



Get cooking. Get making.
Get outside. Get adventuring.
Get EPIC!



CONTENTS

FUN ON THE RUN

What's In The Truck?

Mr Pots Dot-to-Dot

Epic Wordsearch

Fence Me In

The Conversation Game

THE TASTES OF SPRING

Jelly Watermelon Jiggler

Sandwich Sushi

Munchie Necklace

Frozen Watermelon Lemonade

CRAFT HOUR

Water Pistol Painting

Make a Bird Feeder

Make Your Own Musical Instruments

Camping Knots

DRAWING GUIDE

How To Draw... Oscar

How To Draw... Zordgoof

How To Draw... Mr Pots



WHAT'S IN THE TRUCK?

Draw what you think might be in the truck. Is it packed full of sweets? Or piled high with bicycles? Or crammed with chickens?

EPIC FACT #1: The Pan-American Highway is the world's longest 'drivable' road - it connects almost ALL the countries in North and South America.

EPIC FACT #2: The highest 'drivable' road in the world is in Uruacu, Bolivia. It's 16,923 feet above sea level - that's 1,314 double-decker buses!

FIND THE WORDS

Time yourself to see how quick you can find the words!
Are you faster than your friends?

Y H B J J O S Y I T S S T C I
A C A Q O U K U G N G L I C C
D A B D U T T H N U D P E C R
I E Y R D L R L H E C L S E
L B N Y N O Z S E R R X I D H
O A U K E O E O T E F Y I R M
H C I D Y R R Z A G H S I M X
U R R P I S C M R N A O I Z E
N H O P O E A D V E N T U R E
P A M U N T Q C S V M D A S W
M A E X P L O R E A B M E Q E
V F O O G D R O Z C O R U X B
D O O R T D Q P G S B T R S G
B Y R T F T R I A F N U F Q B
F L U C R J D X T U L F Y V Q

ADVENTURE	BEACH	DOOR
EPIC	EXPLORE	FUNFAIR
GOODYEAR	HOLIDAY	ICE CREAM
JOURNEY	OUTDOORS	SCAVENGER HUNT
SEASIDE	SUMMER	SUN
TREEHOUSE	VAMPIRE SLUGS	ZORROOOP

FUN ON THE RUN

A collection of awesome activities guaranteed to keep you busy on a long journey.

THE CONVERSATION GAME

Would you rather... be super-strong OR be able to fly?

Would you rather... live in space OR live underwater?

Would you rather... swim in a pool of baked beans OR a pool of mashed potatoes?

Would you rather... have purple eyes OR green hair?

Would you rather... have a pet giraffe OR a pet elephant?

Would you rather... explore the ruins of an old castle OR climb a huge mountain?

Take it in turns to ask a 'would you rather' question. You may be surprised at the choices your friends and family make. Then, once you've finished the ones above, why not make up some of your own.

How about... Would you rather never eat your favourite food again OR eat only your favourite food for the rest of your life?

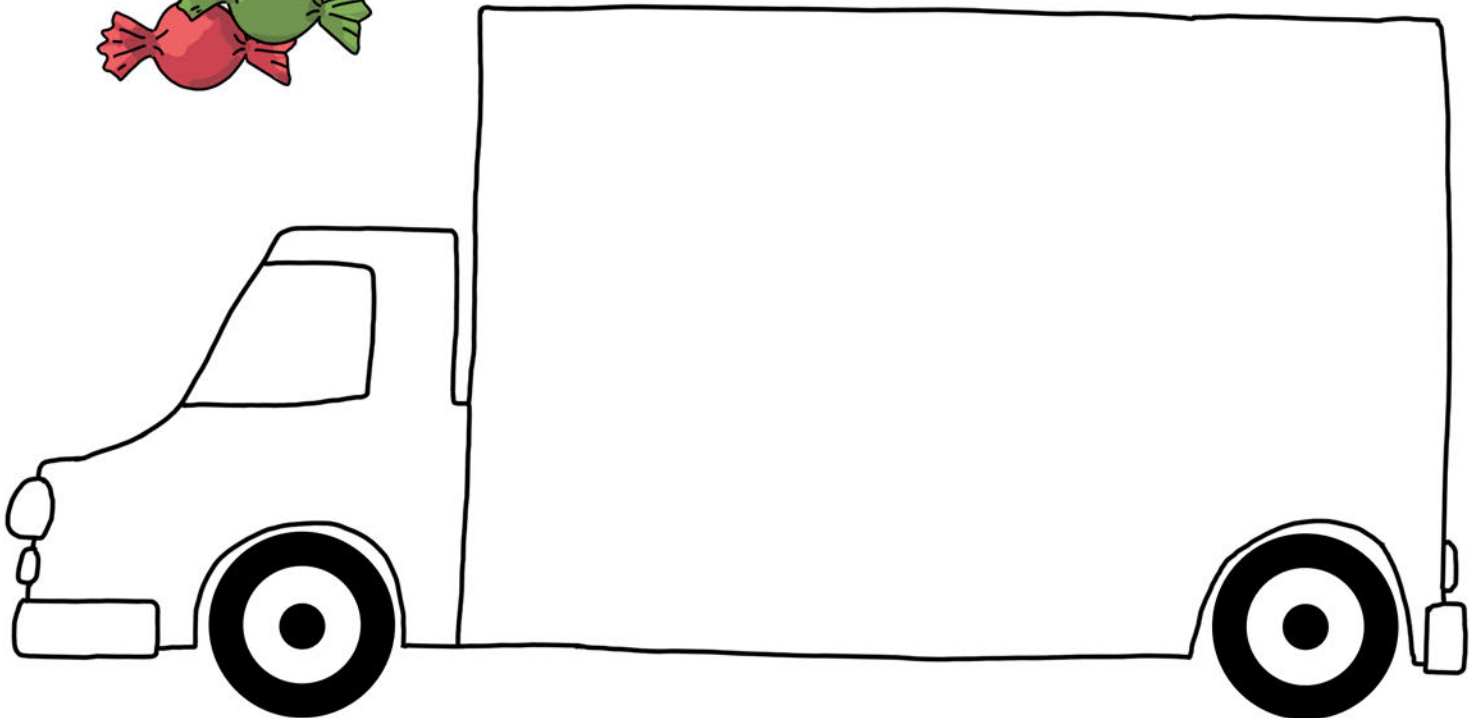
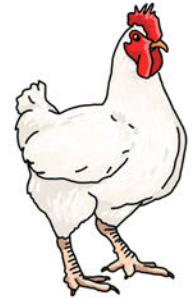
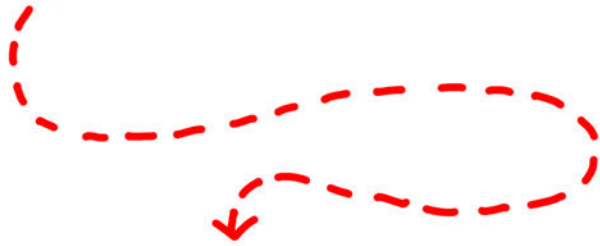
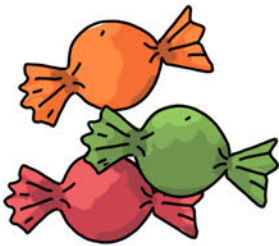
JOIN THE DOTS AND COLOUR MR POTS

START

EPIC FACT #1: Mr Pots LOVES doughnuts! In fact, aside from eating the whole ones in the truck, he uses them as rubber rings when he goes for a dip in next door.

