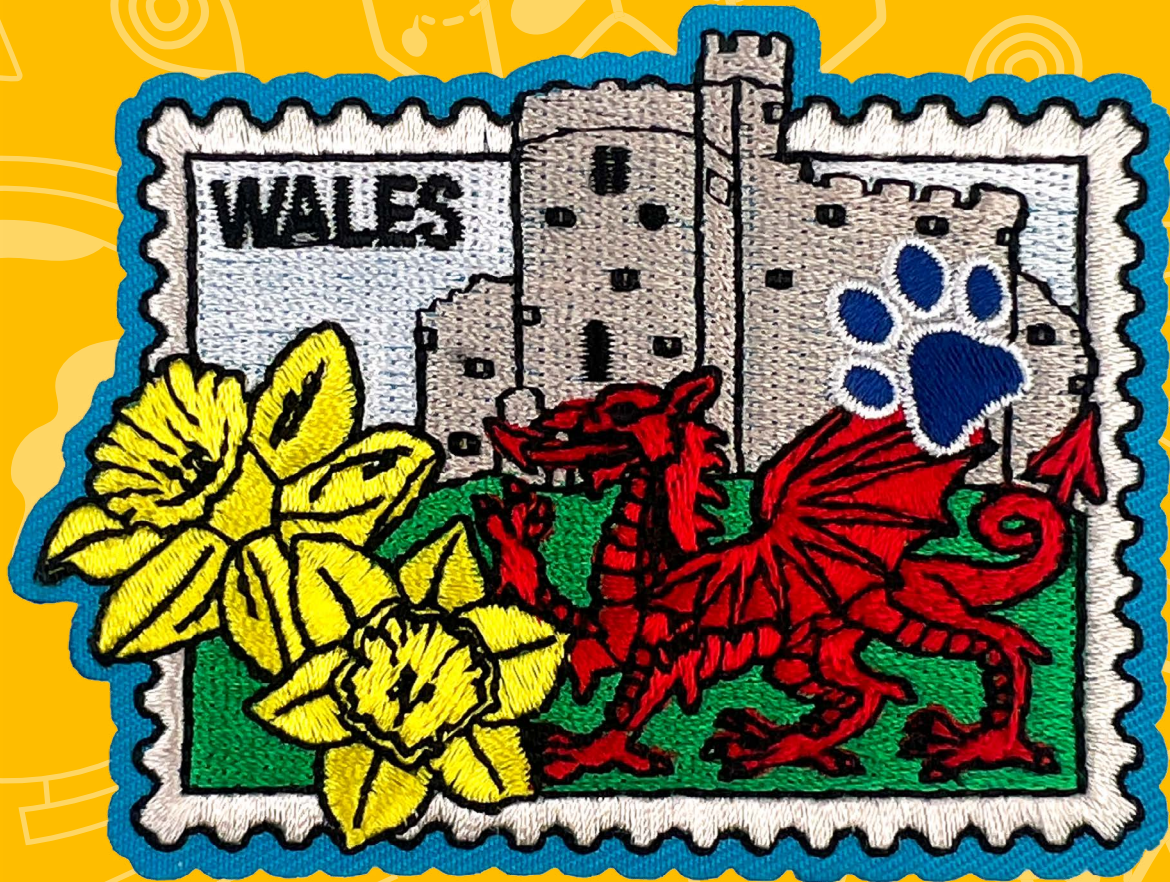


# Wales Challenge



**Grab your passport and jet set to Wales!**

Explore Welsh culture, traditions, taste the food and maybe pick up a phrase or two as you adventure your way across the globe.

For even more programme ideas check out our 'Wales' 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

You can view the extended terms of use on our website  
**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**





# Craft

**PAWPRINT  
BADGES**

- 📍 Build a 3D model of a castle located in Wales such as Cardiff Castle, Caernarfon Castle or Conwy Castle.

Did you know?

Wales is home to over 600 castles and is said to have more castles per square mile than any other country in Europe! You definitely won't be short of inspiration for your model!

- 📍 The daffodil is one of the national symbols of Wales. Decorate a plant pot and plant some of your own daffodil bulbs.
- 📍 The longest running Punch and Judy show takes place in Llandudno in North Wales and has operated for over 160 years. Make your own Punch and Judy inspired puppets. Why not put on your own puppet show?
- 📍 Wales is one of three countries to have a dragon on its flag. Fold an origami dragon from a square of paper.
- 📍 Grab some paper, string and cotton wood balls to make your very own woolly sheep mask.

Why?

In Wales, there are more sheep than people - over 8 million sheep and only around 3 million people!

- 📍 Put together your own het Gymreig - a tall hat traditionally worn by women as part of the Welsh national costume.
- 📍 British children's book author Roald Dahl was born in Cardiff in 1916. Have a go at designing your own book covers for some of his classic stories.
- 📍 Design a card to send to a family member or friend to help them to celebrate St. David's Day on the 1st of March. Why not have a go at writing out 'Dydd Gŵyl Dewi Hapus' in the card which is Welsh for 'Happy St. David's Day'.
- 📍 Make your own map of Wales. For an extra challenge, why not add illustrations or cut and stick images of local food, animals or landmarks?
- 📍 Use red, white and green materials to make a collage.
- 📍 Cardigan Bay is the largest bay on the Welsh coast and is home to a large population of bottlenose dolphins. Make your own water-bottlenose dolphin from an old drinks bottle.



# Food

**PAWPRINT  
BADGES**

- Have a go at cooking cawl, the national dish of Wales - a hearty and traditional stew made from meat, potatoes and seasonal vegetables. Perfect for warming up on a chilly day!
- Make a recipe that uses leeks.

## Why?

The leek is also a national symbol of Wales and is worn on St. David's Day. It is said that the 7th century king of Gwynedd Cadwaladr told his army to attach a leek to themselves in order to stand out from the enemy.

