

Rosa Parks Challenge



A civil rights activist igniting a fight for freedom

After refusing to give up her seat on the bus led to the Montgomery Bus Boycott, Rosa Parks became famous for standing up to people by sitting down.

For even more programme ideas check out our 'Rosa Parks' 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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PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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Design an outfit fit for Rosa Parks herself. Her staple clothing items were buttoned up jackets, small caps and glasses. For an extra craft challenge, why not physically make a Rosa inspired outfit for yourself or a friend?



Sew a quilt or blanket with threads and materials of your choice.

Why?

Rosa was a keen seamstress after receiving sewing lessons from her mother and grandmother whilst she was young. The women in her family enjoyed sewing quilts and other homely items. Rosa later received some extra training at Montgomery Industrial School for Girls and then made a living out of her ability to sew.



Rosa Parks was born in the state of Alabama, a state known to be one of the leading producers of cotton. Have a go at creating a cotton ball painting. Head to our 'Rosa Parks' Pinterest board for some cotton painting inspo.



Design an award to give to Rosa if she was still alive today. She was awarded the Martin Luther King Jr. Award by the National Association for the Advancement of Colored People for bravery and efforts to end segregation.



Construct and create a three-dimensional model of a bus to re-tell the day that Rosa refused her seat on the bus. Why not create small felt or clay figurines to represent the other passengers, the driver and Rosa herself?



Make a number plaque out of materials of your choice. You can choose your booking number, just make you sure you don't actually get arrested...

What?

Rosa's booking photo (taken after being arrested by police on the bus) is one recognised by many across the world. Her distinctive glasses, collared shirts and small cap are iconic. The most recognisable feature of that photo though is the famous '7053' number plaque she is holding.



Design a medal fit for the Mother of the Freedom Movement. Rosa received many medals after the Montgomery Bus Boycott, including the Presidential Medal of Freedom in 1996 and the Congressional Gold Medal in 1999.



Paint or draw a portrait of Rosa Parks. Once you've finished, why not attach your portrait to the front of a newspaper template and write a story about her bus journey to go underneath? Her story made the paper several times!



Rosa Parks stood up (not on the bus) for something she believed in. Make a placard displaying messaging of your choice for something you believe in.




Food


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 Make some super buttery pancakes and enjoy them for your breakfast.

Why?

Rosa, also known by close family as 'Auntie Rosa' was a keen cook. Her signature dish was her Featherlite Pancakes, made with her secret African ingredient... peanut butter! Why not top your own pancakes with some peanut butter or mix it into the pancake batter?


 Rosa's family recipes are said to have been based upon American staples but with a twist. Have a go at making her favourite dish, chicken and dumplings. Why not add an extra ingredient of your choice to add your own twist?

 Auntie Rosa's lemonade was a refreshing family favourite. Find Rosa's famous lemonade recipe online and enjoy on a warm sunny day.

After losing her job because of the bus seat act, Rosa and her husband were forced to move state to find new work. They moved to Virginia where ham is an iconic dish. Try a traditional brown sugar glazed ham dish.

 Rosa Parks became a hostess for an inn at Hampton Institute in 1957. Put on your best frock or suit and play host/hostess for a group of guests. Why not go all out and serve up some special Rosa inspired recipes?!

 Discover and try some African American recipes. Some favourites include macaroni cheese, fried chicken, jambalaya and collard greens.


 Rosa moved to Detroit, Michigan with her husband and mother in 1957. Make your own Detroit-style pizza. The key is to make sure the cheese goes right to the edge of the pizza and is a deep-filled square dish of dreams.

 Mix up an Alabama inspired white barbecue sauce.

What?

Alabama, Rosa's home town, is known for barbecue food, flavours and it's white barbecue sauce. This famous sauce was created by Bob Gibson, the founder of Big Bob Gibson Bar-B-Q in Alabama. Head to our 'Rosa Parks' board on Pinterest for some white barbecue sauce recipes.

 Put together a snack of your choice to enjoy on a bus ride or on your journey to work. Do you think Rosa would have been allowed food on the bus?