WHAT'S IN THE TRUCK?

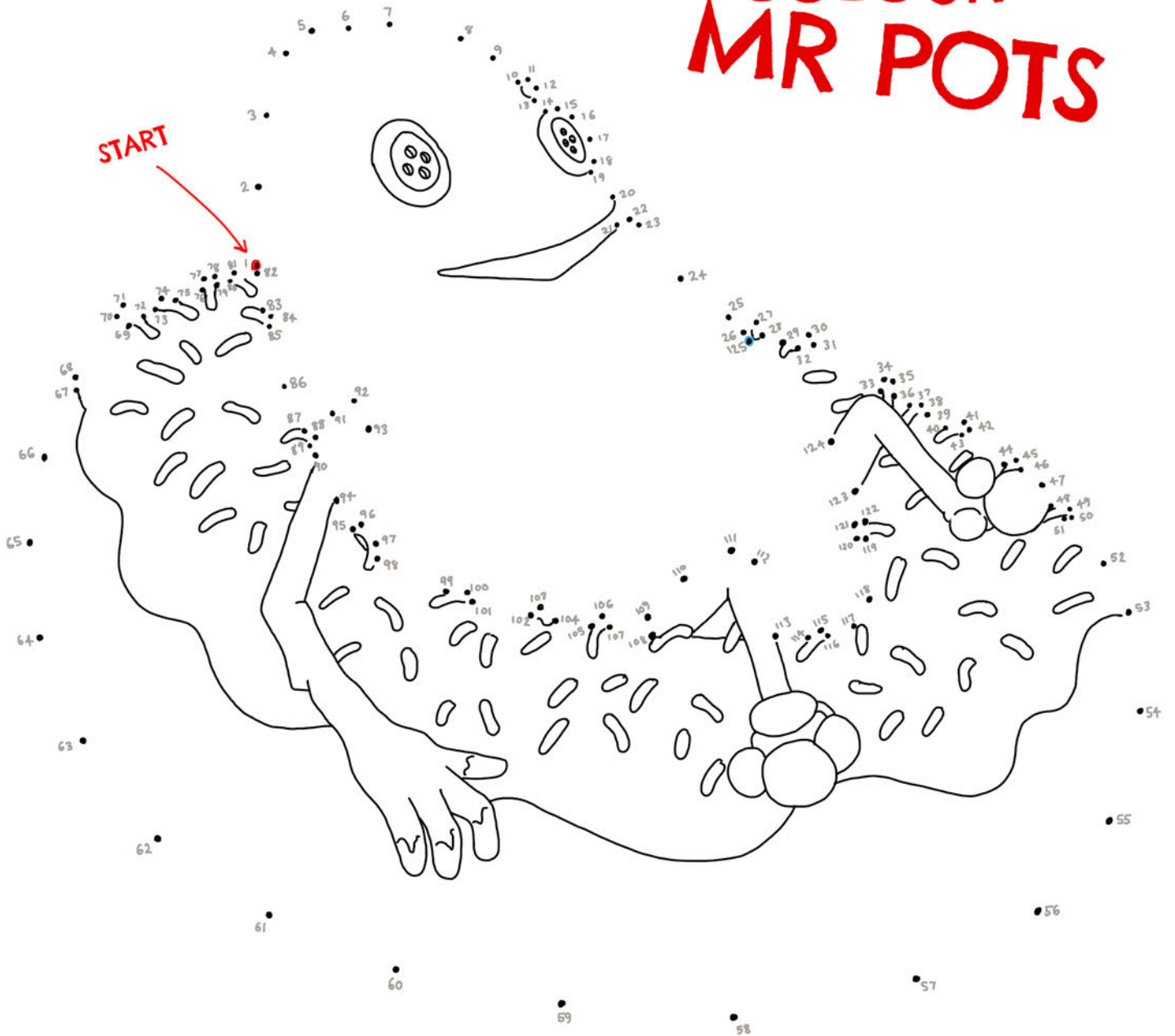
Draw what you think might be in the truck.
Is it packed full of sweets? Or piled high with bicycles?
Or crammed with chickens?



EPIC FACT #1: The Pan-American Highway is the world's longest 'drivable' road - it connects almost ALL the countries in North and South America.

EPIC FACT #2: The highest 'drivable' road in the world is in Uturuncu, Bolivia. It's 18,923 feet above sea level - that's 1,314 double decker buses!

JOIN THE DOTS AND COLOUR MR POTS



EPIC FACT #1: Mr Pots LOVES doughnuts! In fact, aside from eating the stale ones in the trash, he uses them as rubber rings when he goes for a dip in next door's pond.

FIND THE WORDS

Time yourself to see how quick you can find the words?
Are you faster than your friends?

Y H B J J O S Y I T S S T C I
A C A Q O U K U G N G L I C C
D A B D U T T H N U D P E C R
I E Y R R D L R L H E C L S E
L B N Y N O Z S E R R X I D H
O A U K E O E O T E F Y I R M
H C I D Y R R Z A G H S I M X
U R R P I S C M R N A O I Z E
N H O P O E A D V E N T U R E
P A M U N T Q C S V M D A S W
M A E X P L O R E A B M E Q E
V F O O G D R O Z C O R U X B
D O O R T D Q P G S B T R S G
B Y R T F T R I A F N U F Q B
F L U C R J D X T U L F Y V Q

