

**PAWPRINT
BADGES**

Friendship Challenge



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

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



@pawprint_family

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.
Direct people to this resource online by sharing our website links.	Upload this resource to a website for download.
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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-  Draw or paint a picture of what friendship looks like to you.
-  Decorate some rocks using paint and exchange them with friends.
-  Print out and fill in our free 'My Friend Fact File' resource. This is a great way to get to know an existing friend better or find out more about a new friend.
-  Knit yourself a jumper, scarf or hat and make a matching one for a friend.
-  Design an invitation for a sleepover and give them out to your friends. Make sure to include the time, place and the theme of your sleepover so your friends can be fully prepared!
-  Assemble a collage using photographs of you and your best friends.
-  Small acts of kindness can often lead to friendship. Use your artistic skills to create a little gesture of your choice to add some joy somebody's day. You could make a card, decorate a postcard or write a kind note.
-  Use our 'Code Wheel' resource to create and share secrets or funny messages with your friends.
-  Craft a friendship flower.

How?






Cut out a circle, at least five petals and a stem using coloured craft paper and stick together to assemble a flower. Write a friend's name in the middle of the flower and in each of the petals, write a word that you think best describes them.

-  Make friendship bracelets. Why not try some different techniques such as braiding or threading coloured beads? Why not make your own beads?
-  Decorate a copy of the poem *The Cake of Friendship* by Michelle Flores.
-  Construct your own photo frame to display a special photo with a friend. Your friend does not have to be human, it could be a pet or even your favourite teddy bear but be sure to decorate it in a way that you think best describes your friendship.
-  Start a scrapbook with a friend where you can keep all of your special memories.
-  Host a painting party and invite friends to paint their own canvas.






Food

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-  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.
-  Write a recipe for friendship - For example you might include a pinch of happiness or a spoonful of kindness.
-  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 its yeasting process before baking.

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





Games

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-  Take part in a game of 'Two Truths and a Lie' to get to know your friends even better.
-  Have a go at playing a game chosen by a friend.
-  Make some feel-good friendship envelopes.



How?

Each person writes their name on the front of an envelope and has enough small pieces of paper, one for each person in the group. Everyone passes their envelope one person to the right. That person then writes a nice little note, ie. "You're a good friend because..." and adds it to the envelope. The envelopes are passed around the circle/group until everyone has written a note for everyone else. Seal the envelopes and save them to take home at the end of the meeting.

-  One of the most important skills we need to understand to be a good friend is the ability to share with others. Take turns in a game or let somebody else have a go before you.
-  Play 'The Skittles or M&M's Friendship Game'.

How?

Take it in turns to pick a sweet out of the packet, the different colours represent different questions. Ask these questions to a whole group of friends or ask to a specific person. Red = What is something you did today that made you a good friend? Orange = Tell me something good about a friend. Yellow = What is a good way to make a new friend? Green = What do you think makes somebody a good friend? Purple = How might you make a friend feel better when they are having a bad day? Brown = What do you do when a friend makes you feel sad?

-  Create your own version of the game 'Talking Point' and use the cards to have more in depth conversations with your friends.
-  Have fun playing the icebreaker game of 'That's Me!'.

What?

Each person takes it in turns to stand in front of a group of people and shares a fact about themselves (e.g. how many siblings they have, their favourite film or favourite food etc). If another person in the group shares that fact, they stand up and shout 'That's me!'. This is a great way to make new friends, especially within larger groups.

-  Untangle yourself from a human knot.



Other

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-  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.
-  Make a video explaining what you think makes a good friend.
-  Put together matching outfits with a friend or group of friends.
-  Sadly, not everybody always remembers how to be a friend. Raise awareness of bullying by taking part in anti-bullying week. What can we do to help prevent these things from occurring?
-  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.

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!



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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