

**PAWPRINT
BADGES**

Walking Challenge



Every adventure begins with a single step...

Get ready to explore and get outdoors with the Walking Challenge as we step, skip, hop and jump in to a world of new adventures!

For even more programme ideas check out our 'Walking' 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						
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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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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You can view the extended terms of use on our website www.pawprintfamily.com/terms-conditions



Craft

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- ! Make or decorate a walking pole or create your own journey stick.

What?

A journey stick (also known as a story stick or nature stick) is a reminder or keepsake from a nature walk. The stick might feature collected items such as feathers, twigs, flowers, leaves or any other found objects, tied to the stick with string or yarn!

- ! Fold a walking paper robot using our free resource.
- ! Paint a kindness rock and hide it on your next walk for a stranger to find.
- ! Experiment and see how colours mix with the walking water experiment. Check out our Pinterest board for some inspiration.
- ! Design a pair of walking boots.

Did You Know?

Jamie used to design and buy walking boots for a well-known sports retailer. You or someone you know could be walking round in a pair of shoes designed by Jamie!

- ! Do some wax rubbings on your next walk and take a look at the variety of textures in nature.
- ! Print with the soles of different shoes and take a look at the patterns they make. Maybe you could print your own wrapping paper to use on a gift for an outdoor loving friend? Don't forget to ask the owners of the shoes first before you get printing!
- ! Paint or decorate a pair of shoes using materials of your choice.
- ! Up-cycle a pair of old shoes and jazz them up with new laces or revamp the sole with some new stitching.
- ! Make a working compass to help you navigate on your next walk.
- ! Create a puppet from a found stick and use it to tell a story.
- ! Decorate or make your own lantern to use on a night time walk in the dark.
- ! Make your own set of stilts and get a different view as you walk at new heights! You could use old plant pots or test your DIY skills to create a set of wooden stilts.



Food

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- ! Make a flask of your favourite hot drink to take on your next walk. Find out how flasks keep drinks hot or cold.
- ! Bake some fueling flapjacks to boost your energy levels during your next walk. Include nuts, seeds or dried fruits for added flavour and energy.
- ! Make and pack a picnic to enjoy on your next walk or design a picnic to tickle your taste buds. Think about the packaging you will use to keep your picnic light and easy to carry and consider how you will dispose of your packaging (if applicable) when you get home.
- ! Go foraging on a countryside walk and gather fruits to make jam or cordial on your return.
- ! Mix up your own trail mix/snack mix to keep up your energy levels when walking. Can you think of a great name for your mix?
- ! Bake some boot print biscuits.

Here's an Idea!

Why not bake your biscuits in celebration of achieving your latest Walking Milestone badge and decorate them with co-ordinated coloured icing?!

- ! Make your own Kendal Mint Cake, an expedition staple that was made famous on 29th May 1953 when it was carried on the first successful summit of Mount Everest by Sir Edmund Hillary and Sirdar Tenzing.
- ! Become a Red Hot Chili Stepper and cook up some chili bites to nibble whilst you walk. Check out our Pinterest board for some recipe ideas.
- ! Bake some rock cakes.

What?

Rock cakes have a rough surface resembling rock and were promoted by the Ministry of Food during WWII as they used fewer eggs and less sugar than ordinary cakes.

- ! Check out which foods are best for walking. You can find some handy information at ramblers.org.uk/advice/safety/food-and-drink
- ! Find out what an isotonic drink is and why they're great for rehydrating you after a long walk or a period of exercise.
- ! Enjoy a campfire with friends at the end of a long day walking.



Games

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- ! Have a go at race walking and compare your speed to an athlete.
- ! Try a barefoot walk over toy building bricks and see how far you can walk.
- ! Race, walking sideways like a crab.

Did You Know?

Walking sideways can burn up to 78% more calories than walking forwards.

- ! Walk on stilts and have races or see how far you can walk.
- ! Hold crab walking races (walking on your hands and feet). The World Record for the most people crab walking at the same time is 697, achieved by the students of Benignus Elementary, Texas, USA on 27th April 2018.
- ! Play the Name Game, perfect for walking and a Pawprint Family favourite.

How?

The first person names a celebrity of their choice, i.e. Mary Berry and the next person must then name a celebrity whose first name begins with the same letter as the surname of the last person named, i.e. Brian May. If a celebrity is named where both the first and last names begin with the same letter (i.e. Michael McIntyre), the direction of play is reversed. Names cannot be repeated and players are out if they cannot name a celebrity.

- ! Go on a scavenger hunt and see what you can spot. Why not take photos and try to find things beginning with each letter of the alphabet or find objects that look like letters to spell out a word or phrase.
- ! Find out about and have a go at Geocaching.
- ! Play the matchbox game and see how many individual items/objects you can find and fit in to an empty matchbox.
- ! Head out on a penny hike, flipping a coin to decide whether you're going left or right at each turning point.
- ! Have a game or two of 20 Questions and see if you can guess the object or person correctly in 20 questions or less with only yes or no answers.
- ! Walk with a balloon or ball between your knees and have races waddling like a penguin. Try it relay style and add obstacles for added challenge.
- ! Play a game of i-spy on your next walk.



Other

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- ! Head out on a walk each day for a set length of time. A short walk each day has the ability to increase productivity by up to 30%. Track your steps and count the kilometers using our tracker so you can earn those milestones.
- ! Join a local walking group.
- ! Identify opportunities to walk in your everyday routine and try to increase the number of steps you're doing each day.
- ! Create a playlist to get you motivated and share it with friends and family.
- ! Try slack lining or tight rope walking.
- ! Take part in a walk for a charity of your choice.
- ! Set up a nature table after your next walk and share your found treasures with friends and family.
- ! Start a walking journal to record what you see, hear, smell and experience whilst out on your walks. Keep your journal over a period of time and see if there are any patterns. Use our resource to get you started.
- ! Walk at different times of day and night and see how your experience changes. Do your senses perceive things differently at different times of day?
- ! Did you hear the joke about the mountain? We couldn't get over it! Share funny walking puns and jokes with friends and family on your next walk. Can you think of any jokes of your own?
- ! Check out some famous walks, trails or pilgrimages. Plan a trip to walk one of them or travel to your nearest trail and walk some or all of the distance.
- ! Learn how to map read and navigate using different methods.
- ! Discover how to purify water when out and about on walks.
- ! Build a shelter to keep you dry and learn some basic survival skills.
- ! Make signs on the ground for others to follow using stones, sticks or other natural materials. Can someone follow your signs from a start point to an end point? Check out our Pinterest board for some basic tracking signs.
- ! Research and find out some fun facts about walking and share them in a fun and interactive way with friends and/or family.

Adventure Complete?

Reward your young adventurers with their Walking 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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