

**PAWPRINT
BADGES**

Cancer Challenge



Ready for a clawsome Zodiac adventure?

The fourth astrological sign of the zodiac that lies between the 22nd June and the 22nd July. You crab-solutely don't want to miss this one!

For even more programme ideas check out our 'Cancer' 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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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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Craft

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- 🦀 Make a claw-some split pin crab with moving claws! Find a template online and get crab-fting - all you need is a template, scissors and split pins.
- 🦀 Feeling a little crabby today? Cancer are said to be emotional because their elemental sign is water. Create a piece of art expressing your feelings to let some of that emotion out.

How?

Take a moment to think about how you're feeling right now, and the colours you might use to represent them. On a blank canvas, use colours, shapes, strokes and patterns to show how you're feeling. For example, you might use blue smooth paint strokes to show calmness, or bright yellow circles for joy! Leaders, take this opportunity to discuss emotions with your children; show them how every painting is different because not everyone feels the same.

- 🦀 The lucky colours of a Cancerian are said to be red, yellow and white. Create a piece of artwork using only these colours. Maybe you'll paint, draw or make the Cancer Zodiac symbol?
- 🦀 Mexican painter Frida Kahlo is a Cancer, born on 6th July 1907. Complete a craft activity from the Frida Khalo Challenge Pack.
- 🦀 Transform your hand print(s) into a crab. Check out this activity on our Pinterest board. It's a great Cancer themed craft for little crabblings!
- 🦀 Cancer are said to feel most comfortable when they're at home. Design a comfy home for a hermit crab to stay in. Will your hermit home have special features to provide extra comfort for the hermit who inhabits it?

Did you know?

Hermit crabs outgrow their shells (homes) and therefore have to hunt for a bigger shell to use as their new home. Head to the 'Other' section of this challenge pack to watch a video of hermit crabs testing out different shells, trying to find the perfect fit.

- 🦀 A crab's pincers are handy for catching prey, tearing food apart to eat, and fighting. Make a life size set of claws to use for the claw picking game in the 'Games' section. Use craft materials of your choice.
- 🦀 Turn a paper plate into a crab with pipe cleaners, googly eyes and paint.
- 🦀 Diana, Princess of Wales, was a Cancer born on 1st July 1961. Make a Cancer themed crown to remember the Princess of Wales. She was kind, honest and giving – true traits of a Cancer.



Food

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- ♋ Cancer is the 4th zodiac sign. Make a recipe with only 4 ingredients. Head over to our 'Cancer' board on Pinterest to see a variety of recipes that use only 4 ingredients.
- ♋ Make an edible cancer constellation model using marshmallows as the stars and white chocolate matchsticks as the joins. For a sturdier constellation, use cocktail sticks as the joins instead.

Did you know?

Cancer's constellation is meant to be one of the dimmest constellations in the sky, and one of the hardest to see by the naked eye. However, it's said to be best visible in March at 9:00pm if you want to try and spot it!

- ♋ James Martin, well known British chef and TV presenter on Saturday Kitchen (BBC ONE), was born on 30th June 1972. Watch an episode of Saturday Kitchen or cook a dish featured in one of their episodes.
- ♋ Some believe a Cancerian's favourite food is seafood because it's a water sign. Make a seafood dish of your choice. Never tried seafood before? Take a deep dive into the world of seafood and give it a go!
- ♋ Cook any dish you like with crab. Think crab sandwiches, crab cakes, crab linguine, crab curry. The amount of dishes you can cook with crab is crab-solutely crazy...

Why?

Crab is believed to be a nutrient-rich meat. Full of Vitamin B12, iron, and zinc, this protein-packed meat is full of omega-3 fatty acids and is said to improve heart health, lower blood pressure and help repair body tissue.

