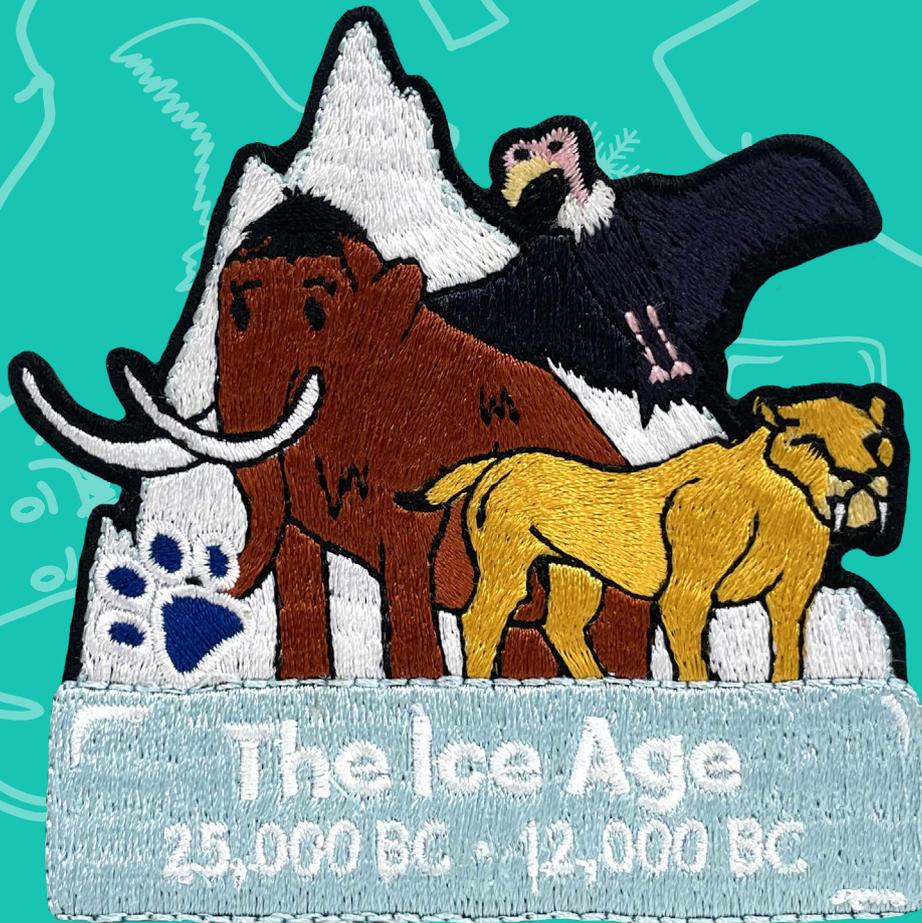


**PAWPRINT
BADGES**

Ice Age Challenge



Ice, Ice, Baby.

Can you handle a mammoth-sized challenge? This one's a real melter! Wrap up warm and take a trip back in time to the Ice Age.

For even more programme ideas check out our 'Ice Age' 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

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:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11	+					
Age 11 - 14	+					
Age 14 - 18	+					
Age 18+	+					

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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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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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.

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Craft

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-  Create your own ice cave paintings with ink and tea-stained paper. Head across to our 'Ice Age' board on Pinterest.
-  Try painting on ice - it's a great activity for chilling...
-  Transform your own hand print into a mammoth!

Did you know?

The woolly mammoth roamed the icy cold areas of North America, Asia and Europe up until about 10,000 years ago. They used their 15-ft long tusks to dig for food and were about 13ft tall. Their small ears stopped them from losing too much body heat and they had two layers of thick fur. The woolly mammoth is extinct now, but it's relatives live on today. Can you guess which animals they are related to?

-  Make an Ice Age inspired animal sculpture out of clay or another sculpting material of your choice.
-  Fill a tray with salt and have a go at snow and ice writing with your fingers. A great sensory activity for little ones and not as cold as actual snow and ice!
-  Make your own fake snow. Slip and slide on over to our 'Ice Age' board on Pinterest to find out more.
-  Grow your own sugar ice crystals.
-  An-ice simple paper cutting activity - make paper snow flakes and hang them around your room or unit.
-  Make your own ice bowl with flowers and petals.

How?

Place flowers and petals around the outside of a freezable bowl and secure them in place with ice cubes. Place another bowl inside the first, on top of the ice cubes, and add cold water in the gap in-between the two bowls. If some of your flowers have moved, use a long stick such as a skewer to shift the placement of them. Place both bowls carefully into the freezer for at least 24 hours. After that, pour some lukewarm water over the outside of the frozen bowl, tip your frozen masterpiece onto a plate and voila!

-  Make ice cream in a bag. Not heard of this activity before? Head to our 'Ice Age' Pinterest board for more details.
-  Put together a batch of your own snow dough. Some recipes only use usual cupboard ingredients such as baking soda, cornstarch, oil and water.



Food

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BADGES**

-  There have been 5 Ice Age periods. Freeze a batch of stripy ice lollies with 5 different flavours/colours to represent the 5 Ice Ages.
-  The diet of hominins consisted of large quantities of fruit, mint, leaves, flowers and meat – a diet similar to that of a chimpanzee. Make a recipe of your choice with any of these ingredients. Why not try and find some edible flowers to freshen up your hearty hominin inspired meal?
-  Crushed and slushed! Create a crushed ice slushy drink with flavours of your choice.
-  Make your own flavoured ice cubes.