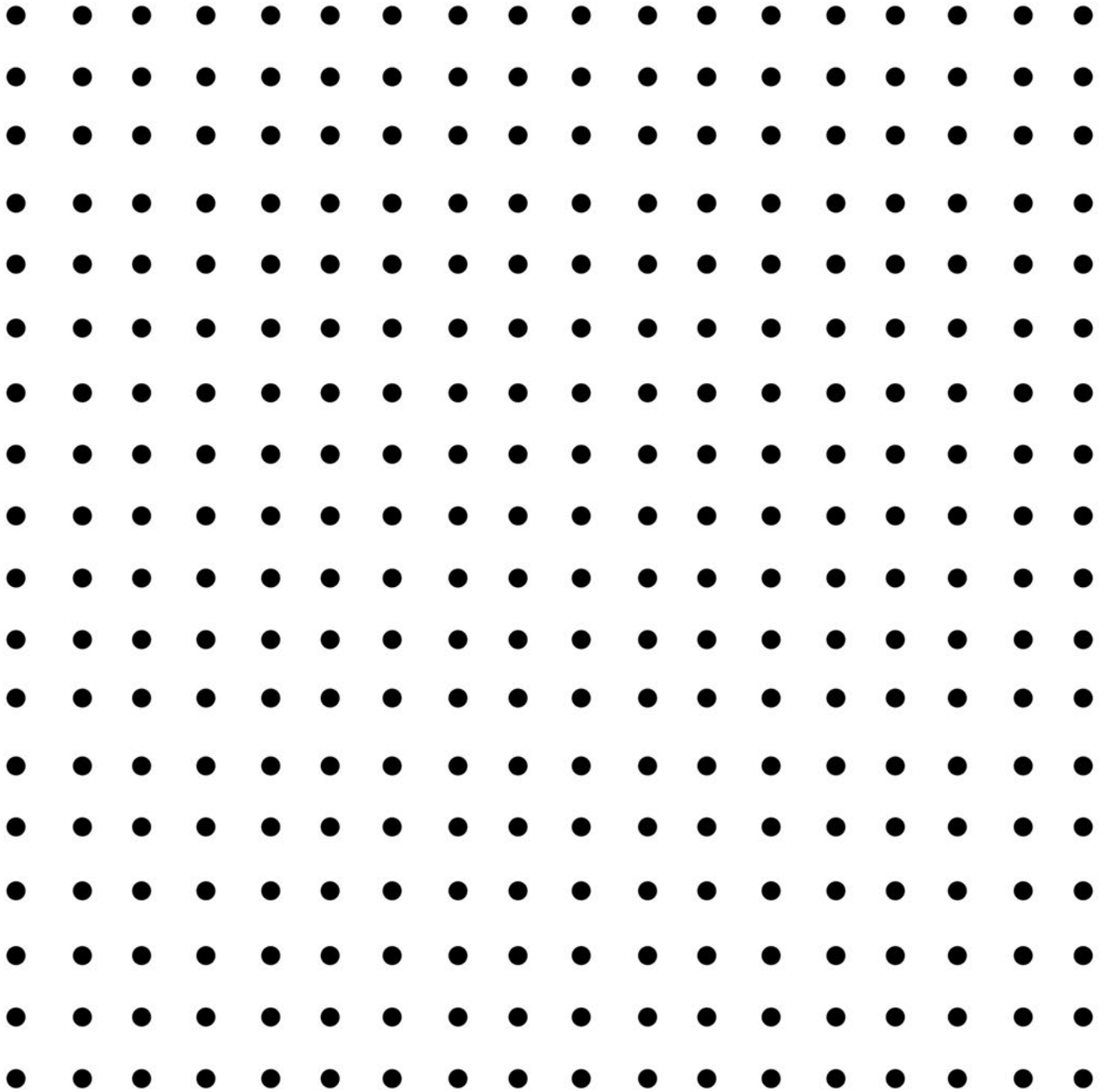


ADVENTURE
EPIC
GOOTOPIA
JOURNEY
SEASIDE
TREEHOUSE

BEACH
EXPLORE
HOLIDAY
OUTDOORS
SUMMER
VAMPIRE SLUGS

DOOR
FUNFAIR
ICE CREAM
SCAVENGER HUNT
SUN
ZORDGOOF

FENCE ME IN



Players take it in turns to draw one horizontal or vertical line on the grid, joining two dots that are side-by-side. If the line you draw finishes off a square, you write your initials in the square and take another go.

The player with the most squares when the grid is full is the winner.

NOTE: You MUST draw a line each time it's your turn - no skipping!

THE CONVERSATION GAME

Would you rather...
be super-strong OR be able to fly?


Would you rather...
have a pet giraffe
OR a pet elephant?

Would you rather...
live in space OR live underwater?

Would you rather...
swim in a pool of baked beans
OR a pool of mashed potato?

Would you rather...
explore the ruins of an old castle
OR climb a huge mountain?

Would you rather...
have purple eyes OR green hair?



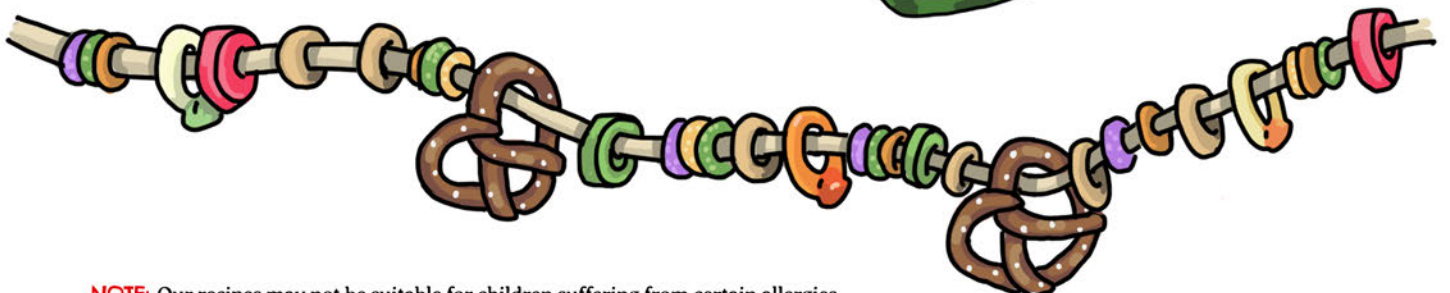
Take it in turns to ask a 'would you rather' question. You may be surprised at the choices your friends and family make. Then, once you've finished the ones above, why not make up some of your own.

How about... Would you rather never eat your favourite food again OR eat only your favourite food for the rest of your life?



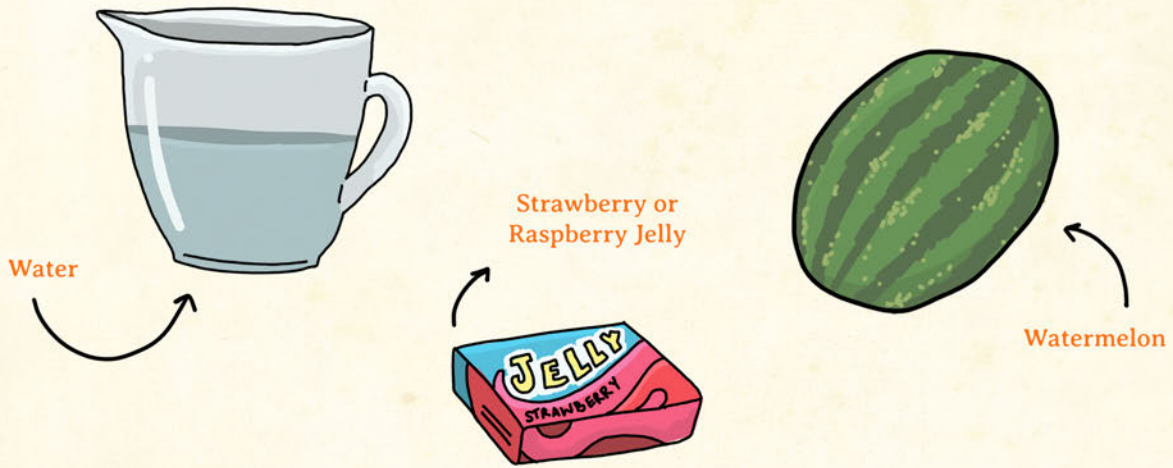
THE TASTES OF SUMMER

Hungry? Here are some super tasty treat ideas, perfect for when you're winding down in the garden or making it through a road trip.

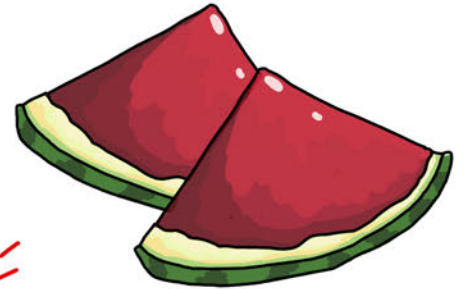


NOTE: Our recipes may not be suitable for children suffering from certain allergies and intolerances. Please check the ingredient list before making and serving.

