

**PAWPRINT  
BADGES**

# Marshmallow Challenge



**Soft, fluffy and perfect for toasting...**

Are you feeling squishy and a little bit sweet? Get ready to take on the marshmallow challenge for even s'more fun!

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

**#AdventureForAll**  
[www.PawprintFamily.com](https://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



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>Age 7 - 11</b>						
<b>Age 11 - 14</b>						
<b>Age 14 - 18</b>						
<b>Age 18+</b>						

**Craft**

**Food**

**Games**

**Other**

**PICK**

**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

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-  Dip some marshmallows in paint and use them to stamp a pattern or paint a picture. Why not use out of date marshmallows to reduce food waste?
-  Twist some pipe cleaners together to create some colourful cords, inspired by the rope-like marshmallows.
-  Decorate your own marshmallow jar.
-  Make a marshmallow launcher from a disposable cup and an empty balloon.




## How?

Cut a small hole in the bottom of your disposable cup. Tie a knot in the tail of your balloon and cut the top half off. Stretch the balloon across the base of the cup, and secure with a rubber band if it's a bit loose. Pop some mini marshmallows inside the cup, pull back on the balloon tail and let go. Have a look on our Pinterest board for a photo.

-  Design your ultimate marshmallow. If you could have any colour, shape and flavour, which would you choose?
-  Create your own marshmallow packaging. Why not also fill it with some homemade marshmallows for your Food challenge?
-  Sew or crochet a marshmallow pin cushion.
-  Form a picture with mini marshmallows, such as a fluffy Easter bunny, woolly sheep or even a snowman.
-  Marble some marshmallows using whipped cream and food colouring.

## How?







In a small bowl, add a drop of 2-3 different colours into some whipped cream and swirl the colours together. Roll each marshmallow in the mixture until it is completely covered and leave to sit on greaseproof paper to soak in the colour. Then place a sheet of kitchen roll on top and roll until the excess cream has been removed, and leave to dry.

-  Make some edible paint using melted marshmallows, water and corn/golden syrup. Why not use this to paint some cookies for your Food challenge?
-  Draw some marshmallow characters with different facial expressions, or even arms and legs!
-  Learn how to spell your own name with mini marshmallows by gluing them to a piece of paper in the shapes of the letters.






# Food

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-  Have a go at making your own marshmallows from scratch.
-  Toast a marshmallow over a candle.
-  Enjoy a s'more by sandwiching a melted marshmallow between two biscuits; we like the chocolatey ones so the chocolate melts inside!
-  Create s'mores on a stick by dipping marshmallows into melted chocolate and then into biscuit crumbs.
-  Make microwave s'mores by placing a marshmallow and a few chocolate chips inside an ice cream cone. Watch through the glass and see how the marshmallow expands as it's heated!
-  Turn some marshmallows into fondant icing and use it to decorate a cake.




## How?

Mix together 450g melted marshmallows and 450g icing sugar using an electric mixer. When the fondant starts to come together, spread more icing sugar on your surface and hands and knead until it's smooth. Then, you can add any colour you like!

-  Put together some melting snowman biscuits with some runny icing and a white marshmallow. Use some icing pens to draw on the eyes, arms and carrot. Why not count this towards your Winter Challenge too?
-  Create some marshmallow monsters by dipping them into icing and sprinkles, then drawing faces with icing pens.
-  Taste test different types of marshmallows. How do the colours, shapes, flavours and textures compare? Which is your favourite?

## Did you know?




Marshmallow 'ropes' were first extruded in 1954, which allowed for all the different shapes that they come in today. Before that, they were just cut into squares with a knife.

-  Build some animals from different sized marshmallows and toothpicks. For example, to make a giraffe, use a big marshmallow for the body and mini marshmallows for the neck and head - with cocktail sticks for legs.
-  Use mini marshmallows and chocolate buttons to turn some cupcakes into a herd of woolly sheep.
-  Enjoy some marshmallows in a mug of hot chocolate for a cosy treat.






# Games

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-  Play a twist on noughts and crosses with pink and white marshmallows.
-  Build a tower from spaghetti and marshmallows. Why not use out of date ingredients from the discount section of the supermarket to reduce food waste and save some money?
-  Marshmallows are pumped full of air as they cool, which gives them their fluffy texture. Are you full of hot air? Have a game of 'Yes, and...' to generate a ridiculous story with your friends, family or group.





## What?

This is a classic drama game which helps people with their communication and improvisation. In this version, each player adds a nonsense phrase which develops a funny story. For example, the first person might say 'The Earth is flat' and the next person follows with a 'Yes, and...' statement such as 'Yes, and the trees grow upside down'.

-  Practice using the marshmallow launcher you made for your Craft challenge. Why not go head to head and see who can launch their marshmallow the furthest or highest?
-  The Guinness World Record for the fastest time to make a tower of 10 marshmallows using chopsticks was set at 8.3 seconds in Italy in 2017. Build your own marshmallow tower with chopsticks. Can you beat the record?
-  Complete some mini challenges using marshmallows. Why not count these towards your Minute To Win It Challenge too?

## Here's an idea!

How many marshmallows can you move from one cup to another by holding a spoon in your mouth? How many marshmallows can you stack before the tower falls over? How many marshmallows can you pick up with a fish slice while blindfolded? How many marshmallows can you transfer using the suction power of a straw?

-  Play Fluffy Bunny, but be careful because this can be a choking hazard.
-  The Guinness World Record for the most marshmallows propelled into the mouth with a pillow in one minute is 27. Have a go at propelling a marshmallow into your mouth using a pillow.
-  Can you eat a marshmallow hanging from a string without using your hands?
-  Take part in a relay game involving marshmallows, such as a marshmallow and spoon race, or a race while holding a marshmallow between your knees.



# Other

-  Make some marshmallow dough to play with. You can find a recipe on our 'Marshmallow' Pinterest board.
-  Practice your 3D shapes with mini marshmallows and cocktail sticks, using the marshmallows for the vertices and sticks for the edges.
-  Learn how to do marshmallow claps to praise somebody silently.
-  Put together a marshmallow-based gift, such as marshmallow parcels, for a neighbour, friend or family member.
-  Watch the *Ghostbusters* film which features the Stay-Puft Marshmallow Man.
-  The gelatinous root of the marshmallow plant was first used as a medicinal treatment of sore throats. Find out the best ways to treat a sore throat now.
-  Learn some of comedian and magician Tommy Cooper's famous one-liners, such as "Last night I dreamed I ate a ten pound marshmallow, and when I woke up the pillow was gone."
-  Build a campfire to toast marshmallows over. Why not count this towards your Campfire Challenge too?
-  Write a story about a marshmallow who goes on an adventure.
-  'Marshmello' is the stage name of music producer and DJ Christopher Comstock. Listen to a song by Marshmello such as *Happier* ft. Bastille.
-  Find out some facts about marshmallows. For example, did you know that originally marshmallows were made from the marshmallow plant? The sap was whipped up and sweetened by small sweet shops. However, these days they're made from gelatin or egg whites and corn syrup because it's a quicker process and easier to source the ingredients.
-  Althaiophobia is the fear of marshmallows. Face one of your fears.
-  Watch a video showing how marshmallows are made in factories.
-  Read a book about marshmallows.
-  Can you pass the marshmallow test? Eat one now or wait and enjoy double?
-  Write an acrostic poem about marshmallows, where each line begins with the next letter in 'MARSHMALLOW', starting with M.



## Adventure Complete?

Reward your young adventurers with their Marshmallow 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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