

# Buddy Challenge



**Speak out and stay safe with Buddy!**

Are you ready to get talking with the help of Buddy the speech bubble?  
Head inside for fun-filled activities from Pawprint Family and the NSPCC.

For even more programme ideas check out our 'Buddy - NSPCC' 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



@pawprint\_family

# About the NSPCC

**We've been protecting children for over 100 years – doing everything we can to prevent abuse and neglect.**

Together, we can stop child abuse and neglect. By working with people and communities across the UK and Channel Islands, we prevent abuse, make the online world safer for children and make sure every child has a place to turn to for support when they need it.

We campaign for change. We work with schools to help children understand what abuse is and support them to speak out and feel safe. Childline is there for children and young people when they need us. And the NSPCC Helpline is ready to respond to adults with any worry about a child. We develop services in local communities to stop abuse before it starts and help children recover, so that it doesn't shape their future.

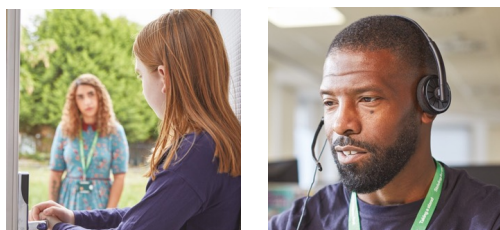
And, above all, we work together – because we can't stop child abuse alone.

We want to work with everyone in children's lives, from parents and



teachers, to sports coaches, nurses, social workers and members of the public. We'll harness their kindness to create a social safety net that keeps children safe.

Everyone has a part to play in keeping children safe. By building a bigger team, we can give more children the safety and support they need. Every pound you raise, every petition you sign, every minute of your time, will make a difference. Together, we can change children's lives.



**67,000 contacts to the NSPCC helpline for adults last year**



**Almost 200,000 Childline counselling sessions last year**



**Our Schools Service has reached over 90% of primary schools in the UK**



**We helped make over 1.5 million children safer in 2020/21**

# NSPCC

Everything we do protects children today and prevents abuse tomorrow. But all this is only possible with your support.

**[nspcc.org.uk](https://nspcc.org.uk)**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

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# Speak out. Stay safe. With Buddy

Buddy is a friendly, green speech bubble, and the mascot of the NSPCC's Speak out. Stay safe. programme.

This programme helps children understand that they always have a right to feel safe, and that they can speak to a trusted adult or Childline if they ever need help or support.

## The assembly

Speak out. Stay safe. assemblies cover topics like bullying and abuse - without using any scary words or adult language.

Children learn about the different types of abuse in a child-friendly and age appropriate way, so they can get help if or when they need it.

## Buddy helps children remember:

- Every child has the right to speak out and stay safe.
- Making a child feel sad, scared or worried is never OK and is never their fault.
- If they're ever worried about anything they should tell an adult they trust.
- Whatever their worry, they can always call Childline on 0800 1111 or visit [childline.org.uk/kids](https://childline.org.uk/kids).



# NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR



# HOW TO: Use Your Challenge Pack

**PAWPRINT  
BADGES**

This Challenge Pack has been created in partnership with the NSPCC. Divided into 4 sections: Craft, Food, Games and Other, it's been designed 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>Age 5 - 7</b>					
<b>Age 7 - 11</b>					+ 
<b>Age 11 - 14</b>					+  
<b>Age 14 - 18</b>					+   
<b>Age 18+</b>					+    

**Craft**

**Food**

**Games**

**Other**

**PICK**

## 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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# Craft

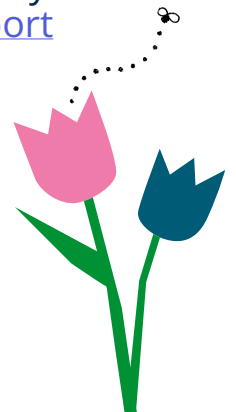
**PAWPRINT  
BADGES**

- Print off our free resource 'My Safe Bubble' and cut out the speech bubble. Inside the bubble, draw all of the adults you know are safe for you to speak to. These may be people such as your parents, your teacher, a leader, etc. When you've finished, stick your speech bubble somewhere you will see it daily to remind you that there is always someone safe to speak to.

