



Pagan Federation presents

Aether Patches

Water Quest



This quest pack has been designed to help children understand more about the element of water, 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 the animals associated with the element of water and find out more about them. For example, turtle, dolphin, whale, otter, seal, salmon.



Look up and learn about wave power.



Blue is the colour of water, have a scavenger hunt, either round your house or outside, for all things blue.



Look up and learn about tsunamis.



Look up and learn about the mythological creatures associated with the element of water. For example mermaids.



Look up and learn about keeping safe by the seaside.



Play Pooh sticks. Winnie the Pooh and his friends in the Hundred Acre Wood, drop sticks one side of the bridge and then see whose stick appears first on the other side of the bridge. Be sure to drop your stick the way the water is flowing!



Look up and Learn about steam power.



The element of water is associated with psychic ability. Have a go at zener cards and see how many you get right. Zener cards have pictures like a circle, square or wavy lines on them. One person holds the card while the other has to guess what is on it. Alternatively you could put them all face down on the table and try to guess where a specific card is. You could even make your own zener cards.



Look up and learn about the cycles of water.



Sound Challenges

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



Water is associated with the emotions. Listen to a piece of music associated with water, how does it make you feel?



Make/write a piece of music associated with water.



Write a poem about the different sounds water makes.



Do a water meditation, either follow a guided meditation on water, or sit by a stream, waterfall or the sea. Don't forget to write down your meditative journey.



Resonant metal instruments are associated with the element of water; have a go at bell ringing, play finger cymbals, or bang a gong. What other metal instruments are there to try out?



Listen to different sounds that water makes, either visit them or look them up online/CD. hear the difference between a waterfall, the ocean, a bubbling stream, raging river, gentle rain or hailstorm for example. Don't forget to note down your thoughts.



Fill some saucepans or bottles with different amounts of water and tap them to see how they sound.



Listen to the rain and write, draw or dance how it makes you feel. Does it differ if it is a gentle shower verses a torrential downpour for example?



When liquid get hot it starts to bubble. Next time there is a pan of water on the stove for cooking, have a listen to different bubbling sounds depending on the temperature of the water. Water is associated with emotions; what feelings would you pair up with the different levels of bubbling?



Smell Challenges

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



Visit different bodies of water to see how they smell i.e. salty ocean or stagnant pond.



Make 'Water' burner oil using essential oils associated with water. Don't forget to write down your 'recipe' in your journal.



Find out which flowers are associated with water and note them down in your journal.



Smell is the strongest evoker of memories. Write about a water-based smell that brings back an important memory and why. Or a picture of it.



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



Many people use baths and showers to ritually cleanse and purify themselves. Have a ritual bath or shower using cleansing and purifying herbs/bath salts etc.



Make an air spritzer with essential oils. It could just smell nice or you could look up the properties of the herbs/oils and make one for cleansing space or some other purpose.



Find out what makes the sea smell salty.



Over a period of time try and notice how the world smells before rain, during rain, and after. What are the differences?



Try steam inhalation. Fill a bowl with hot water, put your head over the steam with a towel over your head and breath in. Notice how it helps clear your airways. You could also try adding a drop of lemon juice, some vapour rub or a drop of peppermint essential oil.



Taste Challenges

Get your taste buds going with these food related challenges



Make a mocktail. Could be a simple one fruit infusion, or mix different drinks together. Experiment with flavours and have fun.



The colour associated with water is blue. Make blue jelly.



Because blue is the colour associated with the element of water, use blue food colouring to make a blue water themed banquet. For example, blue mash potato and blue sweetcorn.



Certain fruits are really high in water content. Look them up and have a watery fruit salad.



Some vegetables are really high in water content. Look them up and try some new dishes created from as many of them as possible.



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



Make flavoured ice cubes to add to drinks.



Try different herbal teas, you could even make your own infusions with freshly picked herbs and flowers (make sure you know the plant you are using is safe for consumption!).














Make flavoured ice lollies.



Touch Challenges

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

-  Have a go at watercolour painting and get a feel for the way water flows.
-  Make a bath bomb or bath salts. You can use these in your ritual baths if you choose your scents accordingly.
-  Shells are associated with water, make a mandala using shells or other natural materials found on the beach.
-  Have a go at some water experiments. One of the best ways to understand the element is to experiment and get a feel for it. Search online for water experiments and try a few out.
-  Use resin to create a waterfall or river model. You could then use this to represent the element of water on your altar.
-  Take photos or draw a picture of water, could be the sea, river, waterfall etc.
-  Water is associated with the emotions. Learn the how to sign different emotions in sign language.
-  The moon is associated with the element of water, it affects the tides and the ebb and flo. Make moon charged water for use in your own rituals.. Simply place a glass of water on your windowsill to soak up the light of the full moon.
-  The ritual tools associated with water are the cup/chalice and cauldron. Have a go at making one using clay or other materials.
-  Go swimming. Be mindful in the water, notice how it feels, how you move etc.
-  Learn how to tread water and other life saving water skills.

