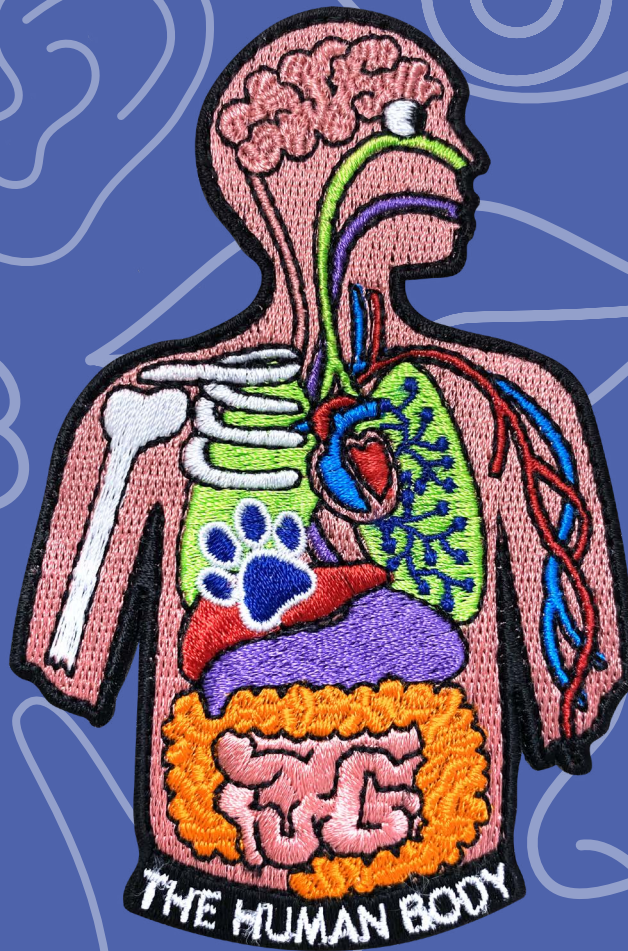


The Human Body Challenge



Ready to explore the fascinating world of the human body?
With over 60,000 miles of blood vessels and more than 37 trillion cells the body is pretty complex. Let's find out more and get to the bones of it all!

For even more programme ideas check out our 'Human Body' 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

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!






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







Craft

**PAWPRINT
BADGES**

-  Make a hand model from paper, drinking straws and string to see how the mechanics of your hand work.
-  Build a spine model from egg boxes.
-  Put together a split pin skeleton with moving joints. Why not use it as a shadow puppet and tell the *Funnybones* story by Janet & Allan Ahlberg?
-  Discover how the heart works with a 3D model. Check out our Pinterest board for some ideas.
-  Create a brain hat!




How?

Discover all the different areas of the brain with a fun hat-decorating activity. You could decorate an existing hat with materials of your choice or get creative and make your own brain hat, shaping paper over your head and colouring in/painting the different areas.

-  Enjoy a sensory activity and create your own 'blood bath' using water beads, foam shapes, beads, ping pong balls or materials of your choice to represent the red blood cells, white blood cells and platelets.
-  Decorate a pair of paper bag lungs.
-  Build a play dough brain model or use some play dough mats to build skeletons, muscles or different systems of the body.
-  Create your own glow-in-the-dark 'skeleton' using glow sticks.

How?




Wearing all black, attach glow sticks to different parts of your body to create a skeleton. Switch off the lights and have fun dancing around and moving the different parts of your body, watching your skeleton move.

-  Use recycled materials to build a stethoscope and listen to your heart beat.
-  Design a skin. Every month we shed our entire outer layer of skin, giving us around 1000 skins in our lifetime! If you could have any colour or pattern, what would your skin look like? Would you have any special features?
-  The blood pressure in the body has the power to shoot a stream of blood approximately 9m in to the air. Build a pump of your own and see how high you can get a stream of blood (red coloured water).








Food

**PAWPRINT
BADGES**

-  Mix up your own edible blood model with different cereals for the different cells and platelets. Enjoy with milk mixed with red food colouring.
-  Build an edible skin model in the form of a trifle or layered dessert.
-  Experiment and see how your digestive system works.



How?

Add a banana, 3 digestive biscuits, a glass of water and a glass of orange juice to a clear food bag. Mix the contents together with your hands and break down the food, just like the stomach. Pour the digested contents in to one leg of a pair of tights (the small intestine) and squeeze out some of the water, like your body absorbs the nutrients. Wrapping a tea towel around the leg of the tights and absorb the rest of the water. Finally, cut a small hole in the end of the tights and squeeze out the contents, just like poo! On average, humans spend around 1 year of their life sitting on the loo...that's a long time!