## Why?

It can sometimes be hard or scary to tell someone what's going on, but you always have the right to speak out and stay safe. It's good to talk to an adult you feel safe with about what's happening and how you are feeling. If you are ever upset you can always talk to a safe adult or to Childline.

- It's important to recognise how we feel, and creativity can help you calm down or make sense of things. A great way to express yourself is through art. Draw or write about your feelings on a piece of paper, or use Artbox online at [www.childline.org.uk/toolbox/art-box/](http://www.childline.org.uk/toolbox/art-box/) - it doesn't matter how good you are at art!
- Transform a tennis ball into a fun Buddy ornament or Christmas bauble! Keep him somewhere you visit regularly, such as your bedroom or your classroom, to remind you and others to stay safe all year round.
- Make or create an NSPCC or Buddy inspired poster to show other people such as friends and peers how they can stay safe. Display your poster in your home, at school, or any place you visit regularly. Be sure to make your poster bright and colourful. Why not include the phrase 'Speak Out and Stay Safe', a drawing of Buddy, or the Childline number to make your poster stand out?
- Draw/paint a picture of Buddy! Decorate with craft materials of your choice. Why not transform your artwork into a fridge magnet or a book mark?
- Paint or decorate rocks and stones to look just like Buddy! Use this opportunity to talk about what Buddy helps us to understand about speaking out and staying safe. See full instructions on how to paint your rocks like Buddy at [www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/rock-painting/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/rock-painting/).
- Buddy is the NSPCC's mascot for speaking out and staying safe. Draw, create, make or build your own mascot. What will your mascot's key phrase be? Why not make sure your mascot encourages children to speak out too?
- For a harder challenge (and for keen crafters), sew or knit your own Buddy! Why not have a go at making your own Buddy teddy?





# Food

**PAWPRINT  
BADGES**

- Bake a batch of Buddy inspired cupcakes. Why not sell your cakes at a local event or bake sale to fundraise for the NSPCC? It's sure to bake your day!
- Make some green Buddy/NSPCC inspired cookies. Find a mint choc chip or matcha cookie recipe on our 'Buddy - NSPCC' board on Pinterest. You could even decorate your cookies with edible decorations such as chocolate chips and icing to make them look just like Buddy!
- Cooking is great for your mental health and can make you feel better when you are worried. Why not find a new recipe to cook with a friend or family member and discuss your thoughts and feelings at the same time?
- Buddy believes that talking about secrets and letting them out with someone you trust is always better than keeping them in. Bake a sweet explosion cake - every sweet you place inside your cake could represent a secret. Then, once your cake is finished, you have the chance to let all of your sweets (secrets) out to share instead of keeping them locked up inside.
- Cook and fill some talking cookies - a 'Speak Out and Stay Safe' twist on the traditional 'fortune' cookies.

## Why?

Sometimes it can be hard to share and speak about your worries directly with someone you trust. Write down your worry on a paper slip and place it inside your talking cookie before baking. If you are a leader or teacher, you could ask your group to choose a talking cookie at random, open up the cookie and read the worry. Use this opportunity to talk about the anonymous worry and discuss what you, or they, can do to help.

- Make an edible collage to express your feelings. You could use a different ingredient to represent each of your feelings. For example, you could use bright and colourful fruits to represent things that bring you happiness!
- What you eat and drink can change how we feel. Whip up some self-care smoothies jam-packed full of ingredients you love and make you feel good. Why not share with a friend or family member, or enjoy as a pick-me-up on a day you feel worried?
- Bake some biscuits and decorate with the Childline number. You could also put 'SOSS' on them for 'Speak Out Stay Safe'.
- Giving to others can make us feel good inside. Make a food parcel full of goodies to let someone know that you trust them and that you are there for them.





# Games

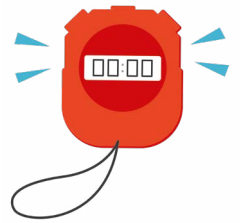
**PAWPRINT**  
**BADGES**

- Speak out and stay safe with Buddy the balloon pass and pat game!

## How?

Find and blow up a green balloon - this will represent buddy! Pass and pat Buddy around the circle trying not to let the balloon drop to the floor. If you don't catch the balloon when someone passes it to you then you have to tell Buddy, and your friends, what you can do to stay safe or who you can speak to if you are scared or worried.