- ♋ Bake some crab cupcakes by sticking jelly sweets and googly eyed through cocktail sticks and attaching them to the top of your cupcakes. Check out these cute little sea creatures on our 'Cancer' Pinterest board.
- ♋ Gino D'Acampo is a famous Cancer chef, born on 17th July 1976. Make an Italian dish of his. Why not see if he has any crab dishes that you could try?
- ♋ Make a Cancer-themed cake in the shape of a crab, the Cancer constellation, or the Cancer zodiac symbol. But don't be shell-fish, make sure you share it with friends and family!
- ♋ The gemstone of a Cancerian is supposedly a ruby. Have a go at making some ruby gemstone jellies or a ruby hot chocolate.



Games

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- ♋ Crabs can walk in any direction (apart from up and down walls). Have a go at walking like a crab forwards, backwards and diagonally.

Extension

Give yourself an ex-shell-ent challenge by setting out an obstacle course and trying to complete it by walking, or running, like a crab.

- ♋ Play a game from the Crab Challenge Pack.
- ♋ A Cancer's lucky numbers are said to be 2, 7 and 9. Colour in all of the answers that equal 2, 7 or 9 on our resource. Download 'The Colourful Calculations of Cancer' from our website for free.
- ♋ Go head to head with a partner to see how many items or objects you can pick up and put in a box with the life-size claws you made for your craft activity. Give yourself a time limit of 1 minute for an extra challenge.
- ♋ Play the game 'Ninja' but with pincer claws instead (don't pinch too hard!)

How?

A group game where players stand in a circle and strike a crab inspired ninja pose. The player who strikes the best pose begins the game and turns are taken clockwise around the circle. The object of the game is to be the last ninja standing and get other players out by pinching their hand, no other body part counts. Each player is allowed one smooth motion to try and 'pinch' another player's hand - the player being attacked is also allowed one smooth motion to dodge the attack, even if it's not their turn. You must freeze at the end of each motion! If you successfully 'pinch' another player's hand, they're out.

- ♋ Jumble up a bunch of alphabet letters and see who can find the letters to spell 'Cancer' first. Use magnetic letters, alphabet blocks or make your own by writing each letter of the alphabet on a piece of paper and cutting them all out. To make the game fair, make sure you have enough alphabet sets for the number of players you have.
- ♋ The lucky flower of a Cancer is said to be a white rose or lily. Visit a garden centre and count how many white roses and white lilies you can see there. Why not buy some to make into a bouquet for a Cancerian you know and gift them some extra luck?
- ♋ Cancer are said to be self-protective, withdrawing into themselves and their shell when they're unsure or concerned about something. Make up a game where each team has a hoop filled with beanbags and they have to protect their beanbags whilst also trying to steal the other team's beanbags.



Other

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-  Go crabbing at your nearest beach. How many can you catch? Over 100? Remember to put them all back where you found them at the end of your crabbing session!
-  Read 'The Brave Little Crab' by Beth Costanzo.
-  Enjoy a day at home doing whatever you like. Cancer are said to love home because that's where they feel most comfortable!
-  Discover which stars make up the Cancer constellation.
-  Sing '5 Little Ducks' but '5 Little Crabs' instead.
-  Cancerians are said to be very generous givers, giving their time, love and money. Donate to a charity of your choice or give your time to a place of your choice by volunteering for a few hours.
-  Check out Cancer's horoscope for today. Will the stars align for Cancerians today?
-  Take on the Crab Challenge! Find the Crab challenge badge and free activity pack on our website.
-  Discover why the sign of Cancer is a crab according to Greek mythology. I think Hercules might have had something to do with it...
-  Look for the Cancer constellation in the sky.
-  Mark the 'Tropic of Cancer' on a world map and see which countries fall into this area. For more of a challenge, discover what the Tropic of Cancer is and how it gets its name. Is it anything to do with Cancer the Zodiac sign?
-  Learn how to correctly and safely de-shell a crab and prepare it for cooking.
-  Follow the link to watch hermit crabs forming a queue to try on new shells. It sure is a shell-celebration of crab diversity! www.youtube.com/watch?v=f1dnocPQXDQ&t=164s
-  Visit an aquarium and learn more about the crab species they care for there.
-  Cancerians are said to be nurturing. Look after yourself, someone or someone today.
-  Discover the world's smallest and largest crabs. Did they break any records?

Adventure Complete?

Reward your young adventurers with their Cancer 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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