

# Valentine's Day Challenge



**Celebrated annually on 14th February, it's a day for love!**  
Originally a Christian feast day the celebration has become a significant cultural and commercial celebration of romance and love.

For even more programme ideas check out our 'Valentine's' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](http://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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# PAWPRINT BADGES

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**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**





# Craft

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- ♥ Make and send a Valentine's Day card to someone you love.

## Why?

Valentine's cards emerged in 18th Century. According to one legend, Saint Valentine of Rome was imprisoned and wrote to the jailer's daughter before his execution with a letter signed, "Your Valentine".

- ♥ St. Valentine's keys are given in Italy as an invitation to unlock the giver's heart. Make a craft using keys or decorate a key and turn it in to a piece of jewellery or a keyring.
- ♥ In the 19th Century Valentine's cards were embellished with real lace and ribbons. Have a go at making your own lace.
- ♥ By the mid 19th Century real lace had been replaced by paper cut lace. Cut your own lace design in paper or cut your own lacy love-heart decorations.
- ♥ Make your own paper flowers to give. Flowers are often given on Valentine's Day with red roses making up around 70% of Valentine's Day flower sales.
- ♥ Create a gift to give.

## Why?

It's estimated that 145 million cards are exchanged for Valentine's Day each year with half the UK population giving a gift or card.

- ♥ In Finland Valentine's Day is celebrated as Ystävänpäivä or Friend's Day. Make a friendship bracelet or another gift to exchange with a friend, family, neighbour or colleague.
- ♥ Embroider a handkerchief to give as a gift. In some regions of Portugal it is tradition for women to give a Lenços dos Namorados (a Sweetheart or Valentine's handkerchief).
- ♥ A Sailor's Valentine is a form of shellcraft, created using a large number of seashells, often featuring rose or heart designs. Visit your local beach to collect shells and have a go at making your own.
- ♥ Make a bouquet of hand prints to give for Valentine's Day.
- ♥ Craft your own love bug pompom. What will yours look like?
- ♥ Create a string of Valentine's love heart bunting.



# Food

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- ♥ Sending cards, flowers and chocolates originated in the UK and in 1968 Cadbury created the first heart-shaped box for their 'fancy chocolates'. Make and send some chocolates.
- ♥ Stud and decorate a red apple with cloves. Iraqi Kurds believe that preserving a red apple with cloves represents Adam and Eve's story and will bring prosperity and love.
- ♥ Make a gift using white chocolate and/or marshmallow.

## Why?

In Japan, White Day has been celebrated since 1978. It takes place each year on 14th March and is when people exchange reciprocal gifts to those who gave them gifts on Valentine's Day. Traditionally White Day gifts include food like white chocolate, marshmallows, cookies, and other "white" accessories like jewellery and bags.

- ♥ Create a chocolate or sweet bouquet using chocolate bars or individually wrapped treats.
- ♥ Cook your own black bean noodle dish.

## What?

On 14th April in South Korea single people celebrate Black Day. Two months after Valentine's Day single people eat jjajangmyeon (noodles in black bean sauce) which are considered comfort food and may dress in or wear black. Companies also offer matchmaking events on Black Day.

- ♥ St. Valentine is the patron saint of beekeepers. Make a honey cake or complete a food activity from the Bee Challenge pack and celebrate the wonder of bees.
- ♥ Learn how to make buttercream roses and use them to decorate cupcakes and make an edible bouquet.
- ♥ Mould your own sugar paste/fondant flowers or roses.
- ♥ Bake your own heart-shaped French macarons or bake a red velvet cake.
- ♥ Decorate Valentine's biscuits with love messages or make them look like the Love Hearts sweets that feature on your badge.
- ♥ Make meringue kisses. Why not pop them in clear bags and give them as gifts to family or friends on Valentine's Day?



