

Stay Connected Challenge



In the UK 7 in 10 people know someone who is lonely...

With loneliness seen as one of the largest health issues we face, let's make an effort to Stay Connected. Created in response to the COVID-19 pandemic.

For even more programme ideas check out our 'Stay Connected' 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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PAWPRINT BADGES

The diagram illustrates the progression of activity participation across different age groups. It features a grid of colored circles (red, green, purple, teal) representing participation in four categories: Craft, Food, Games, and Other. The progression is as follows:

- Age 3 - 5:** 3 red circles (Craft).
- Age 5 - 7:** 1 red circle (Craft), 1 green circle (Food), 1 purple circle (Games), 1 teal circle (Other).
- Age 7 - 11:** 1 red circle (Craft), 1 green circle (Food), 1 purple circle (Games), 1 teal circle (Other), and 1 combined circle (half red, half green).
- Age 11 - 14:** 1 red circle (Craft), 1 green circle (Food), 1 purple circle (Games), 1 teal circle (Other), and 2 combined circles (half red, half green).
- Age 14 - 18:** 1 red circle (Craft), 1 green circle (Food), 1 purple circle (Games), 1 teal circle (Other), and 3 combined circles (half red, half green).
- Age 18+:** 1 red circle (Craft), 1 green circle (Food), 1 purple circle (Games), 1 teal circle (Other), and 4 combined circles (half red, half green).

Legend:

- Craft:** Red circle with scissors icon.
- Food:** Green circle with fork and knife icon.
- Games:** Purple circle with dice icon.
- Other:** Teal circle with gears icon.
- PICK:** Combined circle (half red, half green).

- 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!

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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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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- ✚ Fold a fortune teller and use it in a virtual meeting.
- ✚ Create origami animals or puppets and use them to collectively tell a story, even create your own story together.
- ✚ Colour a rainbow to put in your window to spread joy to others.
- ✚ Knot, weave or plait a friendship bracelet and send it with a note to a friend or family member to let them know you're thinking of them.
- ✚ Make a community quilt/blanket. Each person decorates a square (or you could knit/crochet) and then they're all joined together. You could donate the final quilt to a local charity.
- ✚ Cut, stick and create your own Good Deed Dice using our free resource and do something nice for another.
- ✚ Create your own 'bored jar' of virtual activities that you could do with friends and family on video calls/in virtual meetings.
- ✚ Make your own decorations for a virtual birthday party/celebration.

Why?

Just because we can't get together doesn't mean we have to stop celebrating special occasions! Get everyone to decorate the space where they are and together it will feel like one, big, virtual party!

- ✚ Design a postcard and send to a friend or neighbour.
- ✚ Create bags of crafts/activities and deliver them to a local nursing care home to show you're thinking of others in your community. Perhaps you could include something you've made or a note.
- ✚ Decorate a plant pot (or have a go at making your own from air dry clay, plant some seeds and leave on a neighbour's doorstep to 'grow' your community.
- ✚ Lonely people are 64% more likely to develop dementia. Create a poster to raise awareness of loneliness and help spread the message to look out for each other.
- ✚ Start a conversation with your postie or another key worker in your community by leaving them a note (or use our free 'Would You Rather' resource).



Food

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- 🧩 Shop local and support small.
- 🧩 Host a virtual 'Bake Off' and compare your results.
- 🧩 Have a cook along.

How?

Notify everyone in your family/group to let them know what ingredients they'll need (best not to go for anything too adventurous) or alternatively prepare ingredients for each person and leave them on doorsteps. Tune in and join your virtual cook along and all bake together... the best thing? Only one lot of washing up to do at the end!

- 🧩 Bake a loaf and share it with family or neighbours.
- 🧩 Make a meal for an elderly relative or neighbour or prepare some frozen meals for them.
- 🧩 Host a virtual 'Ready, Steady, Cook!' - each bring one food item to your virtual meeting and then collectively plan dishes that you could make with the ingredients.
- 🧩 As part of a virtual meeting decorate biscuits/cakes using only ingredients/items that you have. Compare the results.
- 🧩 Take part in a virtual campfire and enjoy s'mores/toasting marshmallows together.
- 🧩 Make a dish/cake inspired by a person or a book. Present it at a virtual meeting and get the others to guess what it was inspired by.
- 🧩 Support your local food bank with donations.
- 🧩 Give a cake in a jar - prepare all the ingredients and seal it up, deliver it with a label to let the recipient know what to do and that you're thinking of them.
- 🧩 Make cakes or biscuits and leave them for your neighbours.
- 🧩 Send a care package or shop for a neighbour/relative who can't get to the shops.
- 🧩 Prepare your own 'Herman the German' sourdough starter and share it with friends.



Games

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- ✚ Have an online quiz/virtual pub quiz.
- ✚ Make your own dice (use our free Good Deed Dice resource) and hold a beetle drive.
- ✚ Play 'Guess Who' with each person in your group wearing different head/eye wear to differentiate them.
- ✚ Play Jenga with one person in charge of removing blocks, instructed by the other players.
- ✚ Have a treasure hunt. Hide items in the room behind you and get the other members of your group to see how many they can spot.
- ✚ I spy with my little eye...
- ✚ Act it out in a virtual game of the Bench Game.

How?

Player 1 takes on a character and speaks to player 2 (taking on a different character). The two converse as though sitting on a park bench passing the time of day. Player 3 introduces themselves and player 1 'exits' the conversation. Play continues until each person has had a turn.

- ✚ I went to the supermarket and bought...test your memory and see if you can remember what each person bought in turn.
- ✚ A-Z game on any theme. Each person takes it in turns to name something beginning with the next letter of the alphabet.
- ✚ Test your brain (and your eyes) with some of Gergerly Dudas' illustrations, a Where's Wally or some optical illusions.
- ✚ Spot the difference; you can find these online and take part using a screen share function.
- ✚ Simon says - an old favourite!
- ✚ BINGO! One person acts as caller while everyone else competes for a line or a full-house.
- ✚ Pictionary with a twist. Only draw what is being described to you!



Other

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- 🧩 Host a virtual swap night; show and tell with an item you no longer need and then post it to someone who does!
- 🧩 Share your views in a virtual book/film club.
- 🧩 Take part in meditation with friends/family.
- 🧩 Enjoy virtual story-time with extended family and keep in touch.
- 🧩 Watch the sky, cloud watch or stargaze...we're all looking at the same sun, moon and stars wherever we are.
- 🧩 Create your own magazine style TV show with each person in the group creating a feature on a topic of their choice.
- 🧩 Take or plan a virtual trip with friends; where will you go, what will you see? Can you visit there using Google Maps/similar? You can even explore under the sea in some parts of the world!!
- 🧩 Write to a pen friend or send an 'old fashioned' chain mail letter.
- 🧩 Sing together or join a virtual campfire. Could you join a virtual choir? Take a look on community notice boards/in local groups online and see if there's one in your local area.
- 🧩 Draw together using the Twiddla app or similar.
- 🧩 Share a skill or do a talk for others about a hobby/interest.
- 🧩 Call a friend, family member or neighbour for a chat.
- 🧩 Learn a new language and use it to communicate with someone in another country.
- 🧩 Loneliness is comparable as a health risk to smoking 15 cigarettes a day. Do something to combat loneliness in your community or raise awareness of this issue.
- 🧩 Set up a community book/board game swap in your local supermarket or another central location, even at the end of your drive!
- 🧩 Take part in the #ClapForOurCarers or show your support for key workers in your community during the COVID-19 pandemic lockdown.

Adventure Complete?

Reward your young adventurers with their Stay Connected 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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