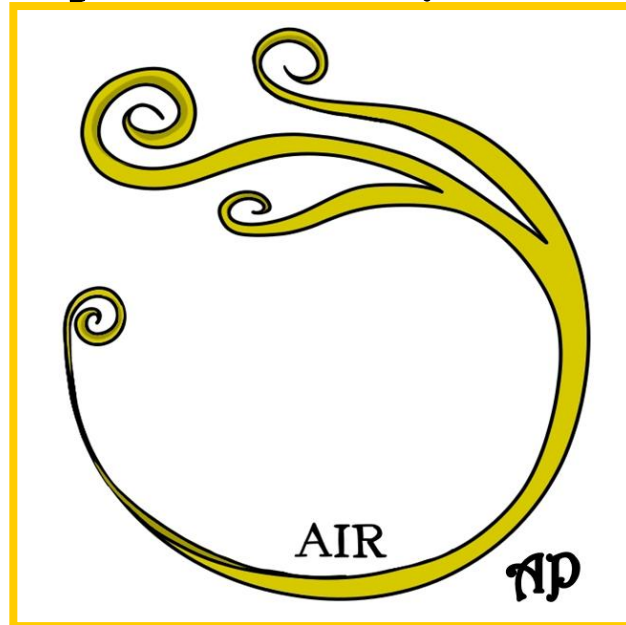




Pagan Federation presents

Aether Patches

Air Quest



This quest pack has been designed to help children understand more about the element of air, both its physical and metaphysical properties as well as some correspondences.

Suggested challenge levels for different ages:

Choose your challenges from across the 5 senses

Amethyst (3-5 Years) : Complete a minimum of 3 challenges.

Topaz (6-9 Years) : Complete a minimum of 5 challenges.

Emerald (10-14 Years) : Complete a minimum of 7 challenges.

Ruby (14-18 Years) : Complete a minimum of 10 challenges.

Diamond (Over 18s) : Complete a minimum of 13 challenges or award yourself a badge for assisting young people in achieving the quest.

Once completed feel free to award the certificate and patch from our website

www.pfcommunity.org.uk



Sight Challenges

Sight challenges are often about looking up information and learning about something new, something relating to this quest.

Sometimes they are just about using your eyes to see what you can see



Look up and learn about whirlwinds and hurricanes.



Birds are associated with the element of air. Have a go at bird watching. You could put some bird seed out in your garden and see which birds pay you a visit. Don't forget to note it down or draw them in your journal.



Look up the animals associated with the element of air and find out more about them. For example, spider, birds and winged insects. You could draw or write about them in your journal.



Look up and learn about the mythological creatures associated with the element of air. For example sylphs. You could draw or write about them in your journal.



Look up and learn about wind power.



Yellow is the colour associated with the element of air. Have a scavenger hunt, either round your house or outside, for all things yellow.



Go for a walk, or even just sit in your garden, on a windy day. Observe how the wind effects the trees, plants, animals, even your clothes and hair. Note down or draw what you see. Have a go at pretending or moving like them.



The element of air is associated with study. Look up and learn about something new. For example you could learn a new language, all about native birds or the weather etc.



We need air to live. Look up and learn about oxygen, how it is made and how our lungs work.



Sound Challenges

Sounds often shape our interaction with the world.
What do you hear?



Find and listen to a piece of music associated with air. How does it make you feel? Can you dance like the wind or air animals to it?



Make/write a piece of music associated with the element of air. It could be related to the sounds wind makes, the creatures associated with air or how the wind makes you feel, for example.



Spring is the season associated with the element of air. Write five sounds you can hear outdoors on a spring day.



Dawn is the time of day associated with the element of air. Listen to the dawn chorus or go for a walk or sit outside at dawn, what sounds can you hear? How does it make you feel? Don't forget to note it down in your journal.



Do an air meditation, either follow a guided meditation on the element of air, or sit with the wind, even just be mindful of the air around you and let it guide you on a journey. Don't forget to write up your experience in your journal.



Wind instruments are associated with the element of air, have a go on a flute, recorder, penny whistle or other wind instruments.



Birds are associated with the element of air. Listen to bird song, can you guess which birds made which sounds?



Do a bird song hunt. Go for a walk, through woodland, over fields, or through the town. List the birds you hear. You could have a checklist of birds you might hear that are common to that area and tick them off as you hear them.



Smell Challenges

Smells have the power to trigger memories so have a go at these smelly and mind related activities



Incense is associated with the element of air. Have a go at making your own loose incense to burn on charcoal discs. Find out which incense herbs and resins are associated with the element of air and blend some together to make your own 'Air' incense. Don't forget to note it down in your journal.



Burning essential oils is a great way to fragrance your space/home. You only need around eight drops of oil in some water for your oil burner. Find out which oils are associated with the element of air and try them either as a single oil or blend up to three together. Note down in your journal what they smell like and how they make you feel. (NB some essential oils have contraindications, for example do not use rosemary oil if you are epileptic, so please check first before burning any).



Flowers are often known for their scents but which ones are associated with the element of air? You could make a posy or flower arrangement with some of them. Don't forget to write and/or draw them in your journal.



The sense of smell is associated with the element of air, scents are carried on the wind. Smell is also the strongest evoker of memories. Write about, or draw a picture of, an air-based smell that brings back a memory and why.



The element of air is associated with spring. What smells remind you of spring? Don't forget to write and/or draw them in your journal.



The sense of smell is associated with the element of air. Have a game of 'name that smell'. Take it in turns to guess the smells, could be different foods, flowers, culinary herbs etc



Taste Challenges

Get your taste buds going with these food related challenges



Find out what fruit and vegetables are associated with the element of air and create some dishes using them.



The element of air is associated with knowledge and wisdom, so are apples. Have a go at making an apple crumble or apple pie. If you are making a pie you can even decorate the top with a symbol or image associated with air.



Yellow is the colour associated with the element of air; make a fruit salad with different yellow foods, like mango, banana, yellow apples etc.



The colour associated with the element of air is yellow. Make yellow jelly.



Because yellow is the colour associated with air, make a yellow air themed banquet with yellow foods such as sweetcorn and yellow pasta, and yellow food colouring to dye other foods such as rice and mash potato.



The alchemical symbol for air is an upwards triangle with a horizontal line through it. Make cupcakes and decorate them with air symbols - use the alchemical one, ones from other traditions or create your own.



Spring is the season associate with air. Find out what spring leaves and vegetables grow in your area. Don't forget to make a note of them in your journal and what you think of them if you get the chance to try some.



Touch Challenges

The sense of touch is physical, so get hands on with these craft activities and challenges



The element of air is associated sunrise. Write a story or poem about the sunrise.



The element of air is associated sunrise. Draw or paint a picture of the sunrise.



Have a go at making paper aeroplanes.



The element of air is associated with knowledge. Test your knowledge with a quiz game. You could buy a quiz board game, or you have a go at making your own with a group or family members, by each making up a set of questions, they could even be all about the elements.



The element of air is associated with the changeable season of spring. Write or draw your favourite spring activities.



Have a go at making your own windmill.



Air is all about the mind, try doing some logic puzzles or other brain teasing puzzles.



Air is associated with wisdom and so are apples. Play a game of apple bobbing.



Birds and fans are associated with the element of air. Have a go at making your own fan out of feathers. You could use the fan to waft the smoke of your 'air' incense.



The tool most associated with the element of air is the wand. Have a go at making your own to direct your thoughts.



Draw or paint things you would find in the air, for example, a hot air balloon or clouds.

