



Pagan Federation presents

Aether Patches Fire Quest



This quest pack has been designed to help children understand more about the element of fire, 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 solar power.



Look up and learn about biomass (incinerator) energy.



Look up the animals associated with the element of fire and find out more about them. For example, salamanders, snake, scorpion, lizard. You could draw or write about them in your journal.



Look up and learn about volcanoes.



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



Flames are beautiful to watch and fire is useful for warmth and food, but it can also be very dangerous. Look up and learn about fire safety.



Look up and learn about forest fires and how the destructive power of fire can also be regenerative.



Red is the colour associated with fire. Have a scavenger hunt, either round your house or outside, for all things red.



Fire brings light to the dark, our ancestors didn't have electric lighting to see where they were going when the sun went down. Go for a night walk using torches to see your way.



Watch the way fire moves, a still candle flame, flickering fire or raging inferno. Move and dance like the different flames.



Sound Challenges

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



Play 'lava'. It's like musical chairs/islands but when the music stops the floor is covered in hot lava. Everyone has to get to safety ie on a chair, or they are out. Each round, a safe zone gets removed until there is a winner.



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



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



Write a poem about the different sounds fire makes.



Summer is associated with the element of fire. Write five sounds you can hear outdoors on a sunny summers day.



The sun is symbolic of the element of fire. What sounds can you hear as the sun rises?



Do a fire meditation, either follow a guided meditation on the element of fire, or sit with a candle, bonfire, hearth fire etc and let it guide you on a journey. Don't forget to write up your experience in your journal.



Stringed instruments are associated with the element of fire, have a go on a guitar, violin, mandolin, cello or other stringed instrument.



Smell Challenges

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



You can get different kinds of wood chips to burn on barbeques, for example apple wood, or you could get logs from different trees to put on a small fire. Burn a few different woods to see how they smell. (NB some woods are toxic to burn so please check the woods you try are safe to do so).



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 fire and blend some together to make your own 'Fire' 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 fire 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 fire? 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, a fire-based smell that brings back a memory and why.



Draw or paint a memory that the smell of fire evokes.



Taste Challenges

Get your taste buds going with these food related challenges



Chili's are hot and fiery, make a chilli con carne.



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



Bake potatoes in the campfire.



During the warm summer months, many people cook outdoors over flames, also known as a barbeque. Have a barbeque; what different foods can you cook on it? How does cooking them over the fire change their taste?



Make cinder toffee, it is reminiscent of lava when it cooks.



Red is the colour associated with the element of fire; make a fruit salad with different red fruits, like strawberries, raspberries, cranberries and grapes.



The colour associated with fire is red. Make red jelly.



Because red is the colour associated with fire, make a red fire themed banquet with red foods such as beetroot or red pepper, and red food colouring to dye other foods such as spaghetti and pancakes.



The alchemical symbol for fire is the upwards triangle. Make cupcakes and decorate them with fire symbols - use the alchemical one, ones from other traditions or create your own.



Touch Challenges

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



Our ancestors didn't have matches or lighters, learning how to make fire was one of their the greatest achievements. Learn how to make fire the bushcraft way.



Fire can be explosive. Recreate this by mixing baking soda and vinegar and make your own volcano. (There are plenty of tutorials online for how to do this).



Candles are symbolic of fire. Have a go at making a candle. There are various types to try, rolled beeswax, melting wax and soy in moulds. You can use these around the house or in your rituals.



Have a go at pyrography, using a special tool to burn pictures into wood.



Make paper bonfires with loo rolls decorated as logs and crape paper to look like fire. You could then tell stories round it like a camp fire.



The Sun is a large burning star in our sky. Take photos or draw a picture of sunrise or sunset.



The element of fire is associated with love. Create a collage of people or things that you love.



The element of fire is associated with passion. Create a collage of things or causes you are passionate about.



The element of fire is associated with the warm summer months. Write or draw your favourite summer activities.



The tool associated with the element fire is the athame, or ritual knife. Have a go at making your own, you could do this in clay or have a go at blacksmithing your own blade.

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