Friendship Challenge

AWPRINT BADGES

Friends are the family we choose...

Forming friendships has been scientifically proven to lead to a long, happy and healthy life. Join us as we explore what goes into being a good friend.

For even more programme ideas check out our 'Friendship' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll www.PawprintFamily.com

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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!

SPAWPRINT TALES

Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With

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 (O)



@pawprint family

HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided in to 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:



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.
- Cne challenge badge can take as long as you like; from a few hours to days or even a full term!

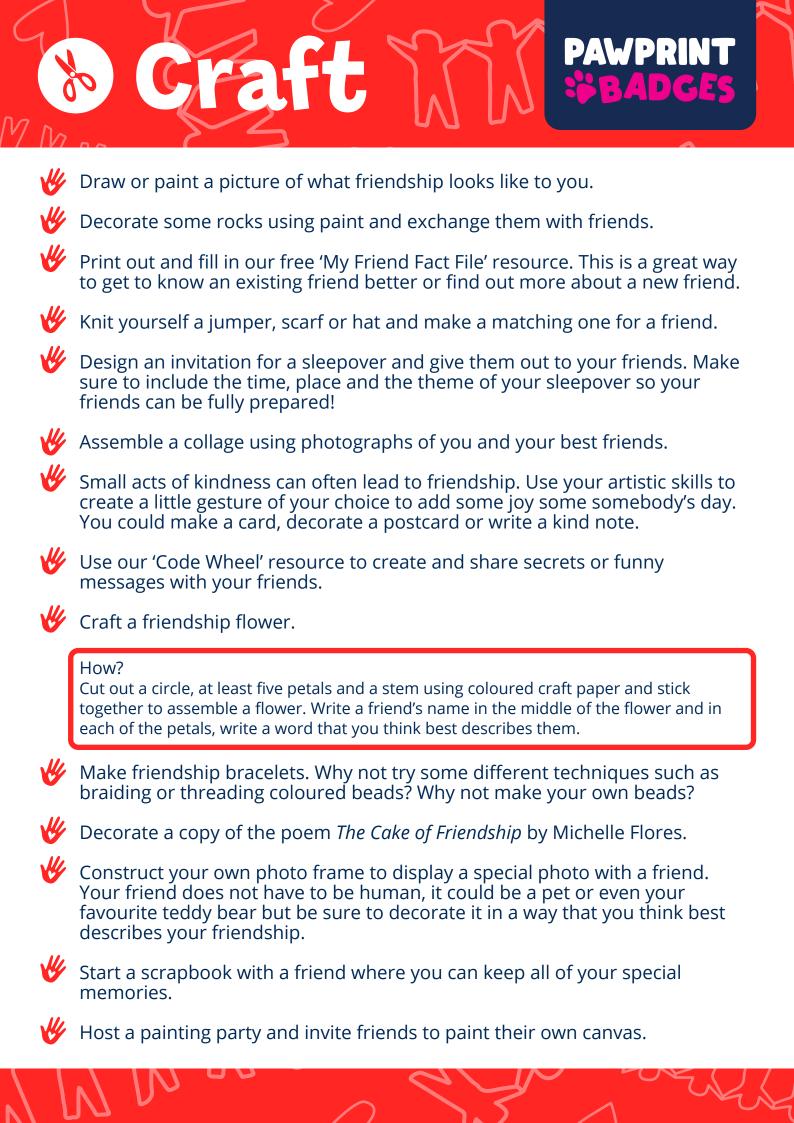
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Food

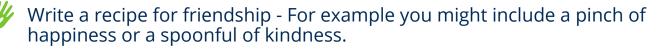


Send a surprise food parcel to a friend.

Host a friendship buffet where each person brings their favourite food to share with the group. Spend time going around and giving each person the opportunity to talk about what they love about the food they have bought along.



Make loop shaped cereal friendship bracelets.





Try a new recipe that includes pineapple.

Why?

The pineapple is in fact known as the Friendship Fruit! It has been said for many years to symbolise friendship and in the world of hospitality, to welcome guests.



'We go together like eggs and bacon' - Come up with a list of your own foods that are better together.



Prepare a meze-style board to share with friends.

Enjoy putting together a 'sweet salad' - Each person brings in their favourite packet of sweets and then takes it in turns to empty their bag into a big bowl. Once everybody has added their sweets, mix it up and enjoy a wide variety of treats! Perfect for a sleepover, film night or party.

Here's an idea! For a healthier version of this activity, you could try using fruit to create a real fruit salad.



Arrange a picnic with a friend or group of friends.



Bake a 'Herman the German'.

What?

Also known as the friendship cake, a Herman is a sweet sourdough starter that is used to make a variety of delicious baked goods such as bread and cake. It is unique as it is passed from person to person as it grows due to it's yeasting process before baking.

Take part in a recipe exchange and share your favourite recipes with a group of friends.



Read a book themed around friendship such as *How to Grow a Friend* by Sara

Gillingham, *The Friendship Bench* by Wendy Meddour or *Pip & Egg* by Alex Latimer.



Put together matching outfits with a friend or group of friends.

Make a video explaining what you think makes a good friend.



Watch a film that includes a group or pair of friends such as Toy Story, Finding Nemo or Madagascar. What makes the characters in these films good friends? What traits do each of the friends bring to a group?

Write your own story about an imaginary friend. Why not team up with a buddy and get one of you to write the story whilst the other illustrates it?

Discuss: what is friendship? How does it make you and others feel?

Pass down a toy or game that you no longer play with to a friend or a friend's younger sibling.

Go on a day trip with a friend to a fun location such as the cinema, the zoo, a museum or a theme park. Don't forget to take plenty of photos so that you can remember your fun day out together!

Make up your own poem about friendship or about a specific friend that you admire.



Did you know that animals can form friendships too? Spend some time researching more about this.

Sing along to some songs about friendship such as You've Got a Friend in Me from Toy Story, *Count on Me* by Bruno Mars or *That's What Friends are For* by Dionne Warwick.

In 1998, Winnie the Pooh was named the Ambassador of Friendship at the United Nations. Watch one of the Winnie the Pooh films or read one of the books.

Make up a dance routine with a friend.

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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latest adventures direct to your inbox!

We're all about added value here at Pawprint Family. In

Got your camp blanket? Then it's time to make it yours!

perfect addition to your camp blanket, hoodies, bags and

Our alphabet badges are big, bright and bold...the

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Scan me!



Create a Keepsake!

Personalise it!

more. What will you personalise first?

Even More Rewards!

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.

Adventure Complete?

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