

# Eggcellent Challenge



**Scrambled, poached, boiled, fried and even baked...**

Did you know that the word 'yolk' comes from the Old English way of saying 'yellow'? Get ready for a cracking set of 40+ eggciting activities!

For even more programme ideas check out our 'Eggcellent' board over on [www.Pinterest.com/PawprintFamily](http://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](http://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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# HOW TO: Use Your Challenge Pack



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:

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**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

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# Craft

**PAWPRINT  
BADGES**

-  Decorate an egg with materials of your choice. Why not learn how to blow an egg beforehand and just decorate the shell so you can use the inside for one of your Food challenges?
-  Have a go at painting or even sculpting your own clay egg cup.
-  Craft an animal that lays eggs, such as a chicken or snake.





## Did you know?

It's not just birds like chickens, robins and penguin that lay eggs? Most fish, amphibians, reptiles and insects lay eggs too. However there are some exceptions, for example sharks give birth to live young.

-  Weave or fold your own egg basket from brown paper.
-  Use your imagination to recycle your old egg cartons into something new. For example, the cup shapes could be turned upside down to make some big eyes or you could turn the lid into a dish for a handmade set of play food.
-  Create your own Fabergé egg by moulding papier mache around a balloon and decorating it with sequins and swirly patterns.
-  Try dying some eggs with different vegetable dyes. For an extra challenge, why not try creating a wax resist pattern on your shell before dying?

## How?

Chop up a colourful vegetable and boil it in water to make your dye, then let your boiled or hollow eggs soak in the leftover water to absorb the colour. For example, red cabbages make a blue colouring, beetroots will turn your eggs pink and turmeric will turn them yellow or orange (depending how long they soak). Why not have a go at mixing these vegetables together to make green or purple eggs?

-  Paint a set of story stones to show the life cycle of an egg-laying animal such as a chicken or snake.
-  Freeze your own eggs by filling small balloons with water and adding a little toy such as a dinosaur, chicken or fish. Hatch the toys by melting or cracking the eggs!
-  Decorate an egg to look like something else, such as the animal that laid it.
-  Why not have a go at one of the Easter Challenges to find more eggcellent egg decorating crafts?



# Food

**PAWPRINT  
BADGES**

- How many different ways can you cook an egg? Have a go at boiling, frying, scrambling, poaching and any other ways you can think of to decide which is your favourite.
- Learn how to make an omelette. What do you like to fill or top yours with?
- Bake something that uses eggs in its recipe, such as cupcakes or pancakes.
- Have a go at cooking with some egg substitutes such as mashed banana or aquafaba as a vegan or allergy alternative.
- Make some little egg sandwiches for a party sharing platter.
- Break an Easter egg in half and fill it with ice cream, fruit, sauce and sprinkles for a cracking dessert that's perfect for sharing.
- Decorate a cake to look like an egg, or top some cupcakes with fried eggs made from fondant.
- Learn how to use a glass of water to check if an egg is fresh enough to eat.

## What?

Pop your egg in a glass full of water. If the egg sinks on its side, it's fresh so safe to eat. If it sinks on its end, you should eat it soon, and if it floats then it's past its best. This happens because egg shells are porous and as the egg ages, moisture is released and replaced by air. This larger pocket of air is what makes old eggs float.

- Bake some nests with cereals, melted chocolate and mini chocolate eggs.
- Work out how many minutes your favourite boiled egg takes by boiling eggs for different amounts of time. Crack each egg open and have a taste to see which yolk is your favourite.
- Have a go at making your own Scotch Eggs, or a vegetarian alternative.
- Decorate your own chocolate egg. For an extra challenge, why not try moulding or filling your egg too?
- Try some caviar, or fish eggs. What does it taste like?
- Put together some Spiegeleierkuchen, or German Fried Egg Cake, with a layer of sponge cake, a layer of vanilla icing and some halved apricots to look like the yolks.



# Games

**PAWPRINT  
BADGES**

- Take part in an egg and spoon race.
- How many eggs can you balance? The Guinness World Record for the most eggs balanced by a group is 4,247 which was set in Taiwan in 2012.
- Play Duck, Duck, Goose.
- Complete an egg hunt. How many eggs can you find?

Here's an idea!

Why not look for eggs in the supermarket or see if you can spot some nests in the Spring? If you keep chickens, you could also hunt for the eggs they've laid in their coop! Alternatively, hide our Easter Egg Hunt resource around your house, meeting place or neighbourhood and see how many a friend or family member can find.

- Crack your best yolks to make people laugh.
- Put together some egg themed sensory play such as dinosaur eggs in a sandpit, or frogspawn slime from the Frog Challenge.
- Go head to head in a game of Egg Bingo with our free resource.
- Rugby balls are sort of egg shaped to make them easier for running with as well as kicking. Have a go at playing touch or tag rugby.
- Have a go at standing on some eggs.















Did you know?

The dome shape of each egg spreads the pressure across the surface and allows them to bear heavy loads from top to bottom. This means that a chicken's egg can hold anywhere from 45kg to 135kg, depending on the size and thickness of its shell.

- Challenge a friend to an egg rolling race. Using only your face, can you roll an egg from one side of a table to the other?
- Download the free resource and play Easter Roll and Cover.
- Throw some ping pong balls or pom poms towards an old egg box. How many can you get to land in the cups?
- How quickly can you peel a boiled egg? The Guinness World Record for the fastest time to shell one boiled egg was set at 2.66 seconds in Macedonia in 2012 by Silvio Sabba.



# Other

-  Buy some local eggs from a neighbour or nearby farm, or collect them from your own chickens!
-  Grow some cress to add to egg sandwiches. Why not draw a face on a leftover egg shell and plant the cress inside to grow some crazy 'hair'?
-  Visit some chickens or another egg-laying animal at a local farm or zoo. Can you spot any eggs? Bonus points if you see one hatching!
-  Have a go at the eggciting science experiment where a peeled boiled egg fits into a bottle without breaking. Have a look at our 'Eggcellent' Pinterest board to find a video with more instructions.
-  Eggs from the supermarket are usually labelled as Free Range, Battery or Barn eggs. Can you find out the difference between each category? Which type is best for the chickens and does this make a difference to the size or cost of the eggs that they lay?
-  Take a trip to the library to learn more about eggs and the animals that lay them. What's your favourite fact that you discover?
-  Decorate an Easter tree with some egg themed decorations.
-  Emperor penguins incubate their eggs for 62-67 days. Sing *Have You Ever Seen A Penguin Come To Tea?* or another egg themed song such as *Chick, Chick, Chick, Chick, Chicken*.
-  The largest scientific egg collection in the world can be found at the Natural History Museum in London. Take a trip there to see over one million eggs!
-  Have a go at looking after some chickens or collecting their eggs.
-  Act out the life cycle of an egg-laying animal, such as a butterfly or frog.
-  Buy some hatching eggs, learn how to turn and incubate them and see how many chicks emerge. Remember, it's important to have a plan of how to look after the birds once they've hatched; especially if you don't plan to keep them as pets yourself.
-  Read *The Goose That Laid The Golden Egg* from *Aesop's Fables*. Why not count this towards your Fairy Tale Adventures badge too?
-  Eggs come in lots of different colours, patterns and sizes. Learn about some different types and try identifying the animal from a photo of their egg.

## Adventure Complete?

Reward your young adventurers with their Eggcellent 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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