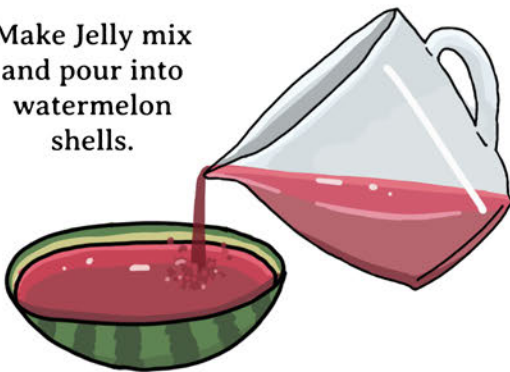
JELLY WATERMELON JIGGLER



Hollow out the watermelon.
Keep the scrummy insides
for *Frozen Watermelon
Lemonade*.



Make Jelly mix
and pour into
watermelon
shells.



REFRIGERATE
FOR
2 - 4
HOURS

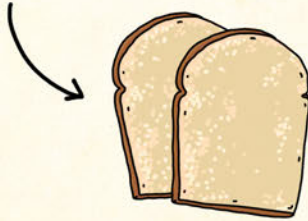
When the Jelly feels
properly set (firm and
holding shape), slice like
a normal watermelon
and serve!

MIX IT UP:

You can do a similar thing with oranges. Halve the oranges and scoop out the fruit. Then fill the skin shells with orange, lime or strawberry jelly. Set in the refrigerator, then slice before serving.

SANDWICH SUSHI

Two slices of bread



Jam



Rolling Pin

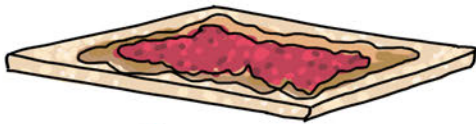


Peanut Butter

Remove the
crusts from the
bread and roll
slices flat.



Spread 1tbsp of
peanut butter,
and 1tbsp of jam
onto each slice.



Roll each slice
into a tight spiral.



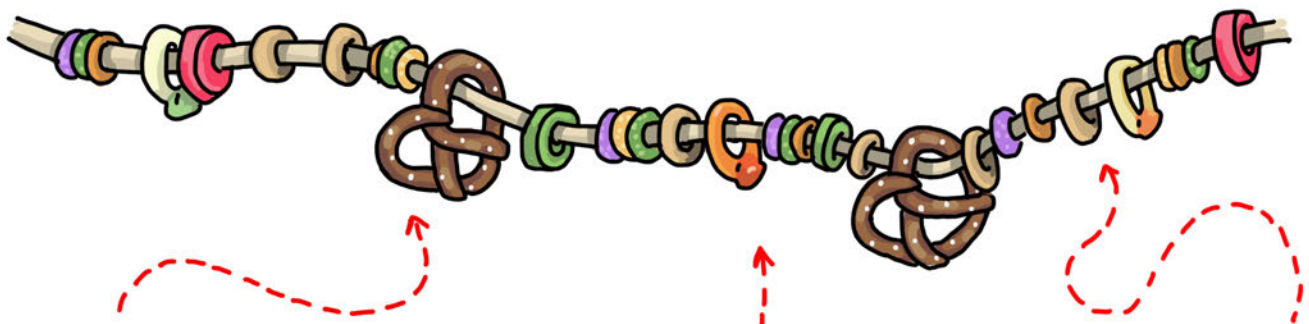
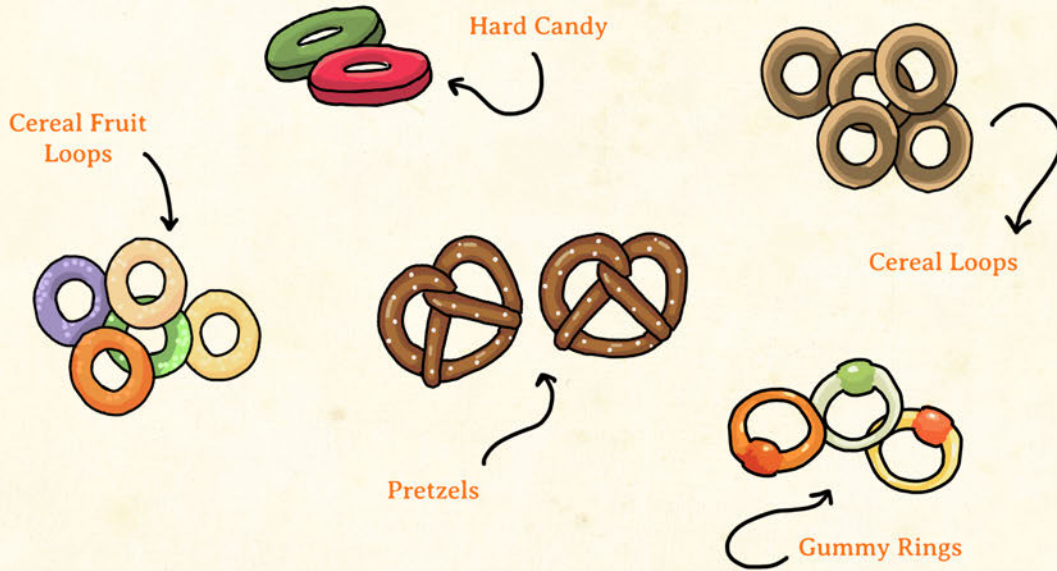
Cut each spiral
into 4 equal
slices and serve!



EPIC FACT #1: Sushi was once so valuable that it was used as a currency to pay taxes in AD 8th Century Japan.

EPIC FACT #2: Sushi started as fast food, so it's actually supposed to be eaten with your hands. No cutlery needed!

YUMMY SNACK NECKLACE



Thread the different shaped treats onto a piece of string or yarn.

Make a snack necklace before a big trip.

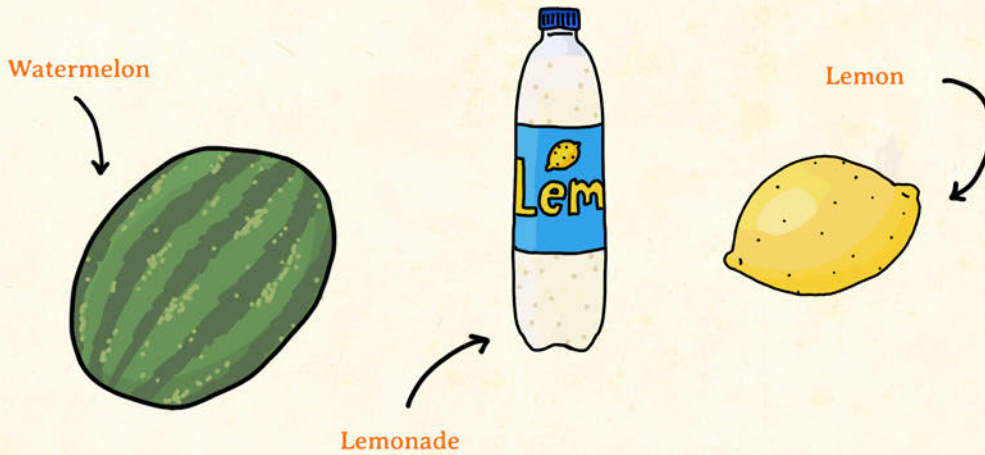
Make a snack necklace before a big trip. It's fun to do, and it means you'll have something tasty with you wherever you go!

