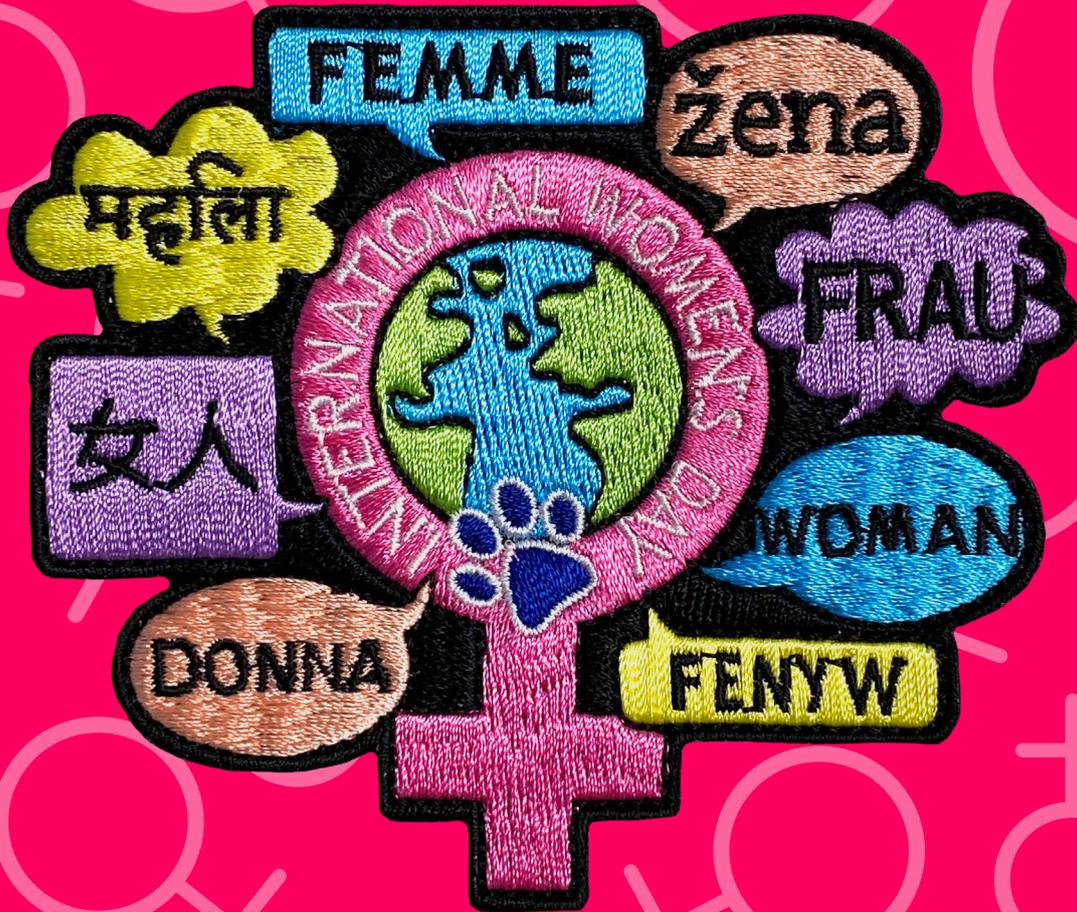


International Women's Day Challenge



Let's celebrate women and their achievements!

International Women's Day is celebrated annually on 8th March. Discover inspirational females from around the world and let's celebrate together.

For even more programme ideas check out our 'IWD' 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							Craft	Food	Games	Other	PICK
Age 5 - 7											
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.

Please Do	You May Not
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

**PAWPRINT
BADGES**

- ♀ Create a paper chain of inspiring women.
- ♀ Make your own inspirational quote canvas to hang on your wall with a quote from your favourite inspirational woman.
- ♀ Fold, paint or create a flower using green, white and purple.

Why?

Green, white and purple were the colours used by the Suffragette movement. Purple stood for loyalty and dignity, white for purity and green for hope.

- ♀ Take a look at how the Suffragette colours were used in jewellery designs and create your own piece of jewellery using materials of your choice.
- ♀ Draw a self portrait and write around it all of your best qualities.
- ♀ Discover the work of famous female artists/designers and have a go at recreating a piece of their work.

What?

There are many famous female artists and designers, from painters to sculptors to fashion designers and illustrators. Imagination is your only limitation.

- ♀ Queen Elizabeth II is currently the longest-reigning living monarch. She became Queen at the age of 25 on 6th February 1952, following the death of her father. Make your own crown and decide what you would do if you were Queen.
- ♀ Take a look at famous women in fashion and have a go at creating your own catwalk pieces using recycled materials.
- ♀ Margaret Calvert was the designer and typographer of British road signs. She also created the Rail Alphabet font used on the British railway system and her designs launched in 1965. Create a sign for your bedroom or home.
- ♀ Learn to knit/crochet and make a useful item to donate to a women's shelter or to the Buddy Bag Foundation (see the Buddy Bag Challenge for more information).
- ♀ Jane ni Dhulchaointigh invented Sugru Moldable Glue, hailed as the best invention since Sellotape. Find out more about Sugru and create your own model from plasticine or modeling clay.



