

# Yule Challenge



## Celebrating the Winter Solstice!

Yule marks the Winter Solstice, when darkness is defeated by the light. It's a festival of rebirth and a time for celebration! Ready to celebrate?

For even more programme ideas [check out our 'Yule' 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!



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# 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:

<b>Age 3 - 5</b>							<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 5 - 7</b>											
<b>Age 7 - 11</b>		+									
<b>Age 11 - 14</b>		+									
<b>Age 14 - 18</b>		+									
<b>Age 18+</b>		+									

**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!

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# Craft

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- ⊗ Find out the meaning of different evergreens, used for decorating at Yule, and make your own garlands.
- ⊗ The wreath represents the Wheel of the Year, make a Yuletide wreath using our free resource or create your own using natural materials.
- ⊗ Make a decoration for your Yule tree.

## What?

Though you may be familiar with the idea of a Christmas tree, the tradition dates back thousands of years. Evergreen trees are a symbol of continual life and traditionally potted trees were brought in to the home to give wood spirits a place to keep warm over the Winter. Yule trees are widely decorated with religious symbols and natural decorations.

- ⊗ Red and green are the colours of Yule, representing the Holly King and Oak King respectively. Along with gold to represent the Sun, use these colours to make or decorate candles to bring light into your home or meeting place.
- ⊗ Yule is the rebirth of the Sun, the Sun's birthday if you will. Giving gifts has been traditional at this time for centuries, originally as offerings for deities. Make and give a gift.
- ⊗ Make and decorate a traditional Yule log.

## What?

Believed to originate in Scandinavia where a huge log was burned to honour Thor; in Celtic tradition, a continuous hearth fire was kept to prevent spirits from entering the home with the last remnants being kept to light next year's fire. Today, traditions differ but often the Yule log is decorated with evergreens and used as a centre piece before being burned in a fire.

- ⊗ Make your own Yule Goat decoration, traditional in Scandinavian Yule celebrations, the goat is believed to be linked to the Norse god Thor, who rode through the sky in a chariot drawn by two goats.
- ⊗ Create your own Yule log candle holder from a tree slice, with space for 12 candles, one for each day of your Yule celebrations.
- ⊗ Construct a traditional kissing bough, take a look at our Pinterest board for some ideas. In some traditions, a mistletoe berry is removed for every kiss under the bough and once they're all gone the kissing should stop!
- ⊗ Use cinnamon, a warm spice symbolising the Sun, to make decorations.



# Food

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- ⊛ Cook with seasonal Winter produce.
- ⊛ Gather with friends and family for a Yuletide feast.
- ⊛ Bake a birthday cake for the Sun to celebrate the rebirth of light after the dark half of the year.
- ⊛ Make a decorate a chocolate Yule log.

## Why?

The tradition of Yule logs dates back centuries before the tasty chocolate alternative came into being. Decorate your chocolate version with sprigs of holly or other seasonal evergreens and share it with family and friends at your Yuletide feast.

- ⊛ Create an edible wreath using foods of your choice. Perhaps you could make one from bread or get creative with biscuits.
- ⊛ It is Scandanavian tradition to leave porridge out for household spirits (*tomte* or *nisse*) during Yule. Make and flavour your own porridge, we like banana and chocolate spread at Pawprint HQ!
- ⊛ The Yule Boar was a traditional part of Yuletide feasts, make marzipan or marshmallow pigs to enjoy. Why not roll them in chocolate mud?

## Why?

The Wild Boar symbolises and represents the Wild Hunt at the Yuletide feast, more modern meals might include a seasonal/spiced ham. The Wild Hunt is a legend of Odin leading other figures on a hunt across the skies, looking for souls of the dead and in some cultures looking for those outside their homes who have strayed yule log fire.

