

Capricorn Challenge



Ambitious, determined, materialistic and strong...

The tenth astrological sign of the zodiac that lies between the 22nd December and the 19th January. Dive in for over 40 activity ideas - we aren't kidding!

For even more programme ideas check out our 'Capricorn' 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



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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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Craft

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- ♈ Capricorn means 'goat horned'. Craft your own goat horns.
- ♈ Realistic thinking is a key trait of Capricorns. Challenge yourself to complete a realistic painting or drawing.
- ♈ Make a gift for a friend. Capricorns like to make others happy.
- ♈ Capricorns are incredibly resourceful so upcycle something that you were going to throw away. Why not make your own Capricornus goat-fish out of junk model materials?

What?

The Capricornus constellation is usually represented as a goat with a fish tail. One common interpretation comes from the Greek myth of Pan who jumped into the water to avoid Typhon. However, he was changing into animal form at the same time so the top half became a goat and the bottom half became a fish.

- ♈ Knit or crochet your own Capricornus representation with a goat's head and front legs but a fish tail.
- ♈ Paint a picture of the Capricornus constellation.
- ♈ Collage two animals together like artist Arne Olav Gurvin Fredriksen. Capricornus is a goat-fish mashup but which animals' body parts will you choose to combine? What name will you give your creation?
- ♈ The birth flower of Capricorns is the pansy. Have a go at making your own pansy from paper, felt or yarn.
- ♈ Make some pansy wrapping paper and wrap a birthday present for a friend who is a Capricorn.

How?

Start with a large sheet of paper or some plain wrapping paper. Print with a potato stamp or use a paintbrush to create a pansy pattern. For an extra challenge, why not try hammering some real pansies to create a natural pattern?

- ♈ Draw a pansy. Have a look online or in the library if you need help starting.
- ♈ Make your own fishtail friendship bracelet from embroidery thread, yarn or small rubber bands.
- ♈ Learn how to make a fishtail braid in your hair or a friend's.



Food

**PAWPRINT
BADGES**

- ♈ 'There is a big kid inside every Capricorn'. Enjoy some sweets.
- ♈ Capricorns are resourceful. Put together a meal with ingredients that you already have in your cupboards.
- ♈ Which food is your GOAT (Greatest Of All Time)? Capricorn is represented as a goat-fish.
- ♈ Plan a meal with lots of calcium and protein to keep your body strong like a Capricorn. Remember to have a healthy balanced diet too.
- ♈ Prepare some festive food.

Why?

Christmas, Kwanzaa and New Year take place under the Capricorn zodiac. The dates of Hanukkah and Winter Solstice vary but they are sometimes under Capricorn too.

- ♈ Capricorns are often described as self-reliant. Cook yourself a meal.
- ♈ Follow one of famous Capricorn chef Rick Stein's recipes.
- ♈ The colours of Capricorn are brown and grey because they are practical and reliable. Prepare yourself some brown food such as by baking a reliable chocolate cake.
- ♈ Decorate cupcakes with some edible pansies or violets, the lucky flowers of those born under Capricorn.

Remember!

Pansies and violets are types of viola, but not all viola flowers are edible. Make sure yours are safe for eating before tasting or serving.

- ♈ Capricorns like to make others feel happy. Bake some biscuits and deliver them to a neighbour, friend or family member to cheer them up.
- ♈ 9-5 singer Dolly Parton is a Capricorn. Choose a day and plan the meals you'll eat from 9am to 5pm.
- ♈ Try goat in a curry or stew. What does it taste like? If meat isn't for you, why not try some goat's milk or cheese?
- ♈ Enjoy some fish, such as with chips or in a pie. For an extra challenge, learn how to fillet a fish yourself.



Games

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BADGES**

- ♈ Capricorns are known for their stability and order. Test your stability in a balancing game such as hopscotch or Jenga®.
- ♈ What's your favourite fact? Capricorns love collecting facts so take part in a quiz to test your general knowledge.
- ♈ If any zodiac would win the marshmallow test, it would be Capricorn because they are the most disciplined. Can you pass the marshmallow test?

For Leaders!

The marshmallow test teaches children about delayed gratification. Give the child a treat; it doesn't have to be a marshmallow. Explain that you are going to leave the room and they can eat the treat while you are gone, or if they don't they can have two treats when you return. Leave the room and wait a few minutes - the longer you wait, the harder it is for them to resist. Return and give the extra treat if deserved.

- ♈ Capricorns find it difficult to share their struggles. Practice sharing the load in a team building game such as capture the flag.
- ♈ Rise the ranks like a Capricorn on the career ladder in a climbing or a Jacob's ladder adventurous activity. Alternatively, why not play a game of ladders?
- ♈ Looking for facts and evidence before jumping to conclusions, Capricorns make really good detectives. Take part in an escape room style activity.
- ♈ Similarly, Capricorns enjoy puzzles and games that are absorbing and complicated. Have a go at some brain teasers.
- ♈ Trust is a key trait of Capricorns. Challenge your friends in a trust circle.

How?

In groups of at least four, arrange chairs in a circle facing inwards. Each person sits on a chair facing the person on their left (or right but all the same). Lean back so each person's head is resting on the next person's knees. When everyone's comfortable, remove the chairs and you should be left with a self-supporting ring of people. Alternatively, try standing in a circle facing the back of the person next to you. 3, 2, 1, sit down!

- ♈ Pay attention while you play Simon Says, musical statues or a Kim's game. Capricorns pay 100% attention to everything they do.
- ♈ Where land meets water, Capricornus is half goat and half fish. Have a game of newspaper islands or cross the river.



Other

- Visit some goats at a local farm.
- Capricorns are confident that they can achieve anything. Try a new skill or practice something that you'd like to get better at.
- A problem shared is a problem halved but Capricorns find it hard to share their struggles. Talk to a friend or family member about something that is playing on your mind. Maybe you can come up with a solution together?
- The Princess of Wales is a Capricorn and does lots of charity work, especially surrounding children and mental health. Raise money for a local charity.
- Kensington Palace is the official residence of the Princess of Wales. Why not take a trip and complete our Kensington Gardens Trail while you're there?
- Capricorns are the hardest workers. Set yourself a challenge and work hard to achieve your goal.
- Read a book to collect facts and knowledge like a Capricorn.
- Have a go at gardening or some DIY. Capricorns enjoy spending time at home and being practical.
- Try stargazing to spot Capricornus. This is a tricky constellation to see because its stars are not very bright, but it is best seen in the Northern Hemisphere around 9pm in mid-September.
- Capricorns are disciplined with their spending and often use money as a measure of success. Budget for an activity with your friends, family or group.
- Have a go at being an Agony Aunt because Capricorns are known for their amazing advice. Why not borrow *Dear Mother Goose* or *Dear Fairy Godmother* by Michael Rosen and Nick Sharratt from your local library?
- There is a big kid inside every Capricorn. Take a trip to your local sweet shop.
- Make a to-do list and 'get stuff done' like a Capricorn.
- Pansies are the birth flowers of Capricorns. Grow or plant some of your own.
- A Capricorn's mood can change in the blink of an eye. Read *Stompysaurus* by Rachel Bright to learn about your emotions and how to control them.
- Have a go at blowing a conch shell like Pan in the Capricornus mythology.

Adventure Complete?

Reward your young adventurers with their Capricorn 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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