- Bake your own Welsh cakes - a traditional cake from Wales that include sultanas or currents. They are kind of like a delicious cross between a scone and a pancake!
- Wales is popular for holiday makers with many family-friendly beaches such as Tenby, Llandudno and Barmouth Beach. Enjoy some classic seaside snacks such as doughnuts, candy floss or fish and chips.

## Did you know?

Cockles are another popular beachside snack and have a rich history in Wales. They were traditionally gathered by raking from sandy beaches, then taken to local markets on donkeys to be sold and enjoyed by the public. Today, cockles are often enjoyed as part of a traditional Welsh breakfast or straight from a pot on the beach!

- Bake some Aberffraw biscuits - a shortbread shaped to look like a seashell.
- Cook up and try your own Glamorgan sausages. They're a tasty veggie alternative and are great with a spicy relish or tomato sauce!
- Find out what lava bread is and try some for yourself.
- Decorate a cake to look like the flag of St David.
- Hold a Welsh themed buffet for friends and family to enjoy, featuring traditional Welsh foods and treats.
- Red dragons have come to symbolise Welsh culture and identity, with Y Ddraig Goch (or the red dragon) being on the country's flag. Turn a croissant into a dragon by adding some strawberry slice spikes along its back.
- Whip up some Welsh rarebit.



# Games

**PAWPRINT  
BADGES**

- 📍 The Welsh are passionate about rugby and have won the Six Nations Championship 28 times. Play a game of rugby.
- 📍 Have a game of Cnapan (medieval football).

## What?

Originating in Wales, two teams from opposing villages would compete to get a wooden ball (which had been boiled in animal fat to make it slippery and harder to handle) back to the porch of their village church. Up to 2000 people would play and things could get dangerous. Players should divide into two teams. Use a wooden/plastic ball covered in petroleum jelly or synthetic lubricant and compete to score points by getting the ball back to 'base'. Score one point for each time the ball gets back to 'base'. To avoid injury, players should tag each other at which point the person holding the ball should drop it. The ball can be thrown.

- 📍 Play a game of 'Fruit Salad' but swap the names of the fruits for 'Cawl', 'Cockles', 'Laverbread', 'Leeks' and 'Glamorgan'. Instead of 'Fruit Salad' call 'St. David's Day'.
- 📍 Go on a colour hunt inspired by the Welsh flag. Search for as many red, white and green objects as you can. The player with the most items matching the Welsh flag is the winner.
- 📍 Take part in Sleeping Dragons as a twist on the lion-based game.
- 📍 The longest distance game of Tug of War was 516.85 metres and was archived on Cefn Sidan Beach in Wales on St David's Day 2024 (1st of March). Have a go at playing this classic sports day game with friends or family.
- 📍 Do you think you have what it takes to be a top Welsh shepherd? Have a go at playing a sheep herding game.

## How?

Use cotton wool balls as the sheep and use a spoon to gently herd them into a cardboard box (your sheep pen). Players are not allowed to touch the cotton wool balls with their hands, only the spoons. The player with the most herded sheep in their pen after one minute is the winner.

- 📍 Michelle Evans-Fecchi broke the world record for the most cupcakes iced in three minutes when she managed to ice 66 cupcakes in Llanarthney in Wales on the 21st of February 2025. Challenge yourself to see how many cupcakes you can ice in three minutes.



# Other

**PAWPRINT  
BADGES**

- 📍 Wales is often referred to as 'the land of song' due to the history of singing and music in Welsh culture. Join a local choir or just simply enjoy singing along to some of your favourite songs.
- 📍 North Wales is home to the world's fastest zip line at Zip World Velocity where you can soar through the air at speeds of over 100mph! Why not visit and give it a go for yourself?
- 📍 There are 29 letters in the Welsh language. Have a go at learning more about it using the free resource on our website.
- 📍 Have a go at growing your own leeks.
- 📍 Visit Wales Millennium Centre to watch a production of your choice.

## Did you know?

Welsh is one of the oldest languages spoken in Europe today and dates back over 1000 years. However, the 2021 Census results revealed that only 17.8% of the population of Wales can speak Welsh. Sadly, the number of Welsh speakers has continued to decrease since 2001.

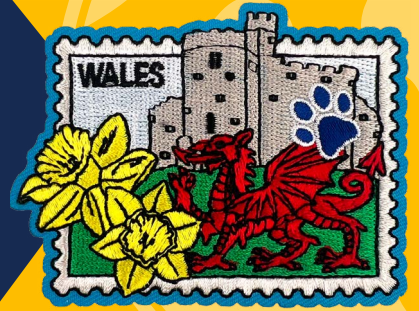
- 📍 The longest place name in Europe is in Wales and is called Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch, located in Anglesey. Try saying it out loud - it's a fun challenge to enjoy with friends!
- 📍 There are three beautiful national parks located in Wales - Snowdonia, Brecon Beacons and Pembrokeshire Coast. Why not spend the day outdoors in the fresh air, exploring one of them?
- 📍 The deepest cave in Britain is Ogof Ffynnon Ddu and is located in South Wales. It is around 900 ft deep. Visit a caving experience. Remember: caves can be dangerous so only ever explore them with a qualified instructor.
- 📍 Research some traditional Welsh myths and legends.
- 📍 Snowdon is the highest peak in Wales, standing at 3,560ft. Why not challenge yourself to climb Snowden or a more local mountain?
- 📍 Sir Tom Jones OBE is originally from Treforest, Pontypridd in South Wales. Listen to some of his music.
- 📍 Find out about the history behind the flag of St. David. Why is it not the same as the Welsh national flag?



## Adventure Complete?

Reward your young adventurers with their Wales 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

