

# Tudors Challenge



**Take a step back in time and discover the Tudors!**

For 118 years the Tudors ruled including two of the strongest monarchs ever to sit on the English throne. Dive in and discover what the Tudors did for us...

For even more programme ideas check out our 'Tudors' 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



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# 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:

<b>Age 3 - 5</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>		+							

**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

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# Craft

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-  Make your own Tudor rose using materials of your choice.
-  Build a model black and white Tudor house and discover how the original buildings were made.
-  During the rule of the Tudors Copernicus discovered that we are orbiting around the sun (1473-1543). Make a model of the solar system. Why not double up and count this towards your Astronaut Adventures badge too?
-  Decorate a handkerchief; they began to be used in England in 1503.
-  Paint a portrait of Elizabeth I or a person of your choice.






## Why?

Elizabeth I is known for her many elaborate portraits, many with lots of symbolism. Take a look at some of the portraits and their hidden meanings!

-  London opened its first theatres during the reign of Elizabeth I. Create your own puppet theatre and puppets.
-  Wooden games and toys were popular among Tudor children. Have a go at making your own wooden toy.
-  Create a lute from recycled materials.

## What?

The lute, a stringed instrument, was the most popular Tudor musical instrument. Similar to a modern guitar, the lute was played by Henry VIII.

-  Francis Drake was the first Englishman to circumnavigate the globe in his ship The Golden Hinde (1577-1580). Make a model boat.
-  Design a garden using the Tudor Knot design style. These gardens included flowers for both beauty and for flavouring sweets and desserts.
-  Create your own ruff collar like those worn in Elizabeth I's portraits.
-  Make your own Tudor family tree and discover how they came to power.
-  Have a go at tapestry weaving; Henry VII was a collector of tapestries owning 2,450 of them! Tapestries were the primary decoration at the royal court for centuries and were more expensive than paintings or other works of art.









# Food

**PAWPRINT  
BADGES**

-  Take a look at how much sugar is in some of your favourite foods.




## Why?

In Tudor times sugar was popular among the highest classes and it demonstrated your wealth. During the reign of Elizabeth I it even became fashionable to have black/rotting teeth as it showed you were rich enough to have lots of sugar!

-  The Tudors enjoyed a variety of meats (it made up 75% of the rich Tudors diet) including deer, pigs, badger and wild boar, they also ate a variety of birds. Try different meats, perhaps one you haven't had before, and compare them. Which was your favourite and why?
-  In 1520 chocolate arrived in Europe. Have a go at making a recipe with chocolate or complete your chocolate challenge badge.
-  Henry VIII died in 1547, aged 55, obese and with lots of health issues. Take a look at the causes of obesity and what can be done to prevent it.
-  Mary I was nicknamed 'Bloody Mary' after she burned Protestants at the stake in their hundreds. There is also a cocktail with the same name. 18+ have a go at making a Bloody Mary, under 18s create your own mocktails.
-  Sir Thomas Harriot is believed to have brought the potato to Britain in 1586; make a recipe using potato or compare to see which is best for roasting, boiling and mashing.
-  Pineapple and tomato were also introduced during the Tudor period. Have a go at creating a recipe using one of these as an ingredient or challenge yourself to think of as many dishes as you can using them.

## How?

During the Tudor period there were many expeditions and explorations of foreign lands. Christopher Columbus discovered pineapples in Guadeloupe in 1493 and brought them back to Europe. As they couldn't be grown in Britain and were tricky to transport without spoiling, pineapples soon became the must-have fruit of the wealthy!

-  Onions, garlic and leeks were common vegetables in the Tudor kitchen garden along with rosemary and lavender. Have a go at growing your own and using them in a recipe of your choice.
-  Discover the history of and bake your own Bosworth Jumble biscuits.
-  Make and serve your own Tudor inspired feast for family/friends.



