

# Think Challenge



**Explore your sense of thought and let's see what we discover!**  
Our brain is responsible for processing our senses and feelings yet some brains are wired differently to others. Join us as we explore our additional senses.

For even more programme ideas check out our 'Think' 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!

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.

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# Craft

**PAWPRINT  
BADGES**

- ? Do some brain training and create a maze or your own puzzle book.
- ? Make a model brain or a brain hat and discover what the different areas of the brain are responsible for.
- ? Create a mood journal to track your moods. How are you feeling? Does what you eat/drink and do affect your mood? How?
- ? Make your own infinity loop bracelet, brooch or patch.

## Why?

The rainbow infinity sign represents neurodiversity and the diversity of the autism spectrum. Neurodiversity is the differences between all human brains and is part of our daily lives. There is no 'normal' brain and many people support the idea that labels such as autism, ADHD, dyslexia, etc. have no scientific basis and believe that we should all be accepted and encouraged to thrive and live in harmony with our own personal character.

- ? Mix up your own calming sensory/glitter bottle. Over stimulation of any one of our senses can result in sensory overload and finding ways of calming yourself and slowing down can help.
- ? Use our free 'Managing My Emotions' wheel resource to help you manage your feelings and develop successful coping strategies.
- ? Our brain is responsible for the radiation senses of colour and moods associated with colour and temperature. Find out about colour theory and make a picture that reflects your mood using colour.
- ? Make a clock.

## Why?

Time perception is the sense of time and the passing of time. It's not just part of one system but several that includes our circadian (or daily) rhythm.

- ? Design a playground, garden or public space that makes use of all your senses including equilibrioception (the perception of balance) and the 'feeling senses' of gravity, air and wind pressure and motion.
- ? Use our free resource to make a Catherine Wheel to help control your breathing when you're feeling a sense of overwhelm.
- ? Make a fidget toy; they can be used to help improve concentration by helping the brain to filter out excess sensory information.



# Food

**PAWPRINT**  
**BADGES**

- ? Which foods are good for brain development? Find out.
- ? Make an edible brain from food.
- ? Help the hungry and support a food bank or soup kitchen. Provide a meal for a homeless person or support a shelter.

Why?

The brain helps us respond to our senses of hunger and thirst, defined by eco-psychologist Michael J. Cohen as our chemical senses (including hormonal senses and hunger for air). How must it feel if you are unable to respond to your sense of hunger because you are homeless or starving?

- ? Make ice cream sundaes and choose from a selection of toppings. Discuss your choices with family/friends. What made you choose the things you did? Why did others choose differently? You all started with the same ingredients but got different results. Why is this?
- ? Make a meal planner and stick to it.

Why?

Schedules can help people with Autism and those with food aversions. Knowing that you'll be eating ahead of time allows your brain to process it before it happens.

- ? The Autism Spectrum is not a linear thing. Create a spectrum of flavours, colours or textures with different foods.
- ? Create a recipe suitable for someone with dyslexia (difficulty with reading, writing or spelling) or dyscalculia (difficulty understanding and learning maths/number based activities). What might you have to change?
- ? Bake your own neurodiversity infinity loop biscuits.
- ? See how what you eat can affect your mood. Which foods are good for boosting your moods? Check out Mind's video 'How to manage your mood with food | 8 tips' on YouTube.
- ? Cook a meal or make a recipe that makes you happy or brings back fond memories; collectively our senses can be very evocative.
- ? Make a model neuron using sweets; neurons are information messengers, passing information about our senses and body to the different parts of the brain and the rest of the nervous system.





# Games

**PAWPRINT**  
**BADGES**

? Complete a maze and compare your result with a friend or family member. Did you both take the same route? Did you get the same results?

? Guess the action/activity.

How/Why?

One person puts on a blindfold and then the other person/group start acting out a scenario or activity. The blindfolded person removes their blindfold and has to guess what the activity is.

Some people with epilepsy have seizures where they have a temporary loss of consciousness or an absence. In a matter of moments things around them can change and as their seizure ends everything has suddenly changed around them.

? Emoji game. Act out or pull the face of an emoji and get others to guess what emotion you are feeling.

? Play a memory game.

? Do some brain training with a sudoku, word search or cross word.

? Step in to someone else's shoes and have a race.

? Take a quiz to find out what kind of learner you are.

What?

There are many different ways of learning and everyone processes information in different ways. There are 3 main learning styles: visual, auditory and kinesthetic. You can find a quick quiz online at: <https://arden.ac.uk/what-type-learner-are-you>

? The brain helps us with mechanoreception (how the body moves, making changes in direction, speeding up, etc) and equilibrioception (the sense of balance). Complete an obstacle course and put your senses to the test.

? List as many skills as you can in 1 minute. How about 5 minutes? How did you do? We all have different skills and people with autism might be exceptionally good at things that others aren't.

? Try the Autism Awareness Quiz from the National Autistic Society.

? How many ways can you calculate a certain number? Have a go at some Countdown style number puzzles.

? Try some optical illusions. Do you see the same thing as someone else?



# Other

**PAWPRINT**  
**BADGES**

- ? Repeating tasks creates pathways in our brain and enables actions to become automatic, like riding a bike. What other examples can you think of?
- ? Learn a new skill.
- ? Learn to tell the time if you can't already.
- ? Find out about and raise awareness of epilepsy and the different kinds of seizures you can have.
- ? Become a dementia friend.
- ? Take a chill challenge; do some yoga/mindfulness every day for 15 minutes for 30 days.
- ? Proprioception is how your brain understands where you are in space and its development is helped by 'heavy work' activities. Find out what they are and have a go!
- ? Our Senses Collection covers 6 different senses (plus a few more sneaked in there) but how many senses do we have? Find out what different scientists think.
- ? Watch *Inside Out*, the 2015 Disney Pixar film (rated: U) about our feelings and inner thoughts.
- ? Our tension sensors support the ability to stretch and relax out muscles. Take part in a pilates or yoga class.
- ? The brain processes all our actions through a series of instructions and sequences, just like code. Have a go at some coding activities or write a set of instructions for an everyday task for someone else to follow. How successful were your instructions?
- ? Watch *Amazing Things Happen* - by Alexander Amelines from The National Autistic Society on YouTube. A great video for explaining autism for non-autistic audiences.
- ? Explore your 'special skills'. What are you best at? People with Autism can often be very good at things others may find difficult such as maths, learning a language or playing an instrument.
- ? Complete a friendship activity. Making friends can often be challenging for people with Autism.

## Adventure Complete?

Reward your young adventurers with their Think 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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