-  Create a model of a DNA strand using sweets and cocktail sticks. If we lined up all the cells in our bodies they would reach to the moon and back more than 3000 times!
-  Make your own human body bakes; from biscuits to cakes you could make them look like body parts or organs of the body...you decide!
-  Shape your own pizza people making features using different toppings.
-  Humans share 50% of our genes with bananas. Use bananas in a recipe of your choice. Maybe you could shape it to look like a banana, or a human, or a mix of the two in a banana/human hybrid?!
-  Experiment and see how our brain is protected by cerebrospinal fluid (CSF).

How?




Place an egg (brain) into a plastic box (skull) and add some water (CSF) so the tub is almost full. Seal with the lid and give the tub a good shake. Open and see if your egg has any cracks. You should notice that the water has stopped the egg from hitting the sides of the tub, preventing the egg from getting damaged. Empty the water and repeat...what do you see now? Is your 'brain' damaged without the CSF?

-  Create your own edible body model from foods of your choice.
-  The word muscle comes from the Latin word *mus* meaning mouse as that's what the Ancient Romans thought biceps looked like. Make sugar mice.








Games

**PAWPRINT
BADGES**

-  Play body bingo with pictures of different body parts.
-  Match body parts to the senses. Can they all be matched clearly or do some body parts match to more than one sense? How many senses are there that you can think of?
-  Run a build a body relay.




How?

There are so many ways to adapt this activity for different age groups or depending on what materials you have to hand. You could: gather pictures of different body parts and put them together like a jigsaw to create a body, gather play dough or modeling clay and then create your own body model or gather craft materials and create a life-size collage of a human body on a roll of lining paper.

-  Test your brain with an IQ test.
-  What's that smell? It's estimated that the nose can recognise a trillion difference scents. Have a go at identifying different smells with your eyes closed. How many can you guess correctly?
-  Have a staring competition. Adults blink around 20 times per minute while babies only blink around twice per minute.
-  See how fast you can blow up a balloon and race against family or friends. The average human farts enough each day to fill a party balloon.
-  Watch how fast germs can spread. Around 1000 species of bacteria live on human skin totalling more than 1.5 trillion bacteria!















How?

One person starts with paint or glitter (germs) on their hands, but don't tell the group who this person is. Everyone then walks around shaking hands with each other at random for a couple of minutes. At the end of the time see if the group can guess who had the 'germs' to start with. How many people now have germs on their hands? Now wash your hands thoroughly and clean off all the germs.

-  Play a game of Twister and get your body moving.
-  Create your own board game based on the circulatory system.
-  Have a game or two of the board game Operation or have a go at creating your own game on a similar theme.



Other

-  Complete a pulse check. What is your pulse rate before and after exercising? How fast does your heart rate return to resting post-exercise? On average, our hearts beat 100,000 times per day, about 35 million times per year and more than 2.5 billion times in our lifetime!
-  Use our All About Me resource to record all your findings about your body.
-  Our blood makes up around 8% of our total body weight. See how heavy you are and work out how much blood you have.
-  One not for the squeamish. Dissect a pig heart or eyeball; your local butcher should be able to source these for you and this is a great way to see/feel what our organs are like for real.
-  It takes 43 muscles to frown and only 17 to smile, spread some smiles with some Random Acts of Kindness and read the poem *Smile* by Spike Milligan.
-  Check out some awesome body books like *Operation Ouch!: The HuManual* by Ben Elcomb.
-  There are 5 main senses with many more linked to the brain. Explore them some more with the SENSES Collection badges.
-  Measure out some organs, muscles and systems of the body, How long are your intestines? How about your tongue? Were they larger or smaller than you expected?
-  Visit a science museum and get interactive with some human body exhibitions and experiments.
-  Take a trip to the doctors or the dentist for a check up.
-  Invite a physiotherapist or a chiropractor to speak to you about the way our bodies work.
-  Take part in a fitness class or visit the gym to discover more about your muscles and how they work in action.
-  Complete an experiment with milk, food colouring and washing up liquid to see how bile breaks down our food.
-  Do your research and discover some more fun facts about the human body and share them with family/friends in a fun and interactive way!

Adventure Complete?

Reward your young adventurers with their Human Body 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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