Food

**PAWPRINT
BADGES**

- ♀ Discover some famous female chefs and try creating one of their dishes or visit their restaurants.
- ♀ Make a layered jelly in purple, white and green, the colours of the Suffragette movement.
- ♀ Women nourish children from birth; find and make a dish to feed others or make a milk-based dish.
- ♀ Women's suffrage was a movement in the UK to fight for women's right to vote. It became a national movement in the Victorian era. Make a Victoria sponge cake.

Why?

Victoria sponge cake gets its name from Queen Victoria, who was said to have enjoyed a slice of the cake with her afternoon tea. Queen Victoria ruled the United Kingdom from 20th June 1837 until her death on 22nd January 1901.

- ♀ Mária Telkes (1900-1995) was a Hungarian-American scientist who worked on solar energy. She received a grant to build the first solar home. Build your own solar oven and cook using it.
- ♀ Julia Child was an American cooking teacher, recognised for bringing French cuisine to the American public with her debut cook book, *Mastering the Art of French Cooking*. Watch the film *Julie & Julia*, based on her autobiography and have a go at making one of her recipes yourself.
- ♀ The NHS recommend a daily intake of around 2,000kcal each day for women. Have a go at creating a meal plan and look at different foods that total 2000 calories, i.e. 18 bananas, 7 slices of a large pizza, etc.
- ♀ Josephine Cochrane is credited as the inventor of the dishwasher, wash the dishes for a week and see how hard dishwashers work.
- ♀ Bake some biscuits to celebrate International Women's Day in the shape of solidarity hands or the female symbol.
- ♀ Taste test different green, purple or white foods.
- ♀ Try making a meal using purple foods, i.e. purple potatoes.
- ♀ Sugru is a moldable glue, make your own salt dough and use it to create models of your choice.



Games

**PAWPRINT
BADGES**

- ♀ Nicola Adams was the first female boxer to become an Olympic champion after winning gold at London 2012. Try kick boxing, boxing or another self defense sport.
- ♀ Find out who the fastest woman in the world is and see how you compare.
- ♀ Play Polyanna's 'The Glad Game'.

How?

Polyanna is the title character from the 1913 novel by Eleanor H. Porter. In the story Polyanna has been taught by her father to play 'The Glad Game' in which the objective is to "find something about everything to be glad about". In the book she uses the game to spread cheer, play a game and see if you can use it to spread a little cheer around you.

- ♀ Greta Thunberg is a Swedish Activist who is internationally known for challenging world leaders on climate change. Play a game of Plastic Free Snap or Higher/Lower using our free resources and see how you can make a difference.
- ♀ Karen Brady was the 1st woman to be Managing Director of a top football club; play a game of football and take a look at some famous female players.
- ♀ Simone Biles was the first woman to land a triple double in competition on the floor at the U.S. Gymnastics Championships. Have a go at gymnastics or try a roly-poly race or doing some cartwheels.
- ♀ Build your strength and build each other up by making a human pyramid.
- ♀ Maria Beasley was an entrepreneur noted for her improvements to the life raft. Have a debate to see who would be saved.

How?

Imagine that a catastrophic event has wiped out most of humanity and you are the only survivors. You must sail off to build a new society but there is only one seat left on the life raft...In a small group, everyone take on a different role and take it in turns to say why you think you should be the one to be saved. After each round one person is voted off by the 'audience' (others in your group) and the winner is the last person standing.

- ♀ UK road signs were designed by Margaret Calvert. Play a game of guess the meaning using different UK road signs.
- ♀ Agatha Christie is best known for her detective novels. Become a detective and hold a murder mystery event.



Other

PAWPRINT
BADGES

- ♀ Complete on of our inspirational people badges, i.e. Maya Angelou or Amelia Earhart that were released for International Women's Day.
- ♀ Design your own inspirational woman badge using our free resource.
- ♀ Contact the oldest woman you know and find out how being a woman has changed in their lifetime.
- ♀ Read some fantastic books about women, there are so many to choose from.
- ♀ Write a note to an inspirational woman in your life and let them know what an inspiration they are to you.
- ♀ Visit the Pankhurst Centre in Manchester and find out more about the Suffragette movement, it's birth and founder Emmeline Pankhurst.
- ♀ Learn the word for woman in different languages; start by finding out what the different languages are that are used on your badge.
- ♀ Beyoncé is an American singer and is an inspirational woman of the 21st Century. Discover some of her empowering songs and have a go at writing your own.
- ♀ Margaret Thatcher was the first female Prime Minister; what would you do if you were PM? Discuss with your friends or family.
- ♀ Malala Yousafzai is a Pakistani activist for female education and the youngest Nobel Prize laureate. Find out what education for girls and young women is like in other countries and do something to help or raise awareness of any inequalities you discover.
- ♀ Florence Nightingale is recognised as the founder of modern nursing. Complete your First Aid Challenge badge or have a go at learning how to dress different kinds of wounds.
- ♀ Stephanie Kwolek was an American chemist who is known for inventing Kevlar. Discover the strength of different materials and have a go at making your own rope...a single thread may not have much strength but when wound together with others it becomes much stronger.
- ♀ Host an International Women's Day party/celebration.
- ♀ Discover your own inspirational women...there are so many we couldn't name them all!

Adventure Complete?

Reward your young adventurers with their International Women's Day 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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