

Touch Challenge



Explore your sense of touch and let's see what we discover!

Touch is the first sense to develop in humans from 8 weeks into gestation, from then on it's ever-present. Join us as we explore our sense of touch.

For even more programme ideas check out our 'Touch' 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	   	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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Craft

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-  Create hand print pictures and explore the texture and sensation of the paint on your skin and between your fingers.
-  Make your own silver jewellery by pressing your fingerprints in to silver clay and baking.
-  Design a piece of clothing that's inclusive.





Why?

Our body has thousands of touch receptors all over it but for some people the way our brain receives those messages is different. Some people with sensory processing disorder or Autism can struggle with everyday/normal sensations including wearing clothing. Often seams, zips, tucks and gathers, loose threads and other fastenings can be an issue. Take these things in to consideration and do your own research then complete your challenge.

-  Create a sensory book for a baby or young person. What textures can you include in there? How might you describe them?
-  In a group, each make a sensory tile using materials of your choice then present them all together to make a sensory wall in your meeting place.
-  Explore different textures and surfaces by doing some wax rubbings.
-  Draw or paint with your feet.

Why?




The part of the brain that processes touch has a map of the body's surface but that map is very distorted. Our bodies are much more sensitive in certain areas such as our hands, face and feet than others. Use your feet as an alternative to your hands, how does it feel?

-  Draw using a touch sensitive device (like a tablet) and explore pressure. Our body senses touch in different ways including vibration, pain and pressure. Many drawing apps will respond to pressure but you can explore the same theory with a 2B pencil when drawing on paper.
-  Create a texture picture for someone else to explore. Can they tell what your picture is of when relying on their sense of touch? Use materials of one colour to make it more challenging.
-  Write your name in different materials using your finger, such as shaving foam, sand, glue or paint. How do they compare? What do they feel like?
-  Use clay to make a hand shaped bowl/dish.






Food

**PAWPRINT
BADGES**

-  Have a go at identifying foods hidden in touchy-feely boxes.
-  Identify foods just using your feet by blindfolding yourself or making some touchy-feely boxes for your feet to go in so you can't see what you're touching.
-  Temperature is part of our sense of touch. Investigate temperature when cooking and see if you can tell which foods are hot/cold by touch alone.






How?

Heat or cool a range of foods and create some unexpected results. Look at the foods first and guess whether they are hot, cold or frozen. Then touch the foods and see if your guesses were correct. Remember: burns are caused by extreme heat. Don't over heat any of your foods and check them before starting your activity.

-  Organise foods by touch; smooth, wet, sticky, etc.
-  Make a dish to represent one texture. Is it pleasant to eat or not?
-  Try preparing food whilst wearing gloves. By adding a layer between the food and yourself does it change your ability? Was it easier or harder?

Why?



Hypoesthesia is the medical term for a partial or total loss of sensation in a part of your body. By wearing gloves we're creating a simulation of what it feels like to have an impaired sense of touch in your hands.

-  Eat finger foods whilst wearing and not wearing gloves. Did an impaired sense of touch change how the food tasted? Was it the same or different?
-  Investigate different textures in fruit and vegetables. How do you sense the texture of the foods? Just with your hands? With your mouth or a combination of the two?
-  Make or decorate fingerprint biscuits. Explore the textures of all the ingredients as you bake.
-  Create biscuits or cakes with different textured icing. What textures can you achieve? Can you make them look furry, smooth, rough, etc?
-  Make a deceptive food. Can you make a food look slimy when its not? Can you make one food look like another like with an illusion cake. How does this affect your senses? If it feels like one thing and tastes like another...






Games

**PAWPRINT
BADGES**

-  Build an object using building bricks whilst blindfolded or in a box that's opaque. Use your sense of touch to help you...how accurate were you?
-  Go on a texture treasure hunt. Can you find things with different textures? Take pictures of the objects as you go or write them down.






Here's an idea!

Here's a list of some different texture words to start you off: hard, rough, gritty, rubbery, lumpy, soft, spiky, smooth, wrinkly, sandy, sticky, fluffy, greasy, dry. Add your own words.

-  Have a game of touchy-feely pairs. Can you correctly match two surfaces? Make it more challenging with one person describing the texture and the other person trying to find the matching pair.
-  Grade and match sandpaper. Can you put the grades of sandpaper in the correct order from roughest to smoothest? Can you match them in pairs?
-  Play "I draw a shape upon your back..."


How?

In pairs, sit one behind the other so one person is facing the other person's back. The person sitting behind draws a shape on the other person's back using one of their fingers as a pencil whilst saying, "I draw a shape upon your back, guess which finger did it?". The player being drawn on must then guess what the shape was and also which finger the other player used. Take it in turns and see how good your guesses are.

-  Using only your face whilst blindfolded, put a collection of items in order from largest to smallest or separate them in to two or more categories, i.e. by shape. Who can do it in the fastest time?
-  Play some throwing and catching games. Then try with textured bean bags; did it change how easy/hard it was? Did it make you feel different?
-  What touched you? Sit blindfolded whilst someone touches your arm, hand, foot or face with an object. Can you correctly guess what the object was? Try using household items and see if you can guess which room it's from.
-  Have a go at The Sock Game. Place matching sets of small objects in a pair of socks, one set in each. In teams race to see who is the first to correctly find the named item using only one hand inside the sock.
-  Play Kim's Game but feel the items instead of looking at them. Can you tell which item has been removed by touch alone?



Other

-  Write a poem, song or short play about touch. Why not think about what life would be like without your sense of touch.
-  Give people hugs; we have two touch systems, one for the facts (such as where something is, how big it is and what the texture is like) and one for emotional touch (such as hugs and the touch of a mother to a child).
-  Try on someone else's clothes, how do they feel? Are they too big, small, itchy, uncomfortable? People with sensory processing disorders can feel like this in their own clothes.
-  Go on a nature texture walk, try walking barefoot in a woodland or meadow. Does it change how your other senses work?
-  See how many different textures you can find on a walk; it could be your walk to school, to the park or to the local shop.
-  Investigate deep pressure and its calming effects.
-  Speak to someone with tactile defensiveness/touch sensitivity. How does the world feel/seem to them? What are the challenges they face in daily life?
-  Touch helps our body understand and map itself (body schema) and 'heavy work' activities can help develop this, i.e. climbing, swimming, yoga and cycling. Find out about heavy work activities and try some for yourself.
-  Our sense of touch stimulates the brain to release endorphins, such as stroking the fur of an animal/pet. Invite a Pets As Therapy pet to come and meet you/your group. Find out more online at: www.petsastherapy.org
-  Wear gloves for the day and see what impaired sensation/loss of feeling in your hands would feel like.
-  Some people particularly enjoy the feeling and sensation of having their hair done. Try different hairstyles on one another; plaiting, brushing and styling.
-  Can't go on a sensory walk? Create your own at home/in your meeting place. Gather together different textured items that you can safely walk on and make your own sensory path around the room.
-  Touch can shape first impressions in weird ways! Studies have shown that when people were holding a warm drink whilst meeting new people they rated new people as warmer and more friendly. Find out some other fun facts about touch.

Adventure Complete?

Reward your young adventurers with their Touch 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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