# Games

**PAWPRINT  
BADGES**

- 🌸 Chess and Backgammon were both enjoyed by the Tudor court. Have a game yourself with friends/family.
- 🌸 Tudor houses have such an iconic style and cards were a popular pastime. Combine these two and have a go at building a house of cards.
- 🌸 Henry VIII loved jousting, have a go using pool noodles or broom handles.

How?

In Tudor times knights competed on horse back aiming to break their lances on the other knight's armour. We don't suggest you do this but why not try running along or skateboarding towards a target and trying to knock it off using a broom handle or pool noodle?

- 🌸 Use our free resource and have a game of Nine Men's Morris, popular in the Tudor courts.
- 🌸 Leapfrog, catch and bowls were all popular street games for children in Tudor times. Have a go at one or all of these games.
- 🌸 Have a game of Fox and Hounds.

How?

A street game popular with children, one person starts out as the 'hound' and everyone else is a 'fox'. The aim of the game is to be the last remaining fox. A person becomes a hound when they are tagged by another hound.

- 🌸 Card games were popular in the Tudor courts. Learn a new card game or teach a card game to a friend or family member. Why not have a go at creating your own card game?
- 🌸 Throwing games were popular similar to Horseshoes and Pitching Pennies. Try one or both of these or make up your own throwing game.
- 🌸 'Real Tennis' was played by the rich in indoor courts using a ball made from leather and stuffed with human hair. Have a go at playing the tennis we know today and discuss what you think 'real tennis' would be like.
- 🌸 Rich Tudors would have played skittles rolling a wooden ball down a wooden alley in order to knock down as many of the nine skittles as possible. Have a game at your local skittle alley or visit a 10-pin bowling alley for a game.
- 🌸 Play Blind Man's Bluff, a game of tag in which the person 'on' is blindfolded.



# Other

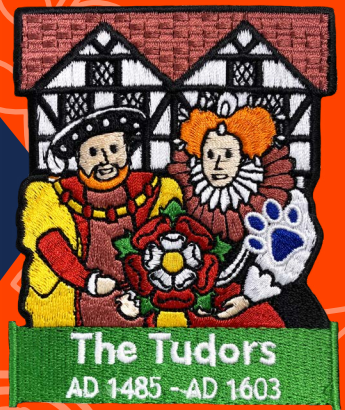
**PAWPRINT  
BADGES**

-  Create your own Kings and Queens timeline.
-  Visit a Tudor house i.e. Little Moreton Hall in Cheshire.
-  Shakespeare lived during the Tudor reign; write a short play or watch a Shakespeare play.
-  The Battle of Bosworth in 1485 marked the start of the Tudor reign. Visit the battlefield in Bosworth, Leicestershire.
-  In 1589 Sir John Harrington invented the toilet flush. Find out more and discover what happened when Alfie (the Pawprint Family pooch) met Sir John in the Pawprint Tale, *Alfie and the Waterless Bath*.
-  Henry VIII established the Church of England. Compare this to Catholicism; visit churches and discover the differences and similarities.
-  Hawking was a popular sport in Tudor times, visit a birds of prey centre and watch a falconry display.
-  Guinea pigs were brought over to England from South America during the Tudor reign. Find out about guinea pig care and if you have one take responsibility for its care.
-  Mary I had a pet parrot and Elizabeth I a monkey. Visit a zoo or petting zoo to discover more about common domesticated pets today OR investigate exotic pets and how to care for them correctly.
-  In Tudor times only men were allowed to be actors. In a group, dress up and put on a play with genders mixing roles.
-  In 1512 Henry VII passed a law banning ordinary people from playing sport, except for at Christmas. Discover some other strange Tudor laws, crimes and their punishments.
-  Visit London and step aboard Sir Frances Drake's ship The Golden Hinde.
-  Divorced, beheaded, died. Divorced, beheaded, survived. Discover the tales of Henry VIII and his wives, several of whom met a rather gruesome end!
-  Visit and take a tour of Hampton Court Palace and discover its history.
-  Take a trip to see a real tapestry in a gallery or exhibition.



## Adventure Complete?

Reward your young adventurers with their Tudors 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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