Get cooking. Get making.
Get outside. Get adventuring.
Get EPIC!
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Fun On The Run

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

ADVENTURE  EPIC  GOOTOPIA  JOURNEY  SEASIDE  TREEHOUSE
BEACH  EXPLORE  HOLIDAY  OUTDOORS  SUMMER  VAMPIRE SLUGS
DOOR  FUNFAIR  ICE CREAM  SCAVENGER HUNT  SUN  ZORDGOOF
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!
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

Rolling Pin

Jam

Peanut Butter

Remove the crusts from the bread and roll slices flat.

Spread 1 tbsp of peanut butter, and 1 tbsp 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**

- Cereal Fruit Loops
- Hard Candy
- Pretzels
- Cereal Loops
- Gummy Rings

Thread the different shaped treats onto a piece of strong 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.

Chill watermelon, then cut up and blend.

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.
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.
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.

3. Poke two spoons through the bottle.

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 wingless bird 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.

Make Your Own Musical Instruments

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

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?
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...
EPIC ADVENTURES

HOW TO DRAW OSCAR

1  2  3  4

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

1

2

3

4

TRY IT FOR YOURSELF

EPIC IDEA: Add detail in layers until you are happy.
HOW TO DRAW... MR POTS

1

2

3

4

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