 Bake a cake in the shape of a bus and decorate it in milk and white chocolate buttons, laid in an alternate pattern. This is to represent the end to racial segregation on public transport and show that there is no longer a divide.



Games

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Everybody loves a game of musical chairs! Place the chairs in a long line, back to back. When the music stops, take a seat as fast as you can. Imagine you are Rosa Parks on the bus and you've been told to stand up for someone else - would you give up your seat when you believe you shouldn't have to?



Rosa Parks is said to have lived in Alabama, Michigan and Virginia whilst she was alive - that's 3 of the US states! Name as many US states as you can.



Play a game of 'Follow the Leader'.

Why?

Rosa Parks was known as a good role model for encouraging change and therefore was a good leader. Take it in turns to be the leader and lead your team around the room, encouraging them to do specific actions as you go. Will all of your followers follow suit?



Play a game of checkers. Use this opportunity to discuss how the black and white pieces were divided on opposite sides at the beginning of the game, just like the racial segregation that once existed when Rosa lived. But, as the game goes on, the two colours mix on the board and sit next to each other.



Some people say that Rosa didn't stand up for the white man on the bus because she was tired. Play a game of sleeping lions.



Lots of Rosa's recipes were written on the backs of envelopes. Play a game with a partner whereby you write the first of a recipe on the back of an envelope and fold it over before passing it to your partner to write the next ingredient. At the end of the paper, unfold the whole envelope to find out what funny concoction your recipe would create if you made it!



Choose a game to play from the Martin Luther King Jr. Challenge Pack.



Stuck in the mud? Stuck on the bus! A game about freedom.

How?

Split the group into two teams but have one child that is Rosa - team one is the Yellow Team, team two is the Green Team. The Green Team stand still in a star shape, dotted around the room. The Yellow team are free to walk around the room, but the Green Team are not allowed to move until Rosa crawls through their legs and 'frees' them. Use this opportunity to discuss how coloured people were restricted during that time period, and how Rosa's acts on the bus sparked the Freedom Movement.



True or False? Play a game of true or false in a pair or as a group. Base each statement around the facts you know and have learned about Rosa.



Other

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Read 'Rosa Parks: Little People Big Dreams' by Lisbeth Kaiser. A children's book about the 'Mother of the Freedom Movement' and her brave actions that sparked the desire to end racial segregation of public facilities.



Watch 'Ride to Freedom: The Rosa Parks Story'. A film detailing the life of Parks and how she stood up by sitting down.'



Visit the Rosa Parks museum in Troy, Montgomery, Alabama.



Walk to school and back one day instead of driving or taking public transport. During the time when Rosa Parks was a young child, white people were transported to school on the bus, whereas coloured children were made to walk.



Read 'Our Auntie Rosa: The Family of Rosa Parks Remembers Her Life and Lessons'. A tribute to Rosa written by family, including photos, letters and reflections from her life and key moments in history.



Discover more about the Rosa Parks Scholarship Foundation in Detroit and find out when and why it was set up.



Some of Rosa's personal documents were released by the Library of Congress in 2015, including her own recipes. Most of her recipes were written on the backs of envelopes and on random pieces of paper... Write a recipe of your choice on the back of an envelope and stash it somewhere safe. Then, when you find it again in a few years time, you'll remember why you wrote it and can pass it down as a family recipe.



Read 'Rosa Parks: In Her Own Words'. A book released by the Library of Congress detailing the thoughts, struggles and bravery of Rosa Parks.



Rosa became a spokesperson for the Civil Rights Movement. Write a passionate speech about anything you would like to enforce or change.



Watch or read 'The Rebellious Life of Mrs. Rosa Parks' by Jeanne Theoharis.



Parks claimed that she was not physically tired when the bus driver asked her to give up her seat for a white man. She said, "The only tired I was, was tired of giving in." Many people remember her words today. Discover other inspirational quotes that Rosa said whilst she was a civil rights activist.



Find out more about the Rosa and Raymond Parks Institute for Self Development, an institute co-founded in 1987 by Rosa and Elaine Eason Steele, in honour of Raymond, her husband.

Adventure Complete?

Reward your young adventurers with their Rosa Parks 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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