EPIC IDEA #1: Why not take it one step further and use a strawberry lace as your necklace thread!

EPIC IDEA #2: You can use any ring-shaped food you can find. Be as imaginative as you like - but remember, this is for energy so try not to make it ALL sweets!

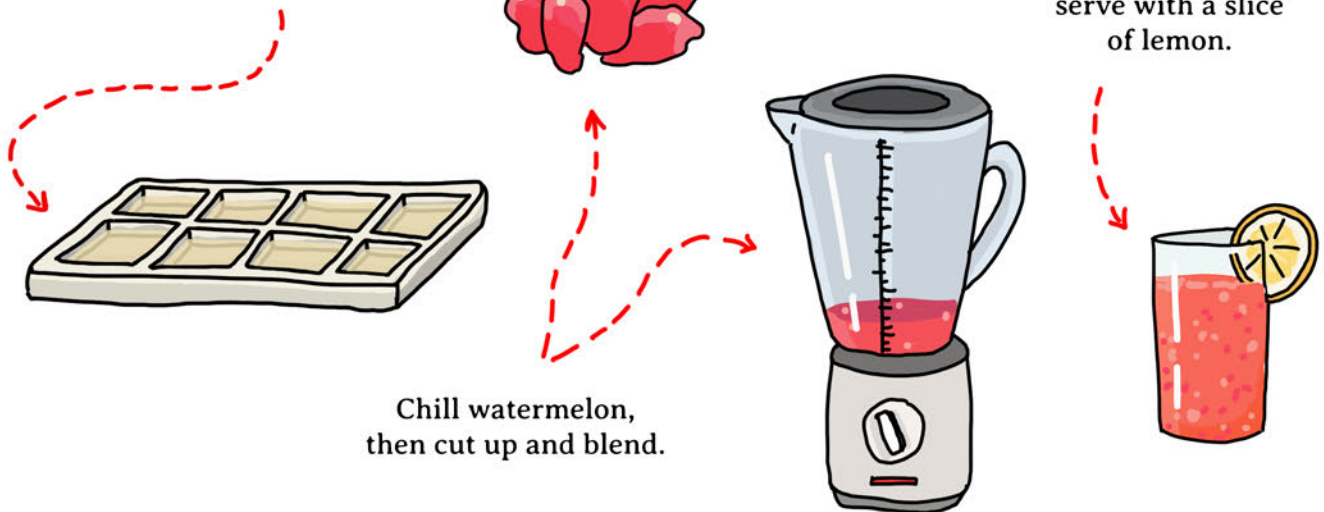


FROZEN WATERMELON LEMONADE



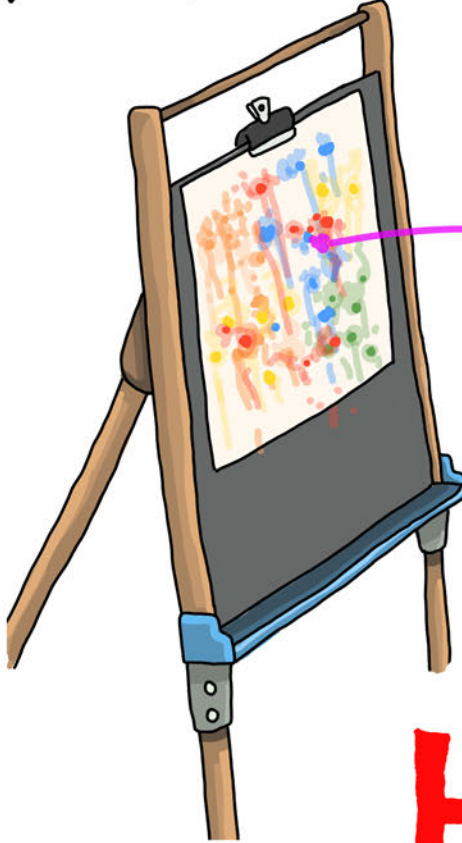
Pour lemonade into an ice cube tray and freeze.

Add ice cubes and blend again. Then serve with a slice of lemon.

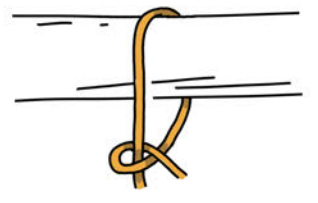


EPIC IDEA #1: Why not set up a lemonade stand and see if people want to pay for a refreshing drink on a hot day.

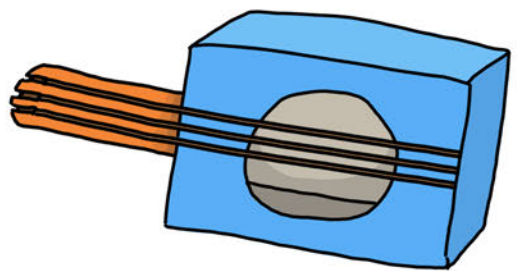
EPIC IDEA #2: Try out a few different combinations of fruit and lemonade and see which ones work the best. If you create something delicious be sure to share it with us on our Facebook page.



