



Pagan Federation presents

# Aether Patches Samhain Quest



This quest pack has been designed to help children understand more about the festival of Samhain, both its meaning and traditions 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



Samhain means 'Summers end' and is the time when nature starts winding down to rest. Look up and learn about different ways nature rests, such as hibernation. How do you take time to rest?



Samhain is associated with Crone Goddesses. Look up and learn about these different deities, don't forget to write them down in your journal.



Samhain marks the end of summer and beginning of winter. Go for a walk in the woods or through a park and notice how the seasons are changing. Write it down in your journal.



Samhain is a time to honour our ancestors. Look up and learn about a place your ancestors used to live.



Look up and learn about animals associated with Samhain to find out more about them, for example, owls and bats.



Bonfires were often lit to ward off mischievous spirits. You can also scry with fire. Have a bonfire and watch the flames; what can you see? Make a note of it in your journal.



Samhain is a time where the veil is thin and spirits walk this world. Look up and learn about some of the traditions around the world associated with spirits of the dead.



Orange and black are colours associated with Samhain. Have a scavenger hunt, either around your house or outside, for all things orange or black.



Apples are associated with Samhain, look up and learn about the lore of apples. Don't forget to write it down in your journal.



# Sound Challenges

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



Write a poem for your ancestors, you could tell them how things have changed since they were with us.



Chants are often a part of ritual and celebrations. Have a go at creating your own Samhain chant to use in your ritual. Don't forget to write it down in your journal.



Find and listen to a piece of music associated with Samhain. How does it make you feel?



Nocturnal animals are associated with Samhain, listen to the noises they make.



There are always fallen leaves around at Samhain, find a pile and jump on them. Can you describe the sound they make?



Bonfires are often associated with Samhain. Have a bonfire and listen to sound of the wood crackling. How does it make you feel?



Find a story for the Samhain season and read it, for example the descent of Inanna, Demeter or Persephone.



Owls and Ravens are associated with Samhain, take a walk at dusk and see if you can hear any.



Night is associated with Samhain. Go for a walk at night and listen to the sounds around you.



Make/write a piece of music associated with Samhain. It could be related to the sounds you hear, the creatures associated with Samhain or how this festival makes you feel, for example.



# Smell Challenges

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



Find out which incense, herbs and resins are associated with Samhain, have a go at making your own loose incense and record it 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 Samhain and try them, either as a single oil or blend up to three. 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).



Dried fruit make a great pot pourri, dry some apple and see if you can create some.



Smell is the strongest evoker of memories. Write about or draw a picture of a Samhain smell that brings back a memory and why.



Ancestors are honoured at Samhain. Rosemary is a herb for remembrance, gather some rosemary and hang it to dry, add it to your pot pourri or incense to help remember your ancestors.



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



Samhain is associated with the end of Autumn and the beginning of Winter, what smells remind you of this crossover time?



Have a Samhain party and play 'name that smell'. Take it in turns to guess the smells, could be different foods, flowers, culinary herbs etc all associated with Samhain.



# Taste Challenges

Get your taste buds going with these food related challenges



Pumpkins are associated with Samhain. When you scrape out your pumpkin to carve it, make the insides into a pie or soup.



Swedes (or neeps) were originally associated with this time of the year in the UK, try making some swede chips.



Apples are traditionally associated with Samhain. Try making apple juice from fresh apples, as it is a cold time of year you could even make mulled apple juice. Use the leftover apple flesh to make apple muffins, or you could make an apple crumble.



Samhain is the night where the spirits of the dead wander amongst us. Set a spare place at your Samhain feast for your ancestors spirits to join you.



Leave milk and honey as offerings for the fae folk or wandering spirits. This is best done outdoors near the boundary of your property.



Persephone is associated with Samhain and pomegranates are associated with her. Settle down with a movie and try some pomegranate seeds instead of popcorn.



Nuts are associated with Samhain, make some spiced nuts as a snack or a nut roast for your Samhain feast.



Black and orange are the colours associated with Samhain. Make a Samhain themed banquet with orange and black foods, or use food colouring to dye other foods such as rice and mashed potato.



Samhain is often considered the final harvest. Find out what food grows in your area at this time of year. 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.



Make cupcakes and decorate them with symbols for Samhain.



# Touch Challenges

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



Samhain is associated with honouring our ancestors, Make an ancestral altar.



Jack o'lanterns were carved to ward off mischievous spirits and to guide friendly ones on Samhain night. Traditionally in the UK these were made from swedes, more recently pumpkins. Have a go at making your own Jack o'lantern.



Apples are associated with Samhain, have a go at apple bobbing.



Samhain was the end of summer and beginning of winter to the Celts. Go for a walk in the woods or through a park and have a go at drawing or painting how the seasons are changing.



Try making a blessing doll for the coming turn of the Wheel.



Make a protection amulet with items or symbols that remind you of your ancestors to encourage them to watch over you.



Many people tell their fortunes at Samhain because the veil between worlds is thin. Look up different forms of divination, such as runes, tarot or tasseomancy, and have a go. Don't forget to note it down in your journal.



As Samhain is a celebration of day and night, try making some scratch art, exposing your picture from the dark covering.



Samhain is a time to honour our ancestors. Have a go at creating your own family tree. You could display this on your altar.



Make some nature art using fallen leaves, sticks and stones.



Make decorations such as bunting or decorate tealight holders for your Samhain celebrations.

