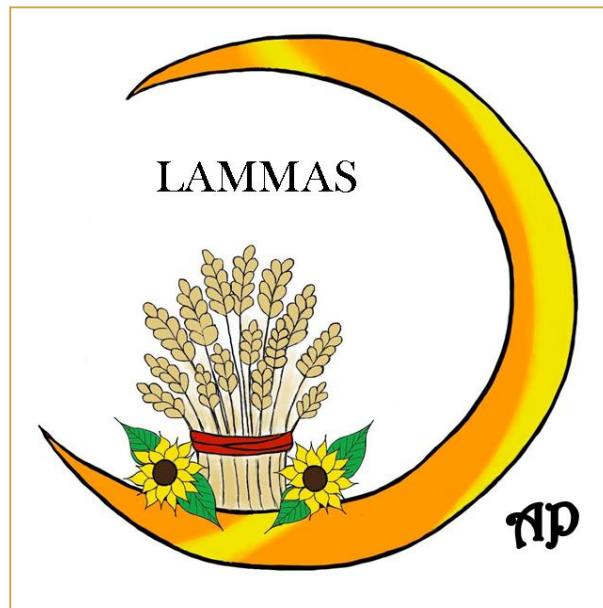




Pagan Federation presents

Aether Patches Lammas Quest



This quest pack has been designed to help children understand more about the festivals of Lammas and Lughnasadh, both celebrated in August. They'll discover meanings, 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



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



Lammas is often associated with harvest/grain deities. Look up and learn about these different deities and others associated with this festival, don't forget to write them down in your journal.



Both Lammas and Lughnasadh mark the beginning of the first harvest. 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 Lammas/Lughnasadh to find out more about them. Don't forget to write it down in your journal.



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



Lughnasadh is one of 4 Irish Celtic festivals, look up and learn what other names the festival is known by.



John Barleycorn is associated with Lammas. Look up and learn more about him. Write it down in your journal.



Look up and learn about flowers, plants and trees associated with Lammas/Lughnasadh to find out more about them. Don't forget to write it down in your journal.



There are lots of meteors at this time of year. Have a go at stargazing and see if you can spot any.



According to mythology, the festival of Lughnasadh was created by the Irish hero and god Lugh. Read his story.



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 Lammas 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 Lammas/Lughnasadh or the harvest. How does it make you feel?



As well as the Anglo Saxon festival of Lammas, many Pagans celebrate Lughnasadh in August. Find out how to say Lughnasadh



Find a story for the Lammas/Lughnasadh season and read it.



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



Spend some time in nature just listening to the sounds. What do you hear? Try different times of day, for example dawn or evening, do you hear different sounds?



Lughnasadh is a time of thanks and gratitude. Write and say your own Lughnasadh thank you blessing.



Great spotted Woodpeckers are associated with this festival. See if any live in your area and go and listen out for them. Alternatively listen to recordings of them.



Lugh was famously an excellent harp player. Listen to some harp music, or if you have the opportunity, have a go at playing the harp. Remember to record it in your journal.



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 Lammas. 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 Lughnasadh or Lammas 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).



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



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



Lammas is associated with the beginning of the harvest season. What smells remind you of this time?



Both Lammas and Lughnasadh are often associated with the grain harvest. What better time to make your own bread? Which will you try: Soda bread, which is popular in Ireland, the home of Lughnasadh, corn bread, wholewheat bread, or something else? How does it smell?



Taste Challenges

Get your taste buds going with these food related challenges



Make a Lammas themed banquet with coloured foods associated with this festival, or use food colouring to dye other foods such as rice and mashed potato.



Lammas means 'loaf mass'. Bake some bread and share it.



Lammas and Lughnasadh are both often considered first harvests. Find out what fruits and vegetables are harvested at this time of year.



Make cupcakes and decorate them with symbols for Lammas.



Make some barley water. What flavours will you try?



Grains are associated with this festival. Make some oatcakes or flapjacks.



Design and cook your own Lammas/Lughnasadh festival feast.



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



Foraging is a great way to get outdoors. What can you find in your area to forage? Don't forget to make a note of what you find in your journal and what you think of your findings, if you get the chance to try them. Please be mindful not to take more than you need when foraging and to be 100% certain of what you are gathering. If in doubt, don't eat your foraged food, or you could get very poorly.



Have a picnic and include some seasonal foods.



Make popcorn, explore different recipes, try savoury and sweet. Which is your favourite?



Touch Challenges

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



Create a Lammas/Lughnasadh altar.



Corn dollies are a traditional folk craft at this time of year. Have a go at making your own.



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



Gathering seeds is an important part of the food cycle. Have a go at gathering and storing seeds ready for growing again.



Make some nature art using natural materials you find.



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



Make a seasonal wreath as a table or door decoration.



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



Make a corn wheel. This is not only symbolic of Lughnasadh but the wheel is a reminder of the turning wheel of festivals and also reminiscent of the golden sun.



Meadowsweet is associated with this time of year. Have a go at making a meadowsweet rub to help with achy muscle and joints and growing pains. Don't forget to write it down in your journal.



Make a protection charm with rowan berries. You can string them as a keyring, bracelet, necklace or hanging decoration. Don't eat the berries and wash them before use.