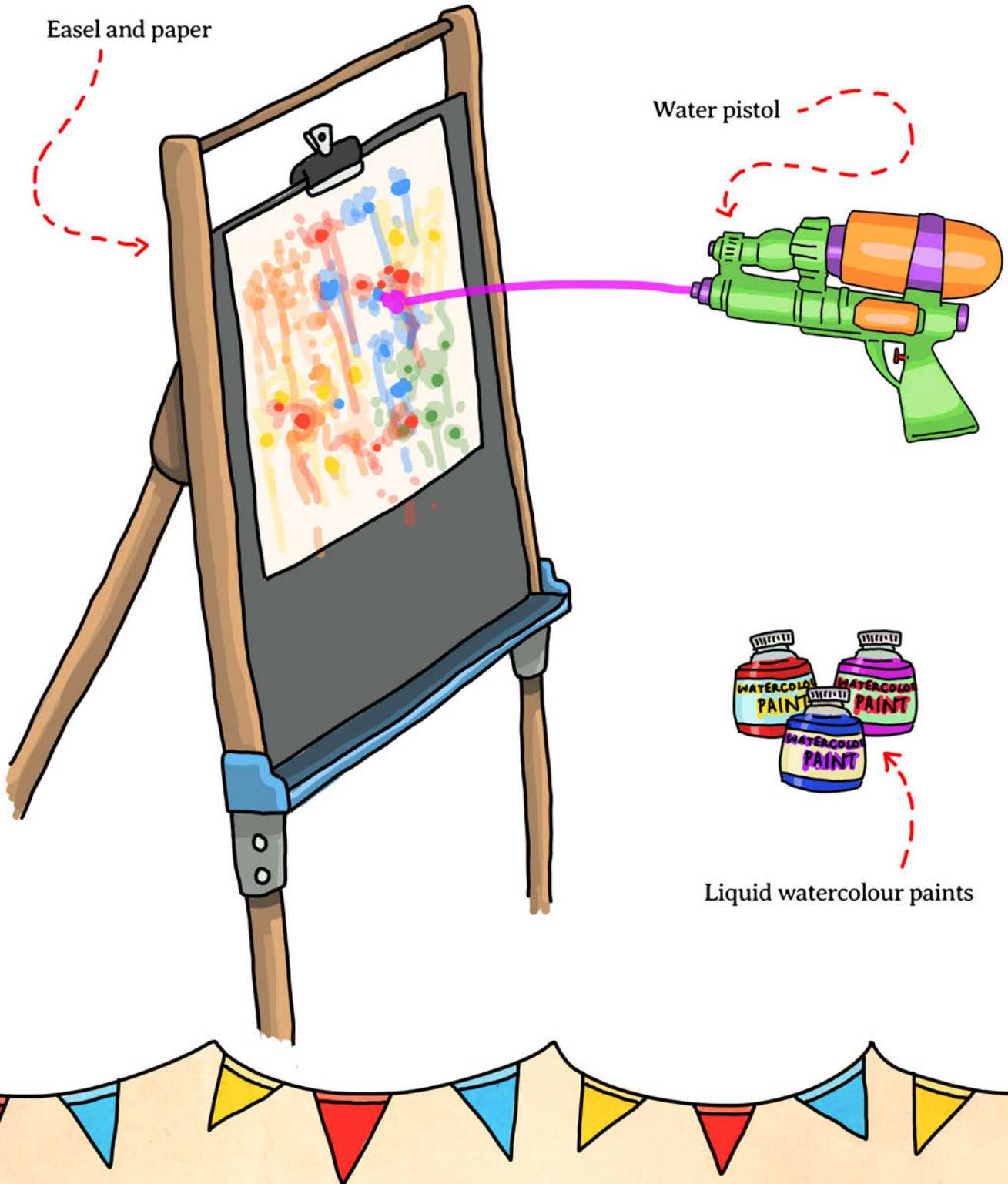
CRAFT HOUR



If you're feeling a little crafty we've got some awesome ideas for things that'll get you thinking about nature and summer time.



WATER PISTOL PAINTING



Easel and paper

Water pistol

Liquid watercolour paints

Create colourful works of art and be a bit silly at the same time.

Fill a water pistol with liquid watercolour paints, aim and FIRE!

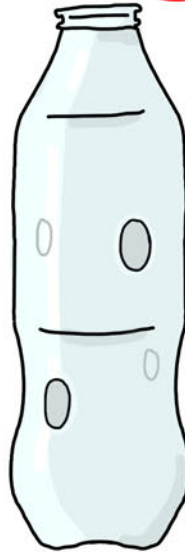
TOP TIP: If you don't have an easel you can pin your paper to a tree.

①



Empty a plastic bottle and clean thoroughly. Remove the lid (but keep it safe).

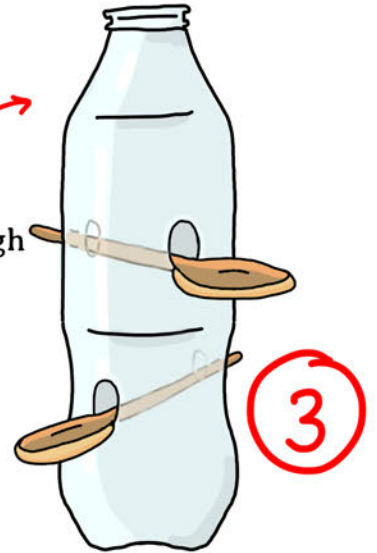
②



Cut two holes all the way through the bottle - just big enough to fit the handle of a wooden spoon through.



Poke two spoons through the bottle.



③

④



Fill the bottle with bird feed and replace the lid.

⑤



Attach some garden wire to the lid of the bottle and hang from a branch. The birds will love it!



MAKE YOUR OWN BIRD FEEDER

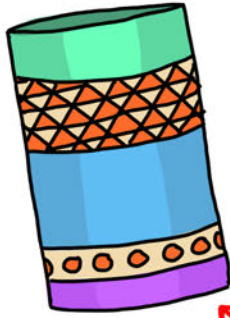
EPIC FACT #1: Birds have hollow bones which help them fly.

EPIC FACT #2: The world's only winglessbird is the Kiwi of New Zealand.

EPIC FACT #3: The Bee Hummingbird is the smallest bird in the world at just 5cm in length.



SHAKERS AND MARACAS

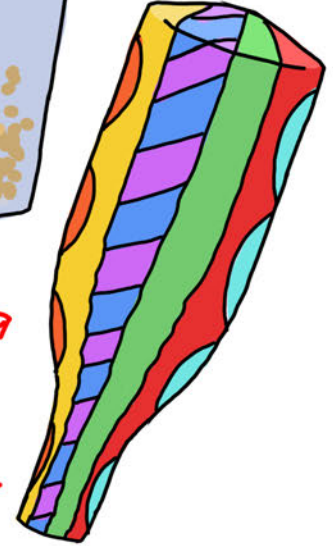


Fill an empty cocoa tin with lentils. Tape the lid on.

Decorate with coloured paper, tapes, stickers and markers.



Fill an empty plastic bottle with sand. Tape the lid on.



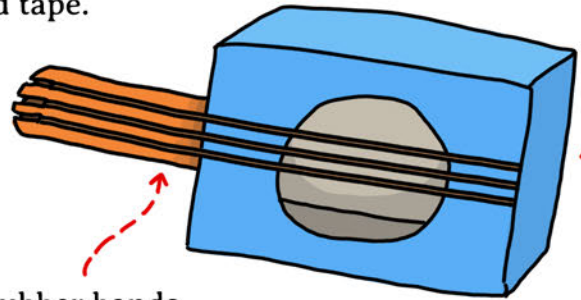
DRUMS



Stretch a balloon onto an pot (without a lid) and secure with tape.

Make small notches around one end of a tube. Insert the other end into the shoe box hole and tape.

Cut holes in the front and top of a shoe box.



Wrap rubber bands from the top of the tube to the bottom of the box and tape in place.

MAKE YOUR OWN MUSICAL INSTRUMENTS

CARDBOARD GUITARS

EPIC FACT #1: The oldest piece of music ever found was written in 408 B.C by Euripides. It was sung by a choir in an ancient Greek play called Orestes.

EPIC FACT #2: Did you know that in the Stone Age, people played flutes made of bone?

CAMPING KNOTS

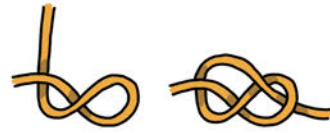
OVERHAND KNOT

A simple stopper knot that is quick and easy to tie.



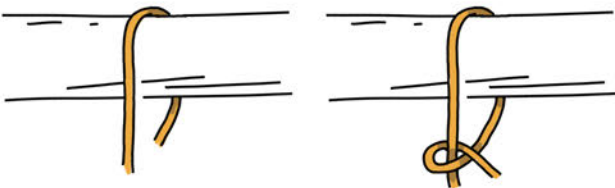
FIGURE OF EIGHT

A stopper knot that is unlikely to jam or pull loose.



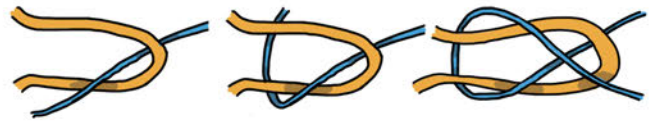
HALF HITCH

A hitch that can be used to fasten a rope to a ring or post.



