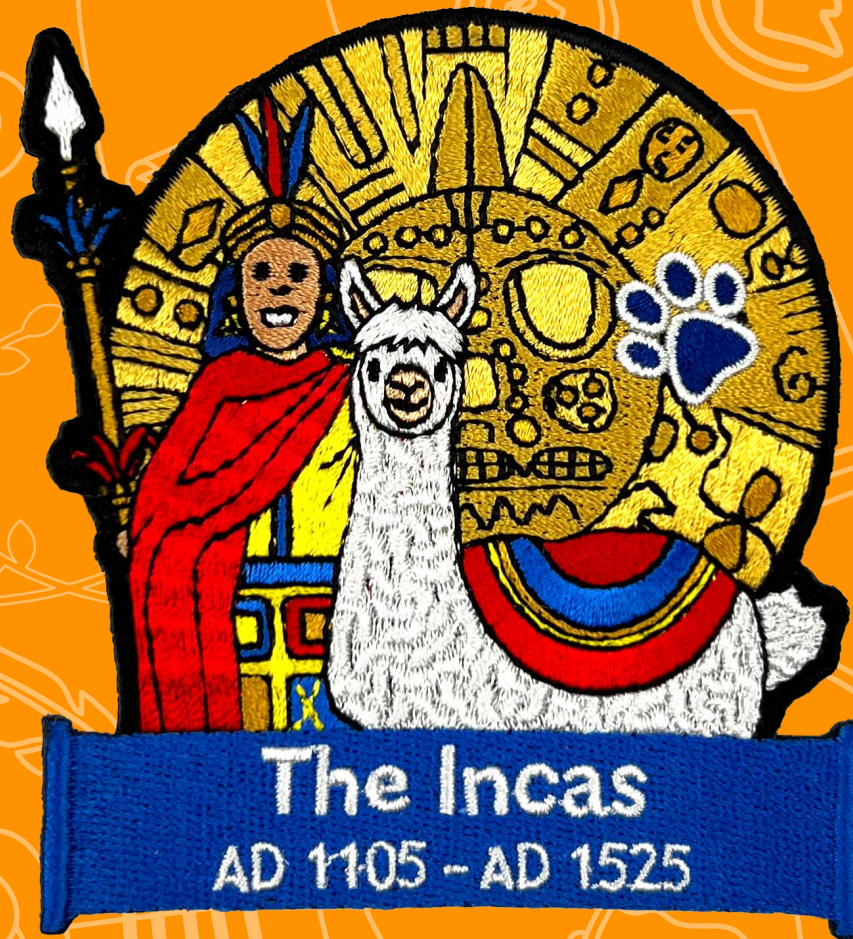


Incas Challenge



Mountains, empires and llamas!

The Incas were a powerful civilisation known for building huge cities and long roads as well as their advanced farming skills.

For even more programme ideas check out our 'Incas' 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

**PAWPRINT
BADGES**

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



Age 7 - 11



Age 11 - 14



Age 14 - 18



Age 18+



Craft



Food



Games



Other



PICK

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**

 The Incas were known to be expert metal workers. They crafted many objects, such as decorations and jewellery, from silver and gold. They referred to gold as 'the sweat of the sun'. Make a piece of jewellery from silver clay or recycled tin foil materials.

 Build a 3D model of Machu Picchu.

Why?

Machu Picchu was built by the Incas as a royal retreat for Emperor Pachacuti to enjoy. In 2018, this site received a Guinness World Record for the most visited Inca site with over 4,300 people visiting per day. During peak season, this figure was around 6,000 visitors per day. It is still one of the most famous landmarks in the world.

 Draw a picture of an Andean Condor, which is one of the largest birds in the world that can still fly. They can often be seen in the highest parts of the Inca trail, high above the mountains in Peru.

Did you know?

An Andean Condor has a wingspan of 10 ft - that is longer than a ping pong table!

 The Incas were fantastic artists and were known for their ceramics. Have a go at making your own clay pots inspired by the Incas.


 Paint some of your own geometric style patterns.

 Create your own version of the Inca Sun God, Inti, using salt dough. First, shape your salt dough into a sun shape and carve in the details using a toothpick or clay knife. Once dry, paint it with gold paint to give a royal finish.

 Use coloured string and yarn to make your own quipus.

What?

Instead of writing, the Incas used quipus which were knotted strings constructed out of cotton or animal fibres. They helped to keep track of numbers related to farming, taxing and other important events.

 The Incas were known for their beautiful textiles. Cut out some pictures of Inca textiles and create a collage. For an extension on this activity, why not try to create some of your own Inca inspired textile designs?

 Craft an Incan shaman stick out of recycled cardboard. You could decorate using feathers, beads and colourful yarn.



Food

**PAWPRINT
BADGES**

- Hold a potato themed buffet for your friends, family or group. You could include a variety of different dishes that use potatoes such as chips, potato salad, mashed potatoes, potato dumplings and jacket potatoes!

