

Aquarius Challenge



Analytical, truthful, confident and lucky...

The eleventh astrological sign of the zodiac that lies between the 20th January and the 18th February. (Water) bearing 40+ activity ideas for you to try!

For even more programme ideas check out our 'Aquarius' 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!



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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:

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

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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.
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Craft

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- 🌊 The symbol for Aquarius is two waves which represent water. Create a piece of art with similar zig zags. Why not carve some potato printing stamps?
- 🌊 Craft your own urn, jar or jug to pour water from. For an extra challenge, why not try making a pinch pot from clay?
- 🌊 Design your own pattern to decorate an Aquarian urn.

Did You Know?

Aquarius is often known as the Water Bearer. This may be because the constellation appeared in the night sky during periods of flooding and rain in ancient times. The Greeks associated this with Ganymede the cup bearer of Mount Olympus.

- 🌊 Aquarians love art. Have a go at painting or drawing your next masterpiece.
- 🌊 Use your Aquarian innovation skills to make a junk model from waste materials. For an extra challenge, why not come up with a new invention?
- 🌊 Craft your own orchid plant which is the birth flower of Aquarius.
- 🌊 Amethyst is the birth stone of Aquarians, have a go at making your own purple borax crystals in a jam jar.

How?

Twist some purple pipe cleaners together into a small squiggly shape. This will form the base for your crystal to grow from. Tie the pipe cleaners onto a skewer or piece of cutlery so they can hang freely inside the jar. Fill your jar with boiling water, just past where the pipe cleaners hang, then add a little borax at a time until it stops dissolving and the water is white. Stir in a few drops of purple food colouring before dipping the pipe cleaners in. Rest the skewer on top of the jar so the pipe cleaners hang freely, then cover the jar and leave to soak for 12-24 hours while the crystals grow.

- 🌊 Twelve of the stars in the Aquarius constellation are confirmed to have planets. Make a model of the planets in our own solar system.
- 🌊 Alpha Aquarii is the second brightest star in Aquarius and has a mass six times larger than our Sun. Have a go at making a drawing that is six times bigger than your reference photo by using the grid method.
- 🌊 Put together an original or eccentric outfit. Aquarians are confident, innovative and independent and can often be seen wearing unique clothes.
- 🌊 Craft with the lucky colours of Aquarius: electric blue, turquoise and silver.



Food

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- Prepare or enjoy some food associated with water such as fish, watercress, watermelon, cucumber or even lobster.
- Spinach, radish, celery, lettuce, sweetcorn, lentils, almonds and walnuts are meant to be good foods for Aquarians. Make a salad from these ingredients.
- Make an edible orchid, the birth flower of people born under Aquarius.
- Aquarius' lucky numbers are 2, 3, 7 and 9. Come up with a recipe that contains each number of ingredients. For an extra challenge, why not try making the dishes that you've come up with?
- The best fruits for an Aquarius are apples, peaches, pears, lemons and oranges. Put together a fruit salad with these as the base.
- Coffee can make Aquarians nervous so try some herbal tea instead.
- Decorate a cake for an Aquarius' birthday.

Here's an idea!

Why not give your cake a water theme, such as sea creatures? Alternatively, you could use Aquarius' lucky colours of electric blue, turquoise and silver, or purple to represent the birth stone of Amethyst. You could also make some orchid birth flowers from icing!

- Aquarius is an air sign. Make some sky jellies by layering blue jelly and white yoghurt in a transparent cup to look like clouds in a blue sky.
- Use your Aquarian invention skills to come up with a new meal, dish or bake.
- Bake some lucky electric blue cookies, muffins or bread. Why not add turquoise or silver decorations to include Aquarius' other lucky colours?
- Practice your Aquarian independence by sourcing ingredients and preparing a meal for yourself.
- Aquarians are technical people. Learn a new cooking or baking technique, such as how to poach an egg or rub butter into flour.
- Have a go at baking your own edible urn or vase from bread. Why not try scoring before baking, or painting with food gel afterwards to add a pattern to your Aquarian urn.
- Stay hydrated by making your own flavoured water with sliced fruit, berries, fresh herbs and ice cubes.



