

Malcolm X Challenge



American Muslim minister human rights activist!

Malcolm X was a prominent figure during the civil rights movement his ideology lives on today. Ready to discover the life and legacy of Malcolm X?

For even more programme ideas check out our 'Malcolm X' 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!



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HOW TO: Use Your Challenge Pack

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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.

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Craft

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- 💡 Malcolm X was known in his youth as Detroit Red because of the redish colour of his hair. Find some natural dyes that make the colour red.

How?

Natural dyes are dyes made from natural ingredients, including plants, flowers, tea leaves and foods. Here are some options for creating red dye, search online for how to extract their colours: fresh or powdered beetroot, pomegranates, red and pink rose petals, avocado stones.

- 💡 Malcolm X printed the Nation of Islam newspaper in his basement – have a go at one or more printing techniques.
- 💡 During his time in prison Malcolm was quoted as saying, *"You couldn't have gotten me out of books with a wedge,"* make a book or a notebook.
- 💡 Keep a diary. Malcolm began an autobiography before his death which was published posthumously, after his death.
- 💡 Malcolm X once said *"We need more light about each other. Light creates understanding, understanding creates love, love creates patience, and patience creates unity."* Discuss this together while making a candle.
- 💡 *"Every defeat contains its own seed, its own lesson on how to improve next time,"* Malcolm X. Decorate a plant pot and plant a seed in it. Maybe you could talk about experiences you've had and what you've learned from them?
- 💡 Malcolm had a strong moral compass. He left the Nation of Islam when he discovered the leader, Elijah Muhammad had hidden affairs from the public. Make a compass and talk about your own beliefs.
- 💡 Make a collage from natural materials. Scavenge for soil, sticks and different coloured leaves. You could rip and tear or use scissors to cut these and put together your own natural picture. Make sure to return all the natural elements back outside once you are done.
- 💡 Put together your own 21 day anti-racism challenge. Use 'The 21 Day Anti-Racism Challenge' online at diversity.ucsd.edu as a resource on how to this, or follow their free downloadable pack.
- 💡 In his autobiography, Malcolm said, *"You won't find anybody more time-conscious than I am. I live by my watch, keeping appointments. Even when I'm using my car, I drive by my watch, not my speedometer. Time is more important to me than distance."* Make a clock to help you stay on time.



Food

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In his early childhood, Malcolm Little (as he was known then) lost his father. After his father's death the family were so poor that his Mother, Louise Little would cook dandelion greens from the street. Pick and eat.



During his time in prison for robbery (1946 - 1952), Malcolm converted to Islam and as a result refused to eat pork. Look at Muslim dietary requirements, make some suitable recipes and take a look at some pork alternatives.



Gingerbread is said to have been a favourite of Malcolm X's, a fact shared after his death by his wife Betty. Have a go at making an American gingerbread (more like a ginger cake than the biscuity alternative).



The United Nation Of Islam (UNOI) for whom Malcolm was minister and second in rank to the leader Elijah Muhammad. The UNOI operated a number of businesses including restaurants and bakeries. The restaurants served beef and fish meals, suitable for a Muslim diet, with brown rice and bean soup. Have a go at making your own bean soup or beef dish.



Bean pie was served in Nation of Islam restaurants. You can find a recipe on fredopie.com. It is made up of navy beans, butter, evaporated milk, eggs, flour, sugar and various spices.

What?

Bean pie is believed to be the only true American Muslim food, created in America. Some say that it's more American than apple pie, which was invented in England. Designed as a healthier alternative to the sweet potato pie and said to have been created by Lana Shabazz - cook to Elijah Muhammed, leader of UNOI.



Malcolm and other UNOI members urged for vegetarian, whole food diets as a way to reject soul food, created by white people, and improve the health and wealth of their members. Cook a dish suitable for a vegetarian or whole food diet.



After his pilgrimage to Mecca (also known as the Hajj), Malcolm X said, *"True Islam taught me that it takes all of the religious, political, economic, psychological, and racial ingredients, or characteristics, to make the Human Family and the Human Society complete."* Try writing your own recipe for human society. What ingredients do you think we need?