- Have a go at some yoga. Yoga is a great way to feel calm. It can help you relax, gently build your fitness and keep you active. Why not try some yoga exercises when you're feeling anxious or worried?
- Who doesn't love blowing bubbles?! Imagine that you are filling each bubble with a worry. Watch your worries float away in their bubbles as you blow each one into the air.
- It's important to know you'll be heard when speaking out to anyone, including a trusted adult. Play a game of 'Draw That' with a friend or family member. In this game, the roles are reversed and the child tells the adult what to draw (e.g. a crazy creature with 3 eyes, a pattern of shapes or even a friend for Buddy). Not only will it show that the adult has to listen carefully, it's also great fun for the child to give instructions too!
- Play a game of 'OK and Not OK'. One adult reads out statements such as 'speaking to a trusted adult about something that worries you' and 'keeping secrets that upset you'. The children then need to sort the statements into 'OK' and 'Not OK'. Make the game interactive by running to one side of the room or the other, or download, print and cut out the statements from [www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/ok-not-ok/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/ok-not-ok/)



## Why?

Buddy helps everyone learn how to speak out and stay safe, and part of that is knowing what is okay, and what is not okay. This is a great opportunity for parents, teachers and leaders to discuss with their children what is okay, not okay and to remind them of who they can talk to if they are feeling worried or upset.

- Get active with a game of Leap Pads! Play with a friend or family member and learn about staying safe whilst jumping from leap pad to leap pad. Head to [www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/leap-pads/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/leap-pads/) to find out how it works, key messages and instructions on how to play.



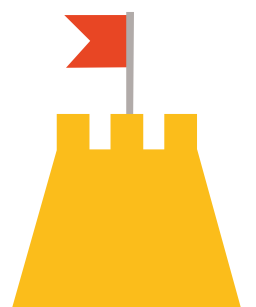




# Other

**PAWPRINT  
BADGES**

- Watch the Speak out Stay safe assembly to help you understand that you have the right to be safe. What are the key things to remember?
- Understanding how you feel, and why you feel that way, is important. Discuss as many different feelings as you can. You may feel happy, worried, excited, nervous, OK, etc. You could write down or draw each feeling you have felt recently and think about what made you feel that way. How are you feeling in this exact moment? Why not complete this activity with an adult you trust? Speaking out about your emotions will help you, and your trusted adult, to understand your feelings on a deeper level.
- Write down a list of adults you trust (e.g. parents, teachers, doctors).
- Learn the actions for the Childline telephone number, 0800 1111, to help you to speak out and stay safe. Take a look at the NSPCC Virtual Assembly with Sally, Buddy, Ant and Dec on Youtube to learn the actions together.
- Speaking out is really important, and sometimes it can be scary talking to an adult you know. If you're worried, write your thoughts and feelings down instead! Why not address your message to Buddy so that it's like speaking to a friend? You could even write a letter to 'Sam' on the Childline website.
- Hold your own charity fundraising event, such as a bake sale or sponsored walk, or take part in one of the NSPCC's charity events. You'll be sure to have a wonderful time while also raising vital funds to help everyone stay safe! Check out the A-Z fundraising ideas list at [nspcc.org.uk](https://nspcc.org.uk) and visit [www.nspcc.org.uk/support-us/charity-fundraising/do-your-own-fundraising/](https://www.nspcc.org.uk/support-us/charity-fundraising/do-your-own-fundraising/) to find out more about fundraising with the NSPCC.
- Head over to Buddy Zone at [childline.org.uk](https://childline.org.uk) for info, advice, games, and more! Here, Buddy will help you to understand how to get help, who to speak to, when to talk to someone and what happens afterwards.
- Taking slow, deep breaths can help you feel calmer and more relaxed. Practise some mindful breathing exercises. Not sure how to start? Head to our Mindfulness and Wellbeing Challenge for some inspiration of how to practise mindfulness, or check out the Calm Zone on the Childline website.
- Have you got some things worrying you and you don't feel confident enough to speak out to an adult? Check out the Childline Info and Advice page: [www.childline.org.uk/info-advice/?in\\_type=under12service](https://www.childline.org.uk/info-advice/?in_type=under12service). Here you'll find advice on common worrisome topics that lots of children experience, such as bullying, friendship worries and feelings.



## Adventure Complete?

Reward your young adventurers with their Buddy 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

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