What?

Ice cubes can be given flavour by infusing them with fruit. Place chopped fruit such as strawberries, raspberries, cucumber and pineapple into each section of an ice cube tray and fill with water. Freeze your fruit cubes in the freezer until they're fully set and then drop a few into your next glass of water for a refreshing fruit beverage.

-  Bake some acorn cookies. If you've watched Ice Age, you know just how precious Scrat the squirrel's acorn is. Take an ice cold dip into our 'Ice Age' Pinterest board to find out how to make your own acorn cookies.
-  Early humans are thought to have eaten plants that were in season at the time, such as roots, tubers and wild greens. This would've varied from region to region. Find out what veggies and edible plants are in season/local to you.
-  Construct your own edible marshmallow snowmen using marshmallows, cake pop sticks, small chocolate buttons and black icing for their facial features. Finish your snowmen off with chocolate hats of your choice.
-  Make ice cream. You have to make ice cream for the Ice Age challenge!
-  Pipe out some vanilla meringue ice bergs and float them on ice-cold milkshakes once they've set completely. Some believe that some ice bergs from the Ice Age still exist in the coldest parts of the world!
-  People in the Ice Age may have also eaten bark. Make some chocolate bark.
-  Human ancestors needed a greater calorie intake because they had larger brains, and meat was eaten more regularly in colder climates due to decreased availability of plant based foods. Try different kinds of meat or meat alternatives.



Games

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- ❄️ Get handy with Ice Age tools - freeze objects of your choice into a big block or bowl of ice and use tools to get them out. To make this game slightly easier, leave the ice out of the freezer for 10 minutes to let it thaw slightly before giving it a good tapping with your tools.
- ❄️ Have a snowball fight on a snowy day! Not snowing outside today? No problem! Use scrunched up balls of recycled newspaper or white socks as your snowballs instead.
- ❄️ Fancy a science ice-periment? Check out our Twinkl Antarctic Challenge Pack for the sea ice and land ice experiement.
- ❄️ Play ice hockey... or a homemade version!

How?

You could play a real life game of ice hockey if you know how to. If you don't, fill a baking tray up to the top with water and freeze it in the freezer. Once frozen, use lolly pop sticks to hit chocolate button pucks across your icy rink. For an extra challenge, make your own ice hockey goal posts out of pipe cleaners and challenge your partner to hit their chocolate button puck into the goal to score points.

- ❄️ Have a go at ice skating - it's harder than it looks. Will you be the next Dancing on Ice contestant and give Torvill and Dean a run for their money?!
- ❄️ Make up your very own game about life in the Ice age.
- ❄️ Entertainment during the Ice Age would've usually been around the fire. People would have been singing, sitting together, telling stories, dancing, and making music. Do any of these things around a campfire with friends.
- ❄️ Take it in turns to tell stories about people/animals/life in the Ice Age.

How?

Someone starts the story with one sentence, either verbally or written. People then alternate telling the next line in the story, one after another. Your group Ice Age story may take unexpected twists and turns and could go on forever!

- ❄️ Freeze the day with your own ice-melting experiment/race. Who can melt their ice cube the quickest? Will you do it by holding it in your hands? By adding ingredients to it? Discover different methods of melting.
- ❄️ As glaciers melt, sea levels rise. See if ice cubes melting in a tub of existing water cause the water levels to rise. Mark the initial water line with a pen.



Other

-  Giant ground sloths lived during the Ice Age and stood up to ten feet tall! These herbivores became extinct approximately 9,500 years ago. Turn yourself into a giant sloth. Wrap yourself in comfy clothes, warm blankets and sloth-out on the sofa for a day.
-  Take a look at the animals of the Ice Age and the animals that roam our Earth today. How different are they to one another?
-  Plan a trip to Iceland! Don't fancy traveling that far? Hold your own virtual Iceland holiday, dressing up in the correct clothing and eating local cuisine such as fermented shark!
-  Write a diary entry as if you're living in the Ice Age. What did you eat? How did you find your food? Describe your surroundings, how you're feeling and what activities you get up to during a usual Ice Age day.
-  Discover which animals once lived during the Ice Age and are now extinct. Are there any animals that are still alive?
-  Look at how humans have developed since the ice age. Compare physical features, intelligence, and skills.
-  Create an Ice Age timeline for humans during this period of time. Why not create a timeline of your own life too and see how different your life would've been if you'd have lived during the Ice Age?
-  Visit a museum featuring an Ice Age exhibition.
-  Enjoy a mammoth movie night! You can't complete the Ice Age Challenge without watching all of the Ice Age films! Will you recognise any of the animals that have been mentioned in this challenge pack?
-  Did you know? There have been 5 ice ages since the beginning of the Earth. The earliest ice age was about 2 billion years ago. For an extra hard maths challenge, work out how many days are in 2 billion years. Or, work out how many grains of rice would make up 2 billion grams, if 64 grains of rice is equal to 1g.
-  Find out what the 5 Ice Ages were called and what happened during each. We're technically still in an Ice Age today!
-  Become an Ice Age Ponds Champion with Herefordshire Wildlife Trust. Visit their website here for more details: www.herefordshirewt.org/iceageponds/ice-age-ponds-get-involved

Adventure Complete?

Reward your young adventurers with their Ice Age 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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