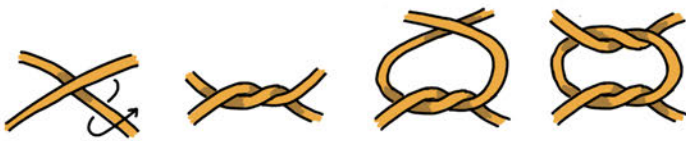
SHEET BEND

This knot is used to tie together two ropes of different types or unequal thicknesses.



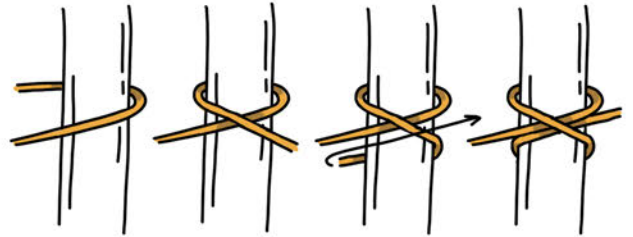
REEF KNOT

Used to tie together two working ends of the same material and size. *Left over right and under. Right over left and under.*



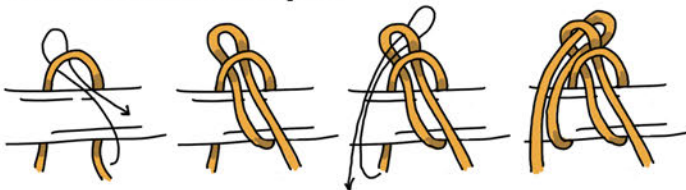
CLOVE HITCH

Used to fasten a rope to a post.



HIGHWAYMAN'S HITCH

This 'slip hitch' is often used to tie a boat to a mooring ring, or an animal to a rail or post.



BOWLINE (PRONOUNCED BO-LIN)

This knot makes a non-slip loop at the end of a rope. It is invaluable in rescue situations.



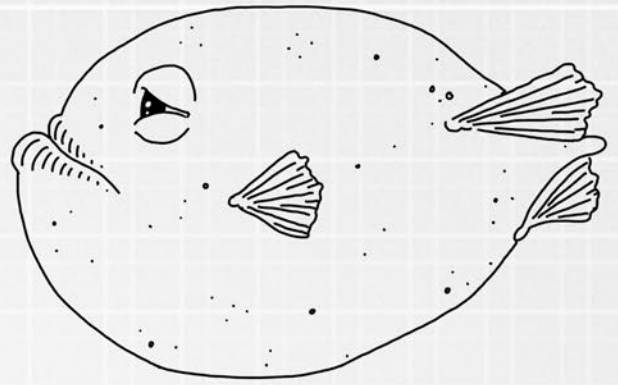
LAID ROPE: Consists of three strands that run over each other from left to right.

BRAIDED ROPE: Consists of a strong core of fibres, covered by a plaited or braided sheath.

NATURAL ROPE: Made of hemp, sisal, manila or cotton, they have a low breaking strain.

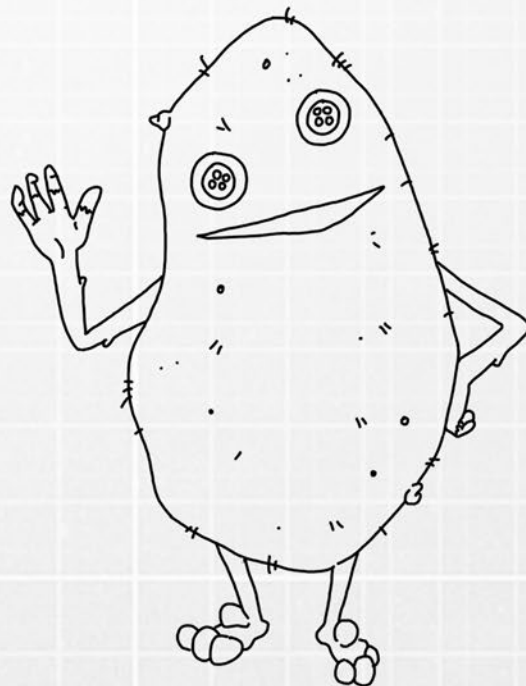
SYNTHETIC ROPE: Generally lighter, stronger and more water resistant than natural rope.





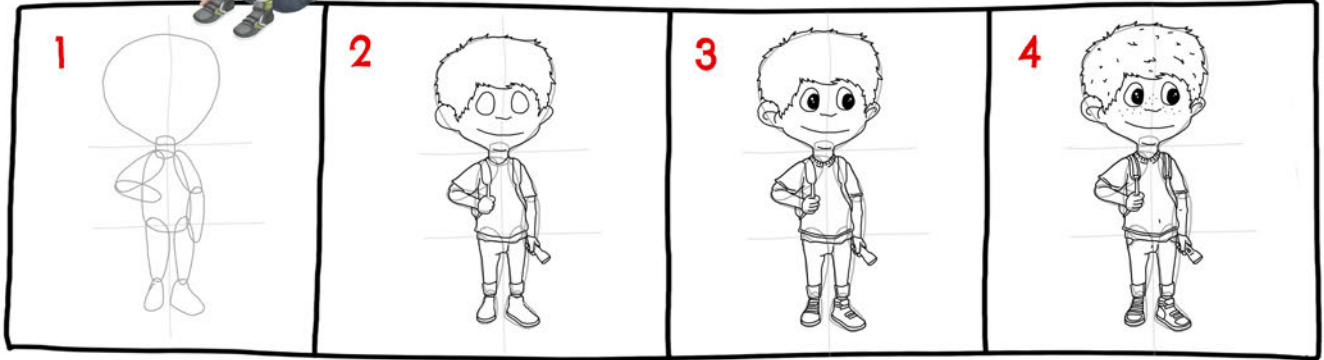
DRAWING GUIDE

Want to learn how to draw an EPIC character? Our easy-to-follow guides make it a piece of cake...





