

**PAWPRINT
BADGES**

Smoothie Challenge



Ready for a berry exciting adventure?

Our smoothie challenge pack will have you blending your way through 40+ a-peel-ing activity ideas. Let's make like a banana and split!

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

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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Craft

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- 🍓 Transform your straws into fruity friends to sip your smoothie with by crafting your own fruit straw toppers using craft paper and googly eyes.
- 🍓 Assemble a smoothie sensory bin using ice and plastic fruit and vegetables.
- 🍓 Use leftover fruit and vegetable slices as stamps to create colourful prints with paint. Each print will have its own unique shape and texture.
- 🍓 Make a smoothie collage by cutting up coloured paper or materials and arranging them into layers. Each layer can represent a different ingredient in your smoothie.
- 🍓 Design your very own smoothie recipe cards.

Did you know?



Mediterranean and Eastern cultures enjoyed the concept of a smoothie hundreds of years ago, but back then they only knew it as a pureed fruit drink.

- 🍓 Whip up some smoothie inspired paint by blending ice, shaving cream and paint for an immersive creative experience.
- 🍓 Decorate plastic or paper smoothie cups with paintings of your favourite fruits and vegetables.
- 🍓 Build a pretend blender out of cardboard.
- 🍓 All out of fruit but want to join in the smoothie fun? Make some out of paper using our free 3D paper fruit resource. You can download this resource from our website.
- 🍓 Cut fruit, vegetable and cup shapes out of felt to build your dream smoothie.
- 🍓 Once you have finished your smoothie from a plastic or paper cup, why not craft something new and exciting such as a DIY cup and ball game or a party hat?
- 🍓 Make some fruit scented playdough to make different fruits in a smoothie.
- 🍓 Create some smoothie themed greetings cards, complete with fun fruit puns!
- 🍓 Put together your own smoothie recipe book with drawings of fruit ingredients.





Food

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-  Put together a colourful rainbow smoothie by blending different fruits to create separate layers.
-  Whip up an acai bowl.




What?

An acai bowl is a sweet Brazilian dish, invented in the late 1980s, that consists of a very thick smoothie that is eaten with a spoon. They are often topped with sliced fruit and coconut flakes. Why not have some fun creating some art with your toppings?

-  Create your own smoothie bar.
-  Fix up a hidden vegetable smoothie.




Why?

Spinach and kale are great vegetables to add into a smoothie as they are packed full of nutrients but can sometimes taste bitter. Adding them to a smoothie can be a great way to consume them as their taste can be masked by the sweetness of fruits.

-  Pour your smoothie into ice lolly molds and freeze them to enjoy on a hot day.
-  Make smoothies inspired by fruits from around the world.
-  Prepare some smoothie packs to store in your freezer that will come in handy on a busy day.

How?



To create a smoothie pack, you will simply need smoothie ingredients and a leak-proof bag such as a zip lock sandwich bag. The idea is to pop everything that you would put into your smoothie in a bag, and when you come round to making it, you will simply just need to add milk or water before blending together. Perfect for some on the go nutrients!

-  Have a go at adding ice cream to your smoothie mix and top with whipped cream and sprinkles for a dessert-like treat.
-  Build your dream smoothie with the help of the free resource on our website.
-  Create your own wheel with smoothie ingredients in each section and spin to see what to add to your smoothie.






Games

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-  Try different flavours of smoothie whilst blindfolded and see if you can guess the flavour correctly.
-  Take part in a Smoothie Relay.




How?

Players must collect smoothie “ingredients” which are coloured balls or objects that represent different fruits and vegetables and take them from one end of the playground/ room to the “blender” (bucket). The first team to gather all of their ingredients and put them into the blender are the winners.

-  Play a game of ‘Fruit Salad’.
-  Make an A-Z list of as many fruits and vegetables as you can think of.
-  Go head to head in a game of Smoothie Freeze!



What?

Smoothie Freeze is a spin on the game Musical Statues. To start the game, a leader must shout out the name of a fruit or vegetable. Players will then dance around and when the music stops, they must ‘freeze’ in a pose that represents that ingredient. The last player to freeze is out and must name a new fruit or vegetable for the others to act out.

-  Have a smoothie themed scavenger hunt to find all of the ingredients and equipment needed to create a smoothie.
-  Stack as many apples as you can on top of each other. How tall can you make your apple stack? Try your best not to let the apples tumble!
-  Play Roll a Smoothie Dice using the free resource on our website.

Did you know?

Smoothies are high in fibre which offers a variety of health benefits such as helping to prevent disease, helping our gut to stay healthy and stabilising blood sugar levels.

-  The fastest peeler! Go head-to-head with a partner and peel an orange as quickly as you can. For younger children, swap out the orange for a banana to make the game easier.
-  Challenge yourself to see how long it takes get a smoothie from one cup to another using only a spoon.



Other

- 🍓 Visit a local café and order a smoothie.
- 🍓 Discover some fun facts of your own about smoothies.
- 🍓 A 2019 survey revealed that banana and strawberries are the most popular smoothie ingredients. Try making a smoothie with one or both of these fruits.
- 🍓 Visit a fruit farm and pick your own fruits to use in a smoothie.
- 🍓 Each fruit and vegetable has its own superpower that helps our bodies to stay healthy and operate as it should. Find out more about these superpowers and why it is important to include them in our diet.
- 🍓 Try adding Greek yogurt, chia seeds, soy powders or whey to a smoothie.

Why?

These foods contain protein which helps the bloodstream to carry oxygen through the body, building up strength and increasing energy.

- 🍓 Experiment and find the best method for getting rid of brain freeze.
- 🍓 Check out some diary free alternatives to milk in your smoothie.
- 🍓 Write an acrostic poem using the word 'SMOOTHIE'.
- 🍓 Take a look in a smoothie recipe book or find a new recipe online to make. There are so many delicious ones to try out!
- 🍓 Help the planet by turning your old left over fruit waste into nutritious compost for your plants. Include peel, cores, rinds, stems and pulp for extra goodness.
- 🍓 Sing and dance along to the song Peel Banana/Go Bananas, the ultimate camp song!
- 🍓 Read a book that is based around fruits or vegetables such as Handa's Surprise by Eileen Browne, Oliver's Vegetables by Vivian French and Alison Bartlett or Supertato: Veggies Assemble by Sue Hendra and Paul Linnet.
- 🍓 Plant your own fruit and vegetables in the garden and learn how to care for your plants. Why not use them in a smoothie in the future?

Adventure Complete?

Reward your young adventurers with their Smoothie 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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