



Pagan Federation presents

# Aether Patches Earth Quest



This quest pack has been designed to help children understand more about the element of earth, 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](http://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 earthquakes.



Taking care of the earth is important. Look up and learn about what happens to your rubbish when it goes to landfill.



Look up the animals associated with the element of earth and find out more about them. For example, horse, worm, ant, cow, rabbit. You could draw or write about them in your journal.



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



Look up and learn about woodlands, from management to the diversity of life within.



Green is the colour associated with the element of earth. Have a scavenger hunt, either round your house or outside, for all things green.



Go for a walk in the woods or meadow, or even just sit in your garden. Note down or draw what you see.



Lots of different aspect make up the element of earth; rocks, mountains, flowers, trees, many land animals. Watch how these things move and have a go at pretending to be or dancing like them.



Taking care of the earth is important. Find out what can be recycled in your area and where.



The element of earth is associated with fertility. Look up and learn about the lifecycle of plants



# Sound Challenges

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



Play 'musical islands'. Dance about but when the music stops the floor is the ocean filled with sharks. Everyone has to get to island safety ie on a chair, or they are out. Each round, a safe 'island' gets removed until there is a winner.



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



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



Winter is associated with the element of earth. Write five sounds you can hear outdoors on a frosty winters day.



Night time is associated with the element of earth. Go for a walk or sit outside at night, what sounds can you hear?



Do an earth meditation, either follow a guided meditation on the element of earth, or sit with a tree, rock, flower etc and let it guide you on a journey. Don't forget to write up your experience in your journal.



Visit a forest or climb a hill/mountain, what sounds do you hear in this environment? Don't forget to write them down in your journal.



Percussion instruments are associated with the element of earth, have a go on different types of drums, castanets, xylophone or other percussion instruments.



# Smell Challenges

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



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 earth and blend some together to make your own 'Earth' 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 earth 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 earth? You could make a posy or flower arrangement with some of them. Don't forget to write and/or draw them in your journal.



Smell is the strongest evoker of memories. Write about, or draw a picture of, an earth-based smell that brings back a memory and why.



Draw or paint a memory that the smell of fresh earth evokes.



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



# Taste Challenges

Get your taste buds going with these food related challenges



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



Winter is associated with the element of earth. During the cold winter months, many people like to make warming comfort foods. Have a go at making a hearty vegetable stew with dumplings and a fruit crumble for pudding.



Green is the colour associated with the element of earth; make a salad with different green foods, like lettuce, cucumber, green pepper, mint leaves, dandelion leaves etc.



The colour associated with the element of earth is green. Make green jelly.



Because green is the colour associated with earth, make a green earth themed banquet with green foods such as cabbage and courgette, and green food colouring to dye other foods such as rice and pancakes.



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



Find out about what seasonal fruit 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.



Have a go at growing some cress or window herbs like basil, and add them to your meals when they are ready to eat.



Create a vegetable patch and have a go at growing your own food.



# Touch Challenges

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



The element of earth is associated with grounding. Imagine you are a tree with big roots reaching deep into the earth and when the strong wind blows, those roots keep you safe and strong. Don't forget to write your experience in your journal.



The element of earth is associated with money. Have a go at fundraising for a wildlife or other earth related charity.



The element of earth is associated with the cold winter months. Write or draw your favourite winter activities.



Have a go at wood carving or whittling.



Insects are really important to the earths ecosystem. Have a go at making a bug hotel for the insects in your garden.



Looking after the earth is important and litter is a common problem for the environment. Take part in a litter pick to help protect the wildlife in your area.



The element of earth can be felt in many places. You could visit woodland, climb a mountain, go caving, walk through fields, spend time in your garden or allotment. How do you feel in different places associated with earth? Write it down in your journal.



Our ancestors made sacred places using natural earth elements. Visit a henge, stone circle or even a grove of trees and note in your journal your experience. Have a go at making your own sacred place.



Statues, cups and other items can literally be made from earth. Have a go at clay sculpting or pottery, you could even make your own altar items. Air dry clay is readily available and does not need firing to set.