Malcolm X, was born Malcolm Little in Omaha, Nebraska where the unofficial food is the Runza sandwich. The Runza sandwich is a stuffed bread roll packed with beef, cabbage and onions. Have a go at making your own.



Games

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Write your own true or false facts about Malcolm X and test each other. Then create your own personal true or false fact sheet to see how well you know each other, you might discover something about someone you never knew!



After Malcolm X's visit to Mecca his views changed as he realised that because of a common belief in one God he could sit, eat, sleep and pray alongside people of all colours. We too can find lots of things in common with each other. Play People Bingo using our free resource to see what everyone around you has in common.



During his time in prison, Malcolm X is reported to have memorised the dictionary. Play the A to Z game on a topic of your choice.



Malcolm X once said, *"I have more respect for a man who lets me know where he stands"*. Play Granny's Footsteps or a similar stepping game.



Have a game of We Need A Rainbow.

What?

Society needs people of all colours with different skills and abilities to work together, much like a rainbow can't be complete without all its colours. Give each player 1, 2 or 3 colours and then rearrange and get together in groups to make a complete rainbow.



Play Malcolm X bingo. Make your own using words linked to Malcolm's life.



Exclusion by numbers. Malcolm X was a key figure in the Nation of Islam, promoting racial pride and social separation. How does it feel to be separated? Everyone moves around and when the caller shouts a number, gets into groups of 2, 4, 5 etc. Each time someone can't form a group, discuss how it feels to that person and to others.



Play 'Road to Racial Justice' by Kesa Kivel Studios. A free board game that supports and encourages cross-cultural understanding and empathy.



Choose a game and make it unfair/unequal by giving one person/team less time or equipment than the others. Discuss how that feels to that person and to the others in the group. Ask the question, is this fair? How does this translate into society? Where do inequalities happen?



Create your own game based on Malcolm X's life. Born Malcolm Little, then becoming Malcolm X after his conversion to Islam and finally adopting the Muslim name el-Hajj Malik el-Shabazz, his life spanned just 39 years but his legacy still lives on.



Other

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Malcolm's father, Earl Little, was a Baptist minister. Visit your local Baptist church and find out more about the faith.



In prison, Malcolm took part in debate classes, later crediting the Norfolk Prison Debating Society as his, "baptism into public speaking." Choose a topic and take part in your own debate.



Find out why Malcolm changed his last name from 'Little' to 'X' after joining the Nation of Islam.



Malcolm founded the Islamic Nation newspaper '*Muhammad Speaks*'. Write your own newspaper article. Malcolm also printed these in the basement of his home, try potato printing some shapes around the edge of your article as a border.



During his pilgrimage to Mecca, Malcolm preached that racism, not the white race, was the enemy of justice. From there he wrote his famous 'Letters from Abroad', read his *Letter from Mecca, 20th April 1964* and discuss what is racism. Is this fair? Is this right or wrong?



Malcolm X was appointed head minister of Temple No.7 in Harlem New York in 1954. Visit an Islamic Temple.



Challenging the views of Martin Luther King, Malcolm X argued that the most important issues were Black identity, integrity and independence. Discuss your most important values and see how they differ from person to person. Are any the same? How do values change over time?



In 1964, Malcolm X made a pilgrimage to Mecca. Find out where Mecca is and why he did this.



In contrast to Martin Luther King Jr. who promoted peaceful protest, Malcolm urged his followers to defend themselves, "by any means". Learn to defend yourself if the situation arose with some self defence training.



Watch a Malcolm X speech and then write your own on a topic of choice.



Watch the Denzel Washington film, *Malcolm X* (1992) rated 15 in the UK.



Malcolm was silenced for 90 days by Elijah Muhammad for criticising John F. Kennedy directly after his assassination. Complete a sponsored silence. Why not choose a cause and raise money for them? Can you stay silent for 90 minutes? What do you think it would be like being silent for 90 days? Make sure to tell everyone about your sponsored silence before you can't!

Adventure Complete?

Reward your young adventurers with their Malcolm X 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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