Why?

The Incas are believed to have been the first to grow potatoes and grew over 3,000 different varieties!

- Have a go at cooking the national dish of Peru, Ceviche, which is made of white fish, lemon, limes and onion.
- The Incas were mostly vegetarian or vegan. Try a vegetarian or vegan dish of your choice.
- Maize, or corn as we know it, was one of the most important crops farmed by the Incas. Have a go at making a corn-focused dish.

Did you know?

The Incas often enjoyed a drink called Chicha which was made from corn. It was first created when rainwater leaked into stored corn but it has since been banned.

- Dried fruits, grains and nuts were enjoyed as part of the Inca diet. Create an Inca inspired trail mix using your favourite snacks such as raisins, peanuts, almonds or berries.
- The Incas gathered salt to flavour their food from lakes and minerals from the mountains. Whip up a recipe that uses salt such as salted caramel fudge.
- Fix up a non-alcoholic Pisco Sour (the national drink of Peru) using lime juice, sugar syrup, egg white, sparkling water and ice.
- Quinoa was a staple food in the Incan diet and is still widely eaten today. Prepare a recipe that uses quinoa.
- The Incas used freeze-drying to preserve their food, especially potatoes. Have a go at freeze-drying different types of food yourself and see how it changes their taste and appearance.
- Coca leaves were often chewed when climbing high mountains as they were believed to boost energy and relieve the symptoms of altitude sickness. Take part in some of your own research to discover other foods that people believe should be used to treat different illnesses.



Games

**PAWPRINT
BADGES**

- ✿ It is believed that the Incas loved to dance, especially during religious ceremonies and celebrations. Play some games that involve dancing such as Musical Statues or Musical Bumps.
- ✿ Take part in a relay race but instead of passing a baton, pass a message from person to person.

Why?

The Incas delivered messages and goods by running long distances. They were called chasquis and often ran over 150 miles in one day. You might want to make a relay race a little shorter than this!

- ✿ The Incas mummified people of importance, such as rulers and warriors, after they had passed away. Many believed it would keep the spirit of the person alive for a longer period of time. Race to wrap your own toilet roll mummies. How fast can you wrap a friend or family member? How fast can you unwrap them?
- ✿ Play your own version of the game Tlachtli.

What?

Tlachtli was a game that was often played by the Incas. Players had to hit a ball through stone rings without using their hands.

- ✿ Challenge yourself to a real life version of Buckaroo and see how many things you can carry on your back without them falling off. Make sure not to use anything that will break easily!

Why?
















The Incas used llamas to transport heavy loads. They were their main pack animals. They were also a good source of wool and leather. Llamas are said to be incredibly important animals during the Inca empire.

- ✿ Have a go at completing the free Inti puzzle resource on our website. You can try easy, medium, or hard.
- ✿ Evidence shows that the Incas performed brain surgery. Use your brain to play a memory game of your choice.
- ✿ Play any game you have around your home that uses a dice. The Incas often played games that used dice to pass the time, but instead of the acrylic or resin dice we use today, they made theirs from bone or stone.



Other

PAWPRINT
BADGES

-  Watch a documentary about the Incas.
-  Inca roads covered over 40,000 kilometres (25,000 miles), some of which still survive today. Why not visit the Inca trail in Peru for real? Alternatively, you could put together a budget and itinerary for a future visit.
-  Create a fact file about the Inca gods.
-  Cusco was the Inca capital. Discover more about what it looks like today.
-  The Incas built their civilisation in the Andes mountains which are some of the highest mountains in the world. Find out some information about a mountain that is near to you and have a go at climbing it.
-  Research Inca symbols and find out their meanings.
-  The Incas grew many crops such as corn, squash and tomatoes. Have a go at growing your own vegetables and use them in cooking.
-  Read or watch the 'Incredible Incas' - part of the Horrible Histories collection.
-  Listen to some traditional Peruvian music.
-  Write your own fiction story featuring the Incas.
-  Visit a museum such as the British Museum in London to see some real life Inca artifacts.
-  Watch the 2000 Disney film *The Emperor's New Groove*, a fantasy comedy film that was actually set in the Inca Empire! Inca culture, architecture and landscapes are explored including scenes set in the Andes Mountains and Machu Picchu. Keep your eyes peeled to see how many other Inca references you can spot throughout the film!
-  Go on an llama walking experience or visit a local llama farm.
-  Find out what else the Incas are famous for inventing and share your findings in a fun way.
-  The Incas worshiped the sun and believed their king, Sapa Inca, was the son of the sun god, Inti. They often had festivals and ceremonies to worship it. Host your own party during the summer to celebrate the sun. Why not invite your family and friends to join in the celebrations?

Adventure Complete?

Reward your young adventurers with their Incas 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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