- ⊛ Bake a Winter pie, possibly including ham to symbolise the Wild Hunt, and decorated with pastry shapes depicting the story.
- ⊛ Red and Green foods are traditional at Yule, representing the Holly King and Oak King. At the Winter Solstice/Yule, the Holly King (who rules over the dark part of the year) surrenders his life to the Oak King who then rules from Yule to Midsummer. Make some dishes using red and green foods to serve at your Yuletide feast.
- ⊛ Plum pudding is a symbol of luck and success for the coming year. Cook your pudding with intent and visualise your intentions for the following year.
- ⊛ Use sunshine fruits such as lemon and orange in a recipe of your choice.



# Games

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- ⊛ Race to decorate a Yule tree. Why not turn this in to a relay and take it in turns collecting and adding decorations?
- ⊛ Yule celebrates the defeat of light over darkness as the new year and longer days emerge. Play a game of light from darkness.

## How?

Based on a game of tag, start in darkness with each player having a torch. The player who is 'on' moves around the space with their torch on. When a player is tagged, they then turn their torch on too. As the game goes on, the light spreads and the game ends when everyone has been tag and light defeats the darkness.

- ⊛ Odin was believed to lead deities on a Wild Hunt across the night sky at Yule. Go on your own wild hunt looking for natural objects on a scavenger hunt around your local woodland/green space.
- ⊛ Yule is the festival of rebirth and the return of the Sun, the Sun's birthday. Play your favourite party games and celebrate!
- ⊛ Have a game of *Duck, Duck, Goose* but switch to Dark, Dark, Light.
- ⊛ Play a reflection game. At the turning of the wheel and the longest night, for many Yule is the start of a new year and a time to reflect on the year passed and look ahead to the future.

## How?

In pairs, take turns to mime an achievement/event from the year passed or an intention/ambition for the year ahead. Mimic each other as though you're looking in a mirror and try and guess the achievement/intention.

- ⊛ At the turning of the wheel and changing of the seasons, gathering around the fire and telling stories is an age old tradition. Play some story games, like taking it in turns to add a word or a sentence to the story or only using words beginning with each letter of the alphabet.
- ⊛ Wassailing is the custom of visiting orchards to sing and dance among the trees and spirits in the hope of ensuring a good harvest the following season. Usually taking place on the 12th night of Yule, have a game like Simon Says but with dance or song.
- ⊛ Go on a 'wild hunt' in your local woodland or green space with a large scale version of hide and seek. You could play at night with torches but remember to make provision for emergencies/accidents.



# Other

**PAWPRINT**  
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-  The Winter Solstice marks the longest night, at the end of which the Sun emerges. The Goddess gives birth to the Sun, it is the Sun's birthday. Hold a sunshine themed birthday party.
-  Set up a Yule altar with evergreens and candles. Incorporate red and green for the Holly and Oak Kings and light your candles to bring light in to your home/meeting place.
-  Stay up on the night of the Winter Solstice and watch the sun emerge from the darkness.
-  Burn a Yule log with family or friends. Write down your wishes for the coming year and tie them on to your log with ribbons or string. As your log burns, visualise your wishes coming true and don't forget to keep the end of your log to light next year's fire.
-  Yule is a time of reflection and, for many, the start of a new year. Write a letter to the old year and reflect on all the good things that have happened and celebrate your achievements.
-  Set some intentions for the year ahead. Light a candle and visualise your ambitions for the coming year. As the candle burns, visualise your intentions coming true.
-  Cleanse and prepare yourself and your mind for the new year and the return of the light with a clear out. Donate unwanted possessions to charity or sell/swap items.
-  The Yule Log is traditionally burned for the 12 days of Yuletide, light a candle each day. Why not reflect on different things each day whilst watching your candles burn?
-  Some groups withdraw completely during Yule to make it the most sacred of the Sabbats. Take some time out from social media and news to spend time with friends and family away from screens.
-  Visit others who are celebrating Yule and share your traditions (old or new) with them and find out how they are celebrating.
-  Find out why Yule is traditionally celebrated for 12 days.
-  Head out on a Winter walk and mark the changing of the seasons and the longest night by spending time in nature.

## Adventure Complete?

Reward your young adventurers with their Yule Winter Solstice 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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