

Chinese New Year – Horse



Wishing you all prosperity and happiness in this Horse year!
This pack is full of ideas for oriental themed fun to get you celebrating Chinese New Year and learning about the qualities of the Horse.

For even more programme ideas check out our 'CNY Horse' board over on
www.PawprintFamily.com

#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

**PAWPRINT
BADGES**

- 马 Make a wooden peg horse. Simply find a peg (it doesn't even have to be a wooden one) and decorate it to look like a miniature horse. You could use wool or string for its mane, and googly eyes for its face. The great thing is you can peg him out on the washing line to dry!
- 马 Draw or paint a picture of a horse from photographs or in real life.
- 马 Create a horseshoe dream catcher to catch any bad dreams and help you fall asleep.

Did you know?

Horses have muscles in their legs that can lock and stop them from toppling over, so that they can fall asleep standing up. Wouldn't that be the dream! Horses also don't need much sleep at all. On average, a horse is said to sleep approximately 2.9 hours a day. That's not even half the amount of sleep that humans are supposed to get each night!

- 马 Put together a lollipop stick horse puppet that you can use to act out a horse story or use to make up your own. Why not make a herd of horses that all look different to one another?
- 马 Try and make an origami paper horse. Check out the step-by-step instruction guide on how to make an origami horse on our 'Chinese New Year Horse' Pinterest board, or find your own tutorial online.
- 马 Build your own horse pinata filled with goodies. If you hold a Chinese New Year Horse themed party, it's sure to be the MANE event.
- 马 Make a paper horse that walks. Head across to our 'Chinese New Year Horse' board on Pinterest to find out how to make yours.
- 马 Create a miniature stables for your toy horses to stay in for the night. Lollipop sticks are a great material to build huts with and will help create a rustic, real-life look to your stables. Having a go at this activity will help you earn your Construction Challenge badge too!
- 马 Make a broomstick horse to have races on.
- 马 Construct a toilet roll horse. Check this out on our 'Chinese New Year Horse' Pinterest board.
- 马 Build a cardboard horse head that you can wear. Decorate it with traditional Chinese patterns. Chinese patterns often feature red and gold, because red is said to be a symbol of good luck and gold is supposed to represent wealth and success.



Food

**PAWPRINT
BADGES**

- 马 Discover what makes up a horse's diet.
- 马 Make a dish or snack using yellow, green, purple or red ingredients.

Why?

Some people believe these are the lucky colours of the Chinese New Year Horse. You could use yellow pepper, green celery, purple grapes and tomatoes for a healthy lunchbox snack. For a meal, why not whip up a sunday lunch with sprouts, cabbage, sweetcorn and finish with a red rhubarb dessert?

- 马 Horses love apples! Bake an apple-based recipe. How about a crunchy apple and cinnamon crumble? Or a pulled pork and apple sauce bap?
- 马 Make a dish that makes you happy. People born in the year of the horse are said to be motivated the most by happiness, above everything else. Why not make a dish for a friend or family member to make them happy too?
- 马 Bake some horse shaped cookies and decorate them with ingredients of your choice.
- 马 Shape some hay bales out of crispy rice cereal and marshmallow squares, and then wrap them up with a strawberry lace like you're tying the hay stack together at the stables.
- 马 Bake a cake in the shape of a horseshoe.

Did you know?

Horseshoes are made by someone called a farrier, who nails or glues them to the horse's hooves. They're usually made from plastic, iron or rubber. Shoeing doesn't cause the horse any pain and stops the horse's hooves from wearing down. It's recommended that a horse's shoes should be 'reset' every 6 weeks by a farrier. Horseshoes are also said to be a symbol of luck that chase away evil spirits.

- 马 Discover which human foods are safe and un-safe for horses. You could even create a poster that you can display in your school or local community to remind people that they shouldn't feed horses in fields unless they have permission from the horse's owner, because it can be unsafe for them.
- 马 Make some horseshoe shaped macaroons or pretzels.
- 马 Find out how to make your own horse feed. Always make sure you know exactly what horses can and can't eat before making your horse feed. If you're not sure, buy some from a pet store instead.



Games

**PAWPRINT
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- 马 Hold broomstick horse races! Don't have broomsticks at home, or don't fancy transforming yours into horses? Attach multiple toilet roll tubes together with tape, and decorate with craft materials of your choice, to make your horse instead.
- 马 Discover how to play and enjoy a game of horseshoe pitching.
- 马 See how many hits it takes to smash open the horse pinata you made for your craft activity. Don't forget to eat all of the sweets that come out of it too... that's the most important part of the game!
- 马 Count out 205 grains of rice or pasta shells.

Why?

Horses are said to have 205 bones in their skeleton. For an extra challenge, find out how many bones humans have in their bodies and count that number out too to compare them! Do we have a similar number of bones even though horses are much larger than we are?

- 马 A horse can supposedly only breathe through it's nose and can't breathe through it's mouth. Try some mindfulness breathing exercises where you only breathe through your nose.
- 马 Create your own reflex game to test how quick your reflexes are. Horses are said to have super-fast reflexes when around predators.
- 马 Go out into the countryside on a horse hoof hunt. Can you see any horse hoof prints in the mud? To improve your chances of seeing any, walk near some horse stables on a day when the ground is not too dry.
- 马 Create your own Chinese New Year trump cards featuring all 12 animals.

How?

Download the blank 'Trump Cards Template' from our website for free to start making your Chinese New Year trump stack. Think up your own categories (e.g. size, strength, intelligence) and score each animal in relation to one another before playing with a friend or family member. Why not base each score on how that animal did in the Jade Emperor's Race? For example, the snake was clever enough to take a ride on the horse before scaring him at the end and beating him over the finish line - very intelligent!

- 马 Hold a galloping horse relay race. Gallop to your next team mate to give them the 'apple' (ball), hurdling over blocks as you go. The first team to get their apple to the finish line are the winners!



Other

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BADGES

- 马 Horses are said to be active and energetic animals. Do some exercise to fill your body with energy – choose a form of exercise you like and enjoy. Enjoying the exercise you do will make you feel twice as good!
- 马 Have a go at horse riding with the help of a trainer. Find a local training stables near you.
- 马 Find out where the horse is said to have finished in the Jade Emperor's race and why it finished in this place.
- 马 Visit a farm where you can pet the horses.
- 马 Take some time for yourself doing what you want to do for the day. Horses are said to be very independent and enjoy their own space.
- 马 Discover more about the horse shoeing process and how farriers attach the horseshoes to the hooves of their horses.
- 马 Volunteer at some horse stables near you. Help to clean out the stables or take the horses around the yard. You might even get to feed them if you ask to. What an a-neigh-zing experience that would be!
- 马 Adopt a horse at a local horse sanctuary.
- 马 Some people believe people born in the year of the horse have everchanging emotions. Write down all of the emotions you experience in one day and reflect upon why you felt that way at that moment in time. Did something make you really happy? Were you tired after a long day? Take the time to really tune into your emotions.
- 马 Discover the Chinese New Year Horse's horoscope for this year. What will this year bring them?
- 马 Write a poem about the personalities of somebody born in the year of the horse. Look back through the challenge pack to remind yourself of their personality traits or do your own research.
- 马 Discover how to safely put a riding saddle on a horse.
- 马 Have a go at writing your name using the Chinese alphabet. Can you write 'horse' in Chinese letters too?
- 马 Raise and donate some money to a horse charity of your choice. Why not use this activity to contribute towards earing your Fundraising badge?

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