Games

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- 🌀 Aquarians are clever and analytical. Solve some puzzles or riddles.
- 🌀 The Aquarius constellation contains three 'Messier objects' (astronomical objects catalogued by Charles Messier in the 18th century). Take part in some messy play.
- 🌀 Make a prediction about the future and seal it in an envelope. Decide when you will open your envelope and save it until then to find out if whether were right or your wish came true.

Why?

Aquarians are known for being very clairvoyant, as well as setting themselves big goals and yearning for success. Why not set yourself a personal goal in your envelope, then find out whether you've achieved it by the time you open it on your chosen date?

- 🌀 Have a go at a water sport such as canoeing, kayaking, sailing or even polo. If you don't have access to a body of water, why not have a game of water polo on land by pretending to swim as you run?
- 🌀 Aquarians are lucky, try your luck in a game such as bingo or beetle drive.
- 🌀 Take on some water bearing team building activities. For example, can you transfer water from one container to another with a cup that has a hole in the bottom? What about pouring water into decreasingly sized containers whilst blindfolded? Why not work as a team to make a water run from drain pipes or plastic bottles?
- 🌀 Challenge yourself to complete our Aquarius Traits Crossword resource.
- 🌀 Aquarius is an air sign. Fold your own paper aeroplane and race them across the room. Whose gets the furthest? Whose paper aeroplane flies in the most spectacular way? Whose looks the most like a plane?
- 🌀 Share your hot takes with your friends, family or group.

Why?

Aquarians are opinionated and like discussions, as well as enjoying a chat more generally.

- 🌀 Put your Aquarian confidence to the test in a game of Ibbie Dibble, a tongue-twisting parlour game played by the royal family.
- 🌀 Take part in a team sport such as famous Aquarian footballer Cristiano Ronaldo, or basketball player Michael Jordan.



Other

- 🌊 The Aquarius constellation isn't very bright so it can be difficult to spot, but in the Northern Hemisphere, it is most visible around 9pm in October. In the Southern Hemisphere, it can be seen in Spring. Have a go at star spotting.
- 🌊 Inspired by the name of French astronomer Charles Messier who catalogued three of the objects within Aquarius, tidy up a mess.
- 🌊 Aquarians have a 'unique way of thinking'. Watch or read a *Sherlock Holmes* story, first created by Sir Arthur Conan Doyle.
- 🌊 The symbol for Aquarius is two waves. Visit the beach and explore the waves.
- 🌊 In the Sumerian Legend of the ark, Aquarius held the vase that brought the water from the heavens to flood Earth. Sing 'The animals went in two by two'.
- 🌊 Aquarius 'bestows life upon the land'. Sow some seeds and watch them grow, but remember to water them!
- 🌊 This zodiac is ruled by Uranus, which is known as the planet of space travel. Why not complete your Space Adventures or Astronaut Adventures challenge too?
- 🌊 Uranus is sometimes also referred to as the planet of aerodynamics. Learn about which shapes are the most aerodynamic and what this means.
- 🌊 Write your own song like famous Aquarian musicians Harry Styles, Alicia Keys and Shakira.
- 🌊 Dance like nobody's watching to a song or rhythm that's stuck in your head. People born under Aquarius often live inside their heads and enjoy 'dancing to their own beat'.
- 🌊 Aquarians make good activists because they are progressive and assertive, and they also believe in making the planet better. Find out some facts about climate change. Why not make a poster to share what you've learnt?
- 🌊 Politics and journalism are good careers for Aquarians because they are truthful, analytical and independent. They also like writing, have a lot to say and have an eloquent way with words. Have a go at writing a news article.
- 🌊 This is the most humanitarian zodiac. Support and raise awareness for a local or international charity such as UNICEF.
- 🌊 Complete some water based science experiments, such as building dams.

Adventure Complete?

Reward your young adventurers with their Aquarius 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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