

Frog Challenge



Hop, leap and jump into the life cycle of frogs!

Get ready to dive into a croak-ing adventure with 40+ activity ideas and some fun facts about these curious creatures. Don't frog-et to have fun!

For even more programme ideas check out our 'Frog' 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!



@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:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
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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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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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

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-  Fold your own origami jumping frogs by following the instructions in our Origami Toads resource. Press on the back of your frog to make it leap.
-  Craft a pop up card that reveals a fabulous frog. Why not use a folded paper spring or a lolly stick to make your frog hop?
-  Print your own frog feet trails by carving some potato stamps.
-  Recycle a toilet roll tube into a frog by turning the outside green and colouring the inside red. Pinch one end and draw or stick some eyes to the other. Then cut some frogs legs from paper and stick them to the sides.





Here's an idea!

Why not cut out a little fly and tape it to the end of a piece of string. Tape the other end of the string inside the frog's mouth and practice catching the fly inside the frog's mouth for your Games challenge, as a twist on the traditional ball and cup game?

-  Decorate a party blower to look like a frog. When you blow through it, the frog will unroll its long tongue like when it's catching a fly.
-  Put together your own froggy outfit.
-  Did you know that the bright colours of Poisonous Dart Frogs are there as a warning to their predators? Create a masterpiece using brightly coloured materials of your choice.
-  Mix together some sensory play frogspawn.

How?





Add a teaspoon of basil seeds to a bowl. Slowly add around 80ml water and let the seeds soak until they absorb some water and form a frogspawn consistency. Why not add a drop of green food colouring to your water to make your frogspawn look more realistic.

-  Knit or crochet your own froggy friend.
-  Thread pony beads to craft a frog shaped keyring. Have a look on our 'Frog' Pinterest board to find a pattern.
-  Frogs sometimes sit on lily pads to sunbathe or hunt for prey in the water. Make your own lily pad. Why not craft a water lily flower from torn pieces of white or pink tissue paper?
-  Paint a rock to look like a curled up frog.








Food

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-  Try the French delicacy of frogs legs, or 'cruisses de grenouille'.
-  Did you know that a group of frogs is called an 'army', 'colony' or 'congregation'? Decorate some cupcakes with green icing and edible eyes to make your own army of frogs.
-  Learn about the life cycle of a frog and try making an edible diagram.
-  Make your own ice lollies.




Did you know?

Wood Frogs freeze around 65% of their body every winter. They produce an 'anti-freeze' from urea and glycogen for their vital organs and the rest of their body freezes solid until they defrost and emerge in spring.

-  Frogs come in lots of colours such as brown, grey and even bright blue but the most common colour is green. Put together a meal or bake with as many green ingredients as you can.
-  Slice a kiwi to build your own edible frog with half a strawberry for the mouth. Why not cut a marshmallow in half and add a raisin to each piece to form the eyes?
-  Turn a chocolate mousse or yoghurt into a pond by adding a few frog shaped sweeties or even a big chocolate frog.
-  Frogs eat flies, moths, slugs, snails and worms. Make or enjoy some 'squashed fly' biscuits or jelly worms.
-  Have a go at identifying some foods with your eyes shut.

Why?





Frogs use their eyeballs to eat their food. They push their eyes down into the roof of their mouth to help them swallow!

-  Turn a round biscuit, two pretzels, some green icing and a strawberry lace into a tasty frog snack. Why not add two chocolate chips or raisins for eyes and another at the end of the lace for a fly?
-  Have a go at sculpting green fondant icing into a froggy cake topper.
-  Set some blueberries in lime jelly to make some edible frogspawn. Why not stir your jelly once it's set to break it up and make it look more realistic?












Games

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-  Have a go at leapfrog with a friend. If you're a solo adventurer, why not try leapfrogging over a bollard?
-  Play tiddlywinks and practice making your counters leap like jumping frogs.
-  Cut out the frogs in our free resource and challenge yourself to complete the classic Jumping Frogs Puzzle.
-  Take part in a game of hide and seek.















Why?

To hide from predators, Glass Frogs can pack 90% of their red blood cells into their liver to make themselves almost invisible.

-  Play Frog Life Cycle Snap with our free resource. Either turn them all face down and flip cards to look for pairs by yourself, or play with a friend by placing alternate cards and shouting "SNAP!" when you find a pair.
-  Cut a hole in an old cardboard box and decorate it to look like a frog. Then test your aim by throwing a ball or beanbag into the frog's mouth. If you're part of a group, why not see who can get the most on target by giving each player the same number of attempts or a time limit?
-  Act out the life cycle of a frog.
-  How far can you jump? The smallest frog is 7mm long and can jump 30 times its own body length!
-  Poisonous Dart Frogs were previously known as Poisonous Arrow Frogs. Why not have a go at archery? Alternatively, make your own bow and arrow for your Craft challenge.
-  Go head to head in a game of Frog Draughts and hop over your opponent with our free resource.
-  Rescue some frogspawn from a pond in a game similar to bobbing apples, but with some jelly sweets and a bowl of water.
-  How high can your frog hop? Go head to head with the origami frogs you made for your craft challenge. Why not also race your frogs across a table?
-  Practice using chopsticks in a game of 'Tadpole Transfer'. How many jelly sweets can you move from one bowl to another?



Other

-  Look after or observe some frogspawn and watch the life cycle of a frog in real time. How many frogs emerge?
-  Where do frogs live? Find out how to make your garden more frog-friendly and see if you can attract some visitors.
-  Did you know that the largest ever frog lived over 70 million years ago? It was called the 'Devil Toad' and was over 40cm long. Despite its name, the Devil Toad was actually a frog. Can you find out the difference between a frog and a toad?
-  The Guinness World Record for the largest frog is held by a Goliath Frog captured in Cameroon in 1989. With its legs extended, it was 87.63cm long and weighed 3.66kg. How many Goliath Frogs would make up you?
-  Practice your maths skills by working out how many of the froggy chocolate treats you could buy with different amounts of money.
-  Take a trip to your local pool and practice your swimming. If you're feeling brave, why not try some wild swimming in a safe place?
-  Sing the 'Little Green Frog' song.
-  Did you know that frogs are slimy because they have to keep their skin wet so they can breathe through it? Enjoy some sensory play with some slime. Alternatively, why not make your own slime for your Craft challenge?
-  Watch a documentary and learn more about frogs and/or tadpoles.
-  Host or attend a frog themed party. Why not celebrate World Frog Day on 20th March?
-  Frogs were alive in the Early Jurassic Period. Why not explore another type of dinosaur by completing your T-Rex Challenge?
-  Read a book or watch a film about a frog, such as *The Tale of Mr. Jeremy Fisher* by Beatrix Potter.
-  Have a go at playing a frog shaped musical instrument. If you don't have one, why not make your own from recycled materials for your Craft challenge?
-  Visit a local pond or wetland and see if you can spot some frogspawn, tadpoles or frogs. Why not also visit a zoo and look for some non-native species such as Poisonous Dart Frogs or Tree Frogs?

Adventure Complete?

Reward your young adventurers with their Frog 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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