

Time Outside Challenge



There's nothing quite like the great outdoors!

Get your gear on and fill your lungs with the fresh air. Prepare to spend time exploring the outdoors, whatever the weather, whatever the time of year.

For even more programme ideas check out our 'Time Outside' 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							Craft	Food	Games	Other	PICK
Age 5 - 7											
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

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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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-  Start a photo album or scrap book to track your time outside, collating photographs, walking maps, and notes from your outdoor adventures.
-  Build your own kite and fly it out in the open somewhere on a windy day!
-  Mix up a mud face mask (if you're brave enough...). Use fresh soil and water for the freshest, cleanest feel.
-  Collect a bunch of sticks and weave them together with twine or vines to create stick stars that you can hang wherever you like when you've finished.
-  Create a picture outside using only natural materials you forage. Will your picture be an abstract image, a colourful scene or a realistic portrait?
-  Intertwine daisies to make daisy chains. Make bracelets, necklaces and rings for yourself and your friends. You never know, your little daisy creation might make somebody's day!
-  Make your name, or the alphabet, out of natural materials.
-  Build a hide-out. Use the natural materials around you only, or take some tarpaulin, sticks and string to construct your shelter or den. Once built, you have a pre-made activity space for even more outdoor adventures.
-  Whilst on a walk, make your own journey stick.

What?

Choose a medium-sized stick at the beginning of your walk. As you go along, attach natural items that you find interesting or like along the way. Then, at the end of your walk, share your journey stick with your group. This is a great opportunity to tap into your thoughts, feelings and memories along your walk.

-  Mud leaf prints. One of the easiest outdoor crafts out there! Find a leaf, dip it in some wet mud, and print your leaf's skeleton onto paper.
-  Make your own grass paintbrushes to paint with outside. Simply attach long grass blades to the end of a stick until you have enough to make a brush.
-  Keep a drawing journal. Draw all of the weird and wonderful creatures you see whilst you're out and about!
-  Create a sculpture, whenever you are outdoors with whatever you can find. Spend time shaping your sculpture into something special. You could create a sculpture of your favourite outdoor memory, place or activity.



Food

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Cook a recipe of your choice on an open fire outside. Head to our 'Time Outside' Pinterest board for some recipes. You can also find more outdoor cooking ideas in the 'Campfire' Challenge Pack.

Why?

Cooking on a campfire can be very rewarding! When done safely, and under adult supervision, cooking can improve your understanding of safety, cleanliness, cooking techniques and food preparation. It's also a whole lot of fun!



Plant some fruit and veg outside! This could be at an allotment or simply in your own garden.



Enjoy a picnic outside. Fill your picnic basket with healthy snacks, goodies or anything you like. Take your picnic on a hike or simply sit outside for a relaxing lunchtime treat. Every second outside counts!



Feeling fruity? Go fruit picking at a local fruit farm.



Visit a local town and walk along the high street. Collect ingredients from a variety of shops along the way. At the end of your wander around the town, put together a meal, using all of the ingredients, to cook when you get home. Why not try and cook it outside too?



Go for a meal at your favourite restaurant and ask to eat outside.

Why?

Most of the time, restaurants design outdoor seating areas as calm and relaxing environments to enjoy your food in. Eating outside rather than inside a busy restaurant is often more relaxing due to less noise and disruption, more naturally soothing and therefore better for your body.



Hold an outdoor tea party. Exactly the same as an indoor tea party, but you get to enjoy the fresh air and beautiful surroundings at the same time.



Eat a meal of your choice outside. You could eat your breakfast in the rising sun's rays whilst listening to the birds, or lay the table outside for a late summer barbecue.



Plan a route to a cafe or restaurant and walk there rather than driving.



Cook a meal or snacks specifically to take with you on a walk or for a day out. Anything wrapped in foil such as a bacon sandwich or sausage roll will usually go down a treat, especially if you can keep it warm!



Games

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-  Build an outdoor obstacle course! Use natural materials such as logs and plants to jump over and swerve around, or gather obstacles from around your garden such as old tyres and plant pots.
-  Play an outdoor sports game of your choice: there's football, tennis, cricket, rounders, and many more to choose from.
-  Have a water gun battle! On a snowy day, make it a snowball fight instead.
-  Play a game of hide and seek outside. Hide amongst the bushes and perch behind trees. The great outdoors is the perfect place to hide!
-  Look for shapes in the clouds. Try to be as imaginative as possible. Can you see a dinosaur watering his plants outside with a birthday hat on his head?!
-  Hold an outdoor scavenger hunt. How quickly can you find specific outdoor items such as a small purple flower, or an oak leaf?

For leaders...

Make your scavenger hunt more challenging for your young people by requesting that they find as many of each item as they can. Alternatively, challenge them to find an object outside that no other person or group can find!

-  Workout, whilst out! Complete your usual workout or favourite exercise routine outside instead of inside. Yoga is a great way to connect with your mind, body and nature all at once - feel at one with the Earth.
-  Play a classic game of catch. Whether you're on the beach or in a forest, drenched in rain or out in the sunshine, a game of catch is always fun.
-  Think up your own outdoor game. You could use sticks and stones to create a board game, or you could use your surroundings to think up a more physical game. Play your game with a friend or family member for as long as you like.
-  Have a game of i-spy. Not only will you be spending refreshing time outside, the world is full of amazing things to see. You may just spy something you've never seen before...
-  Play some old-school group games like duck duck goose, tig/tag and 'What's the time Mr Wolf?'
-  Use natural materials to create your own imaginary characters. Will your stick become a pirate's sword? Is your stone a lost gem left by the Aztecs?!



Other

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-  Take photographs of flora and fauna in your garden or in a local park. Why not add them to a scrap book or photo album for your craft activity?
-  Go on a bike ride around a location of your choice.
-  Enjoy a long walk with family or friends, taking time to make the most of the fresh air and de-stress amongst nature.
-  Visit the local tourist attractions in your local area. Why not take a friend with you and become their tour guide?
-  Camp outside! Pitch up a tent and sleep under the stars.
-  Read your favourite book, or a book of your choice, outside. Whether it's on a park bench or in a tree house in your garden, there's something soothing about reading outside.
-  Complete a sponsored walk or cycle to raise money for a local charity of your choice.
-  Get up early to watch the sunrise or stay up late to watch the sunset. Pitch up on a hill or get cosy on the beach for the spectacular views. It might be tiring, but you could even try to do both in the same day.
-  Go on a bug hunt. Can you identify every bug that you find?
-  Hold a garden party for friends and family. Use the opportunity to try new garden-based ingredients or cook on an open flame outdoors.
-  Visit an adventure center. Try rock climbing, gorge walking, white water rafting or any outdoor activity of your choice.
-  Star-gaze under a cosy blanket just outside your house or somewhere safe. Can you spot the different constellations? Why not take the time to learn about the constellations whilst you're outside gazing at them?
-  Complete some outside jobs that are already on your to-do list, such as mowing the lawn, washing the car, and cleaning the windows.
-  Take a look around an outdoor market in a location of your choice.
-  Visit a local nature reserve and marvel at the beautiful wildlife you find there. Keep track of how many different species of insect, animal and plant you see during your visit.

Adventure Complete?

Reward your young adventurers with their Time Outside 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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