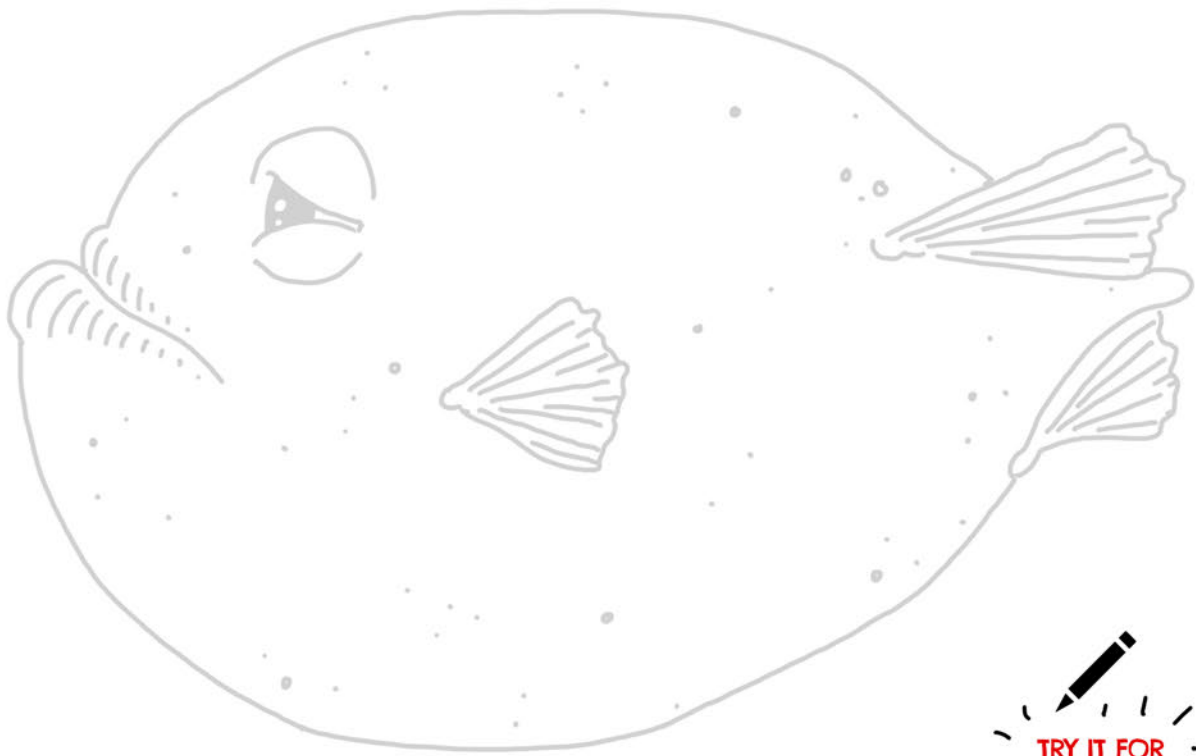
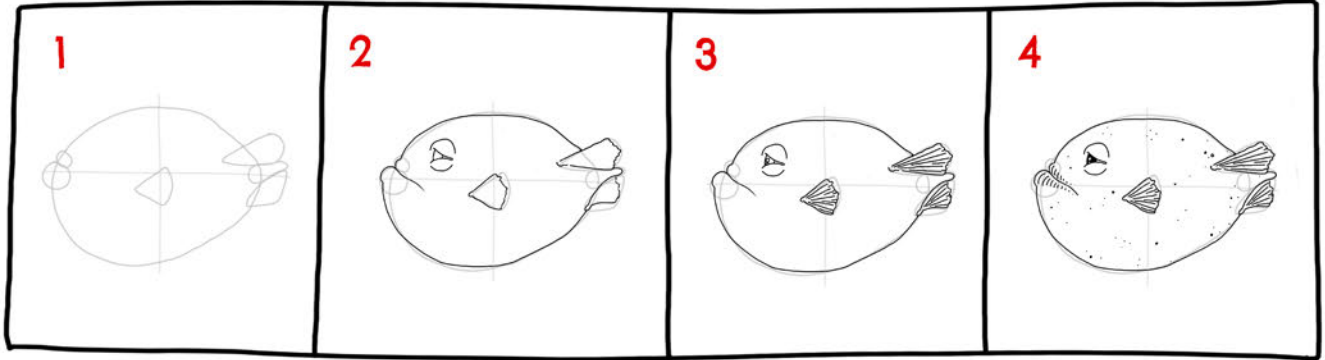
HOW TO DRAW... OSCAR



EPIC IDEA: Why not try and create a character that looks like you?
Use a mirror to get a good likeness.

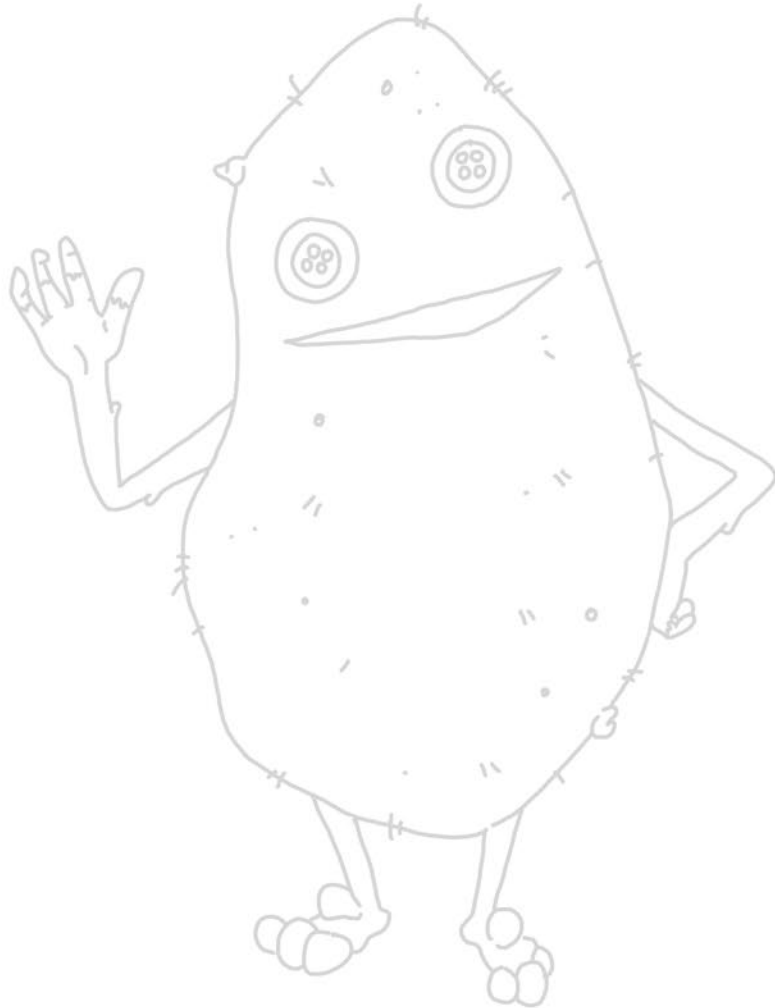
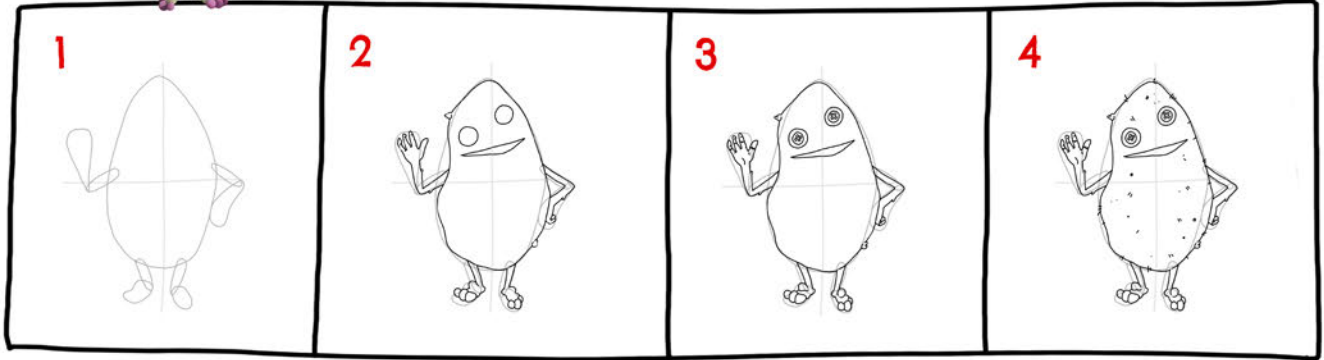


HOW TO DRAW A ... ZORDGOOF



EPIC IDEA: Add detail in layers until you are happy.

HOW TO DRAW... MR POTS



EPIC IDEA: To get the colours of Mr Pots right, you can use a real potato for inspiration.