster of paris. You could even turn this into a game by making 'fossils' of everyday objects and seeing if your young people can guess them correctly!

- ✎ Create a 'big art' to look like the skeleton of a T-Rex. Can you make it life size?
- ✎ Make a T-Rex skeleton collage using cotton buds.
- ✎ Create a dinosaur tooth necklace from clay or pasta 'teeth'.
- ✎ Make a T-Rex mask to wear. Why not do some imaginary play or role play a day in the life of a dinosaur?
- ✎ Build your own T-Rex model big or small using materials of your choice; from building blocks to clay let your imagination run wild!





# Food

**PAWPRINT  
BADGES**

- ✎ T-Rex had powerful, muscular back legs. Find out which foods help build muscle and make a meal using some of them.

## For Leaders...

With younger adventurers this could be run as a cooking challenge where recipe cards are provided. With older ones give a selection of ingredients and let them get inventive.

- ✎ Did you know that T-Rex arms were so short they couldn't even reach their mouths. Eat as many marshmallows as you can in 30 seconds without using your hands.
- ✎ With T-Rex arms make a jam sandwich or decorate a cake.

## What?

Tuck your elbows into your sleeves to restrict your arm movement or to make it more challenging work in pairs with one person stood behind the other, the back person uses their arms and the front person instructs.

- ✎ It is debated whether T-Rex were hunters or scavengers. Learn how to catch and prepare fresh meat such as rabbits or game birds.
- ✎ Make your own archaeological dig creating a skeleton from royal icing and chocolate soil. We found that blitzed up Oreo biscuits work a treat as chocolate soil! Just pop them in a blender and off you go.

## Stay safe!

Lots of recipes for chocolate soil require hot sugar. Remember to take care when cooking, especially when heating sugar. Always ask adults if you're not sure.

- ✎ Make some T-Rex head cake-pops or biscuits. Maybe you could sell them as a fund-raiser for your unit or a charity of your choice.
- ✎ Create a T-Rex sculpture from the popular twig shaped savoury snacks.
- ✎ Bake some cookies shaped like T-Rex feet or that have T-Rex footprints walking across them.
- ✎ Have a relay race to see which group can move the most marshmallows/ other sweets from one bowl to another without using their hands.
- ✎ Make a tea-Rex and turn your tea/dinner in to a picture of a T-Rex. What foods can you use for the different body parts?



# Games

**PAWPRINT**  
**BADGES**

- ↓ Have a game of 'Frozen Egg Finds'.

For Leaders...

Create a set of frozen 'dinosaur eggs' by placing everyday objects (that won't dissolve or be damaged by water) inside balloons. Fill them with water to create different sized eggs and freeze them. Hide the frozen eggs for your young people to find. Once found, guess what is hidden inside each egg. Now for the fun part... once everyone has guessed take it in turns to smash or melt the frozen eggs to reveal the answers.

- ↓ T-Rex could sprint up to 20mph (32kph)- hold a competition to see how fast you can run.
- ↓ T-Rex tails were designed to help them balance. Have a go at slack lining or an obstacle course to improve your balance.
- ↓ Hold a dinosaur Olympics.

What?

T-Rex were bipedal meaning they walked on 2 legs, not 4. See how well your pair of legs works by running and jumping your way to gold!

- ↓ Play 'Capture the Eggs'.

How?

In 2 teams. One team are scientists who have discovered a land where there are still living Dinosaurs. They must find and gather as many eggs as they can without getting caught by the dinosaurs. The second team are the dinosaurs protecting their eggs. Based on the popular game 'Capture the flag' this is fun for all ages and can be played in a small or large space but is best outside where there are plenty of hiding places!

- ↓ A T-Rex foot was 3 feet wide and 4 feet long... how many people can you fit in one T-Rex footprint? How many of your feet in one T-Rex foot?
- ↓ With your T-Rex arms complete an obstacle course or play some throwing and catching games.
- ↓ With your tissue box T-Rex feet play hop-scotch.
- ↓ Create your own Trump cards with different dinosaurs, use our free resource to help you, and discover loads of dinosaur facts along the way.
- ↓ Invent your own T-Rex inspired game.



# Other

**PAWPRINT**  
**BADGES**

## ↓ Food or foul?

What?

T-Rex used smell to help it hunt in the dark. Blindfolded, smell different things and try to identify them as food (something edible) or foul (something inedible).

- ↓ T-Rex had large brains to help with hunting. Find some other brain related facts and compare a T-Rex brain with other animal brain sizes.
- ↓ The largest T-Rex was estimated to have been 43 feet long and weigh 7.5 tons. Make a line of shoes or other objects 43 feet long.
- ↓ Tyrannosaurus comes from the Greek 'Tyrant Lizard'... find out what your name means.
- ↓ T-Rex are known as 'King of Dinosaurs'. If you were King or Queen for the day what would you do?
- ↓ Get out and about and join a local archaeological dig.

Take it further!

Why not find a local Archaeological Society to join up with or journey to a part of the country where real fossils can be found to find some of your own.

- ↓ T-Rex teeth were serrated and conical for piercing and gripping. Find out what each of your teeth are designed for and how to look after them best.
- ↓ Create a time-line of your life so far showing what you have done as you have grown up. T-Rex lived for about 30 years... what do you think you will look like/what do you think you will be doing in 30 years from now?
- ↓ Visit a natural history museum to find out more about dinosaurs and T-Rex in particular.
- ↓ Plan and take a trip to America to see a real T-Rex skeleton. Where would you be travelling to? How would you get there? How much would it cost? What currency would you need?
- ↓ Imagine what humans would look like if they were in the same proportions to a T-Rex with a massive body, really short arms, huge feet and a massive head. How would you complete daily tasks? Have a go at drawing a human to the same proportions!

**Reward your young adventurers with their T-Rex Challenge badge to mark their achievements!**  
Head to the website to bag yours, download certificates and discover even more adventures!

