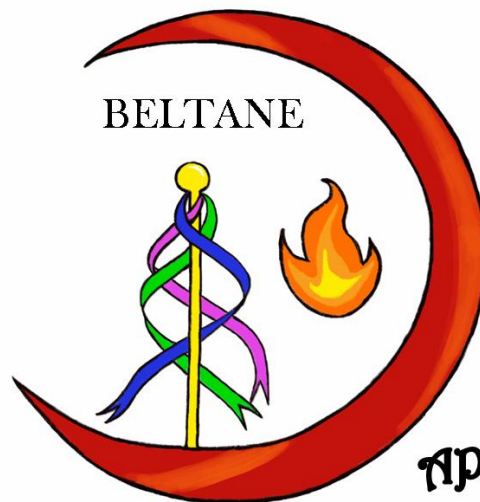




Pagan Federation presents

# Aether Patches Beltane Quest



This quest pack has been designed to help children understand more about the festival of Beltane, 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 relating to this quest.

Sometimes they are just about using your eyes to see what you can see



Look up and learn about some deities associated with Beltane. Don't forget to write them down in your journal.



There are many new plants in leaf or bloom as summer approaches. What fresh new plants can you see around your local area? Write it down in your journal.



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



What colours are associated with Beltane? Have a scavenger hunt for all things those colours.



The Greenman is associated with Beltane. Look up and learn about this character.



Can you spot any Greenman faces in trees when you go for walks?



Lookup what flowers, plants and trees are associated with this time of year. Write about them in your journal.



Faeries are associated with Beltane. Look up and learn about some Beltane faerie lore.



Lookup and learn about Beltane traditions and customs. Don't forget to note them down in your journal.



Watch some traditional Morris dancing, often performed at Beltane.



May Day is a traditional folk festival in many places. Can you see any local traditions still celebrated?



Find out where your nearest May Pole is and learn a little about it.



# 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 Beltane 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 Beltane. How does it make you feel?



Beltane is an Irish festival called Bealtaine in the native language. Can you find out how to pronounce Bealtaine?



Find a story associated with Beltane and read it.



Write a song or piece of music, or beat out a drum rhythm inspired by this festival.



Early May brings the first signs of summer in the Northern hemisphere. Sit outside and listen to the sounds: what can you hear? Jot them down in your journal.



Write a poem about Bealtaine/Beltane.



Fires are traditional at Bealtaine or Beltane, from beacons to sacred fires, to practical fires used to cleanse parasites from cattle! If you have a hearth fire, camp fire, brazier or similar safe fire, sit and listen to the sound the flames make. How does it make you feel? Note it down in your journal. (Always have an adult start and supervise fire).



Bealtaine celebrations have survived as a continuous practice in Ireland. Listen to native Irish voices by finding a podcast, YouTube video, TV show or similar to learn how Bealtaine is celebrated in Ireland today.



# 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 Bealtaine, 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 Beltane 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).



Flowers are often known for their scents but which ones are associated with Beltane? Do any grow local to you? What do they smell like? Don't forget to write and/or draw them in your journal.



Smell is the most powerful way to evoke memory. What scents remind you most strongly of early summer and why? You could write about or draw it in your journal.



Beltane is a fire festival. Next time you have a fire, pay attention to the smell of it. What does it smell like? Note down any thoughts, memories or feeling from it in your journal.



What scents would you associate with early May and the approaching summer?



If you can, take a trip out to different natural areas and notice the difference in smell. For example, how does a river bank smell compared to the beach?



# Taste Challenges

Get your taste buds going with these food related challenges



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



Design and cook your own Bealtaine recipe.



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



What flavours make you instantly think of early summer?



Red is a colour associated with Beltane. Make a Beltane themed banquet with red coloured foods, tomatoes for example, or use food colouring to dye other foods such as rice and mashed potato. What other colours are associated with Beltane? You could include these in your feast as well.



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



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.



Can you find out what foods are traditionally made and eaten at Bealtaine?



Hawthorn is associated with Beltane. Look up folklore about hawthorn and see how it has been used as a food and medicine through the ages. Don't forget to write it down in your journal.



# Touch Challenges

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



Create a Beltane 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.



Maypoles are associated with Beltane. Make a mini maypole diorama.



Guess the object. Get a partner to hide several Beltaine related items in a bag. Use just your hands to feel them and discover what they are.



Have a go at Maypole dancing.



The Greenman is associated with Beltane. Make a Greenman mask.



Butterflies are out and about now. Transform yourself into a nature spirit by making your own beautiful butterfly wings.



Make a Beltane nature table. Add some bits of nature you find on nature walks, and symbols that represent the season.



One tradition is the crowning of the May Queen or King, Make your own crown for the celebrations.



Make a seasonal wreath to display on your Beltane altar.



Bluebells are associated with Beltane. Make a bluebell flower faerie peg doll.



Summer is the season of games. Play a blindfolded game, where a partner covers your eyes and you have to find your way around the room by touch.

