

# Egyptians Challenge



**Ready to walk like an Egyptian?**

Take a step back in time to the banks of the Nile where we'll discover Ancient Egypt and find out more about this fascinating civilisation!

For even more programme ideas check out our 'Egyptians' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://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:

<b>Age 3 - 5</b>							<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 5 - 7</b>											
<b>Age 7 - 11</b>		+									
<b>Age 11 - 14</b>		+									
<b>Age 14 - 18</b>		+									
<b>Age 18+</b>		+									

**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!

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# Craft

**PAWPRINT  
BADGES**

-  The Ancient Egyptians wore make up as it was thought to have healing powers; have a go at face painting.
-  Ancient Egyptians began writing with ink on papyrus. Have a go at making your own paper.
-  Ink was made from burning wood and mixing the ash with water, have a go at making your own and using it to write.
-  Music formed an important part of Egyptian life; make your own musical instruments from recycled materials and have a go at playing them.

## What/How?

There were percussion instruments (drums, tambourines and later bells and cymbals), stringed instruments (lyres, harps and the lute) and wind instruments like the shepherd's pipe and flute.

Why not use a cardboard box and elastic bands to create your own string instrument or be adventurous and use clay to try and make a pipe or flute.

-  Build a pyramid using materials of your choice.
-  Use air dry clay to make your own canopic jars.

## What?

Canopic jars were used during the mummification process to store and preserve the vital organs of the body for the afterlife. They were either carved from limestone or were made of pottery. Who would you like to look after your lungs, stomach, liver and intestines? Why not have a go at modeling their head on the top of your jar?

-  Write your name in Egyptian hieroglyphs.
-  Create your own Tutankhamun death mask using paper-mache or materials of your choice.
-  Wooden dolls were often played with by children in ancient Egypt. Have a go at carving a doll or make a doll from a wooden spoon or clothes peg.
-  Make a Senet board to use for your game of Senet and tick off two challenges in one!
-  Get creative and make your own Egyptian headdress, collar and cuffs using materials of your choice.



# Food

**PAWPRINT  
BADGES**

-  The river Nile provided irrigation for growing food. Have a go at growing your own food.
-  Garlic was loved by the Ancient Egyptians, have a go at making your own garlic bread.
-  Emmer was the most common grain in Egypt, known today as Farro. Try making bread with Farro flour.
-  Try growing your own garlic or onions.

## Did You Know?

Onions have been around since prehistoric times and were cultivated by the Egyptians who worshiped them as a symbol of the universe and buried them with their pharaohs.

-  Peas, beans, lentils and chickpeas were all on the Egyptian menu and are a vital source of protein. Have a go at making hummus or investigate alternative protein sources to meat.
-  Ducks, pigeons, geese, partridge and quail were hunted by the poor, try one or all of these or compare their nutritional value to chicken.
-  Make or try pate.

## What/Why?

Foie gras is one of the most controversial practices in food production today. It is similar to pate and made by force feeding geese to fatten their livers. This practice was common in ancient Egypt (as seen in Egyptian wall art) where other animals including cows, hyenas, cranes and ducks suffered the same fate.

-  Ancient Egyptians were the first to enjoy the gooey treat we now know as marshmallow as early as 2000BC. Marshmallow was made from the mallow plant that grows wild in marshes. Have a go at making your own using gelatin or agar agar (vegan gelatin).
-  Bake your own mummy biscuits and wrap them in strips of icing.
-  Dates, grapes and figs were fruits favoured by the ancient Egyptians; try making a sticky sponge pudding with them.



# Games

**PAWPRINT  
BADGES**

 Race to wrap your own mummy using toilet paper... would it be the Egyptians Challenge without it?!

 Create and crack your own hieroglyph codes.

## What?

The Rosetta Stone was the key to deciphering Egyptian hieroglyphs. When it was discovered, nobody knew how to read Ancient Egyptian hieroglyphs but because the inscriptions say the same thing in 3 languages, and scholars could still read Ancient Greek, the Rosetta Stone allowed the deciphering of the language.

 Create your own Mehen board using our free resource and play a game.

 Much of what we know about the Ancient Egyptians has been learned because of archaeological digs. Try your hand at solving a puzzle of your own and piece the broken pot back together.

## How?

For little adventurers draw or print a picture of an Ancient Egyptian pot, cut it up in to puzzle pieces and let them piece it back together. For older adventurers, place an old plant pot in a food bag and carefully break it (so that the pieces are big enough to safely handle) then get gluing it back together!

 Discover how to play Senet, one of the oldest known board games, and have a go. Use the board you made yourself and tick off two challenges in one!

 Hounds and Jackals is a game first discovered by William Mathew Flinders Petrie but was named by Howard Carter. Find out how to play and have a go.

 Aseb is a 2 player game played on a board similar to Senet, take a look how it is played (<https://www.ancientgames.org/aseb-game-20-squares/>) and have a go at making your own set to play with.

 Tab is another game from Ancient Egypt, consisting of a 4 x 11 playing board. Since Tab was a game of the poor there weren't any fancy boards and many have been found carved in to rocks. Mark out your own board outside on a patio or even in sand and play a game.

 Before the days of dice, throwsticks were used to determine how far a player could move their pieces. Sticks were curved on one side and flat on the other and used in sets of 4, 6 or 8. Make your own set of throwsticks to use in other games and play like an Ancient Egyptian.



# Other

**PAWPRINT**  
**BADGES**

-  Discover where the river Nile runs from and to.
-  Make up was thought to protect the skin from the sun. Find out how we protect our skin from the sun today and if you're feeling adventurous have a go at making your own natural sunscreen.
-  The Ancient Egyptians used moldy bread to help with infection. Alexander Fleming discovered penicillin when mold grew in his lab when he was on holiday. Find out about penicillin and how it is used to fight infection today.
-  Cats were considered sacred in Ancient Egypt. Do something to support your local Cats protection or other feline charity.
-  Read the story of Moses and the 10 plagues of Egypt.
-  Create your own archaeological dig in a shoe box.
-  Ancient Egyptians invented foie gras, one of the most debated food stuffs in the world. Find out about foie gras production and debate whether you think it is ethical or not.
-  Discover the Gods of Ancient Egypt and what they represented.
-  Egyptian headdresses were worn by gods and pharaohs to symbolise their importance and separate them from the common people. Find out about headdresses and hair coverings around the world and in different religions.
-  Complete an Egyptian themed escape room.
-  Watch a film based in or on Ancient Egypt.
-  Ancient Egyptian wall art was often used to decorate temples and tombs. Have a go at creating a piece of your own wall art to tell a story or represent your life.
-  Mummification is the process of preserving the body after death and was practiced widely in Ancient Egypt. Find out more about the process and compare it with other burial rituals around the world such as Sky Burials in Tibet and Death Beads in South Korea.
-  Ancient Egypt still holds many secrets and more discoveries are happening all the time. Visit a museum (or take it further and visit Egypt) to discover the mysteries of the Ancient Egyptians for yourself.

## Adventure Complete?

Reward your young adventurers with their Egyptians 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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