# Games

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- ♥ Play a game of Love Heart BINGO using the sweets as counters.
- ♥ How many Valentine's Day puns can you come up with in 2 minutes? We've given you one already on your badge..."You're one in a melon!"
- ♥ Have a game of Cupid's Arrow.

How?

Create a concentric, heart-shaped target (think archery target but heart shaped). Allocate points for each of the zones or, if you like, give them different loved-up terms, i.e. affection, appreciation, friendship, soul mates. Take it in turns to throw bean-bags (cupid's arrows) on to the target to score points. The closer you get to the centre the better your score.

- ♥ See how far you can shoot Cupid's arrows. Blow cotton buds through drinking straws and shoot them at a target...Why not use your target from the previous game and enjoy two games in one?
- ♥ Try a new way of pairing up for a game of your choice.

How?

Half the group write their name on a slip of paper, fold it up and place it in a bucket/bowl 'the hat'. The other half of the group then take it in turns to draw a name from the hat. Why?

Some believe that Valentine's Day has its origins in the ancient Pagan festival of Lupercalia, taking place on February 15th. During the festival men chose a woman's name from a jar to be coupled with for the duration of the festival; many fell in love and married. You never know, you could make a new friend out of your random selection!

- ♥ In the Dominican Republic and El Salvador, children exchange small gifts in a tradition called Angelito or Amigo Secreto (Little Angel or Secret Friend). Much like Secret Santa; each bring a wrapped, personal object and take it in turns to open one at random and see if you can guess who the item belongs to.
- ♥ Compete to see who can build the tallest single tower of Love Heart sweets?
- ♥ Play a game of Feel Good Flip Dots using our free resource and share affection for friends. El Día del Cariño, Valentine's Day in Guatemala, is also referred to as a day of love and friendship or Affection Day.
- ♥ Race to unwrap foil-wrapped chocolates. Make it more challenging by wearing socks on your hands. How many can you unwrap in 1 minute?



# Other

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- ♥ In the Eastern Orthodox Church Valentine's Day is celebrated on 6th and 30th July. Find out why.
- ♥ In the Anglican Communion and Lutheran Churches St. Valentine's Day is celebrated as a feast day. Find out where your local churches are and see if you can arrange a visit.
- ♥ Valentine's Day is associated with two St. Valentines; St. Valentine of Rome and St. Valentine of Terni. Find out who they were and when they lived.
- ♥ Discover more and do your own research around the legend of signing cards, "From Your Valentine."
- ♥ In Norfolk, Jack Valentine (otherwise known as Old Father Valentine or Old Mother Valentine) leaves sweets and gifts on doorsteps for children and adults alike. This mystical figure disappears after knocking at the door and dropping off gifts. Leave some gifts as random acts of kindness for friends, neighbours or strangers in your community.
- ♥ Find out when the traditional days are for Saints associated with love; Gregory, Vincent and Anthony.
- ♥ In Slovenia, love is also celebrated on St. Gregory's Day in March. The word 'love' also appears in Slovenia, how many other words can you find with love in them?
- ♥ Read Geoffrey Chaucer's, *Parliament of Fowls*, the first record of Valentine's Day link with love from 1382. You might need to find a modern-English translation though or have a go at translating it yourself.
- ♥ Have a go at writing your own poem about love or friendship for Valentine's Day. Share your poem in a card or through a performance.
- ♥ The earliest surviving Valentine's card is from 1415 and is written in French. Learn the word for love in several different languages.
- ♥ Dia de los Enamorados or El dia Del Amor y la Amistad (Love and Friendship Day) is celebrated on 14th February in Costa Rica, Mexico and Puerto Rico with acts of appreciation for friends. Do something nice for a friend or perform a Random Act of Kindness.
- ♥ In Israel and throughout Jewish communities around the world Tu B'Av is a holiday of love, seen as the Jewish Valentine's Day. It is a day celebrated with singing and dancing. Create your own Valentine's song or dance.



## Adventure Complete?

Reward your young adventurers with their Valentine's Day 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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