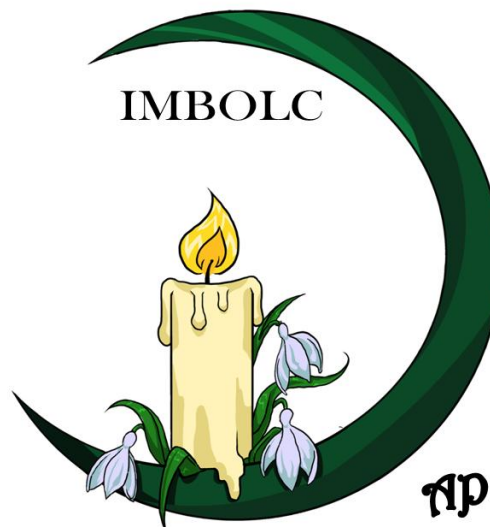




Pagan Federation presents

# Aether Patches Imbolc Quest



This quest pack has been designed to help children understand more about the festival of Imbolc, 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



Imbolg means “in the belly” and refers to the pregnant animals you might see at this time of year. Can you see lambs or other baby animals on your travels?



Imbolc is associated with the hearth and home. Look up and learn about some hearth and home deities, don't forget to write them down in your journal.



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



Look up and learn about animals associated with Imbolc to find out more about them. Make a note of them in your journal.



What colours are associated with Imbolc? Have a scavenger hunt, either around your house or outside, for all things those colours.



Imbolc is a great time to become aware of that which is invisible. There are animals who live in the woods and forest, but we rarely see them! We can learn to recognise that they are there from their footprints. Tracking animals in the snow can be magical! See how many different footprints you can find. Don't forget to write it in your journal.



Snowdrops are a flower of Brigid. This is the time that Brigid walks the land, gently awakening the plants. In her footsteps snowdrops appear. Go out looking for snowdrops in your local woods.



As well as snowdrops, look up what other flowers, plants and trees start waking up at this time of year. Write them in your journal.



# Sound Challenges

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



Chants are often a part of ritual and celebrations. Have a go at creating your own Imbolc 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 Imbolc. How does it make you feel?



If it snows this Imbolc, listen to how it sounds. How does it change the overall noise level where you live? Can you hear the flakes falling? How does it make you feel?



Find a story associated with Imbolc and read it.



Imbolc is a great time to spot our native birds, before the summer visitors come back. Go for a woodland walk and see if you can hear any. Don't forget to note down who you hear in your journal.



Explore ice and frost outside. Can you crack the ice on a small pool or pot (always have an adult with you near water and never walk out onto frozen water). What does it sound like? Can you hear frost crackling under your feet?



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



Imbolc is called Imbolg in the native Irish, which comes from the ancient Irish i mBolg. Can you find out the right way to pronounce these words and what they sound like?



# 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 Imbolc, 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 Imbolc 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 and see if you can create a seasonal scent.



Imbolc can be cold and damp, but just after it rains, there is a special smell called petrichor. Can you find out what causes this, and what the connection to the Greek Gods is? Go outside after it rains, what does petrichor smell like to you? Note it all down in your journal.



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



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



# Taste Challenges

Get your taste buds going with these food related challenges



Oats are a traditional offering for the goddess Brigid at Imbolc. Can you find your favourite way to flavour porridge or oatmeal?



Explore simple oat recipes like oatcakes or flapjacks, have a go at making some and share them with friends or family.



Think about the deities or beings you honour at Imbolc. What are their favourite food or drink offerings?



Brigid is a goddess of healing and well-being. Can you design a yummy yet nutritious recipe to share with friends or family?



Have a feast to celebrate the returning spring. Find out what seasonal foods are available at this time and have a go at incorporating some into meal. What did you include? What did you think to it? Make a note of them in your journal.



The colour yellow is associated with Imbolc. Make an Imbolc themed banquet with yellow foods, sweetcorn for example, or use food colouring to dye other foods such as rice and mashed potato. What other colours are associated with Imbolc? You could include these in your feast as well.



Make faerie cakes or biscuits and decorate them with symbols for Imbolc.



Nettles are associated with Imbolc and Spring. With the help of a grownup cut some young nettle tops and make some fresh nettle tea and/or nettle soup! What does it taste like?



What wild foods are in season at this time of year? Have a go at foraging and incorporating what you find into a meal or herbal tea. Be sure you know the plant before you harvest it as some can be confused with others that would make you very poorly.



# Touch Challenges

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



As Imbolc is a season of hearth and home set up a kitchen altar. A wooden cutting board makes a beautiful altar space!



Imbolc is a festival of fire and light. Make candle holders using salt dough and then bake them in the oven (with the help of an adult). Once dry you can paint them and decorate them with symbols and bright, fiery colours. You could also have a go at making some candles for them.



Imbolc is the promise of spring. Go for a walk in the woods or through a park and have a go at drawing or painting how the seasons are changing.



Create an Imbolc altar with symbols and tokens that represent the festival and other seasonal items. This could include coloured candles, pictures of deity, seasonal herbs etc. Note down what you used and why in your journal.



Pretend you are a bear or a hedgehog coming out of hibernation. Start curled up in ball, then stretch and stretch and stretch out! Jump up and explore all around! What do you think a newly awakened bear or hedgehog would do next?



Brigid's crosses can be made with rushes or grass. Have a go at making your own.



Make an Imbolc nature table. Put down a white cloth (or sheet) to represent snow and add some bits of nature you find on nature walks, and symbols that represent spring.



If you can, get out and about and find your favourite Imbolc textures. These could be sheep's wool, feathers, new flower stems (be gentle!), frozen water, tree bark, or anything else you can find and touch.

