

# Pancake Day Challenge



**Barley Quinn, a flour superhero... here to save Pancake Day!**  
Get ready for more Pancake Day fun with over 40 activity ideas all themed around flour. It's bound to be a bar-illiant adventure!

For even more programme ideas check out our 'Pancake Day' 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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# PAWPRINT BADGES

## Age 3 - 5



## Age 5 - 7



## Age 7 - 11



## Age 11 - 14



## Age 14 - 18



## Age 18+



## Craft



## Food



## Games



## Other



**Award yourselves a badge for supporting your young adventurers in their activities!**

- 🐾 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

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-  Create a table centerpiece using wheat by colour-wrapping each stem.
-  Edible pancake paint! Paint pictures on bread or pancakes by mixing food colouring and milk together to make a tasty edible paint.
-  Make mosaics with grains or seeds. Arrange them in pretty pancake patterns and glue them down or re-use your grain over and over again.






## Why?

Barley and wheat both belong to the grass family. Wheat is ground into flour before use in baked goods and other foods, whereas barley is mostly eaten in whole grain or pearled form.

-  For a fun-filled sensory activity, create portraits and paintings with flour.
-  Create your own glue by mixing flour and water together - use for crafts!



# Food

-  Make your own bread from scratch with flavours of your choice. Will your bread be sweet or savoury?
-  Try making pancakes with different types of flour and have a taste test. Rate the pancakes to find your pancake champion!
-  Find a selection of recipes that use flour and have a go at making them. Why not host a 'Ready, Steady, Cook' competition and compare the recipes?
-  Both barley and wheat contain gluten, an ingredient that not all of us can enjoy. Add another string to your baking bow by learning how to use substitutes for barley and wheat in your recipes. Prepare some of these recipes for a party to cater for all!
-  Bake squeeze cookies. An experiment with roasted flour which is simple and fun for kids too. Check out the recipe on the *Chocolate & Zucchini Simple Recipes from a Paris Kitchen* website or find your own.





# Games

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BADGES**

- 🐾 Pancake Pictionary! Play a classic game of pictionary, but instead of drawing with pen and paper, clean a large surface such as a dining table and draw your pictures in flour!
- 🐾 Enjoy a flour food fight with a friend or family member.

## Why?

Every year for 200 years, a town in Spain holds a flour fight on December 28th. The festival, named 'Els Enfarinats' is also known as the 'Flour Fight Festival'.

- 🐾 Use toy diggers and a tray of flour to create own construction site. Why not use seeds and nuts to make it edible play?
- 🐾 Pass cups of flour over and under your heads in a relay race with friends.
- 🐾 Play the Flour Game. Find instructions on our 'Pancake Day' Pinterest board.



# Other

- 🐾 Watch a video on how wheat is prepared, graded and how flour is made. Want to know more? Discover how this process has changed over the years.
- 🐾 Find your nearest wheat field and read about how wheat is grown. If they sell some, why not buy a bag and compare it to supermarket-bought wheat?
- 🐾 Buy some wheat and have a go at grinding it yourself with a pestle and mortar to experience the graft our ancient bakers had to go through for super fine flour! In ancient times, people would grind wheat by pounding it with rocks until the flour was as fine as they could get it. It would still have been much coarser than the machinery-ground flour we know today.
- 🐾 Discover which foods are made using wheat and barley. Can you find over 50 foods containing both? Over 100?
- 🐾 Experiment with making pancakes using different amounts of flour. How do your pancakes change? Don't forget to take photos of your experiment!

**Reward your young adventurers with their Pancake Day Challenge badge to mark their achievements!**  
Head to the website to bag yours, download certificates and discover even more adventures!

