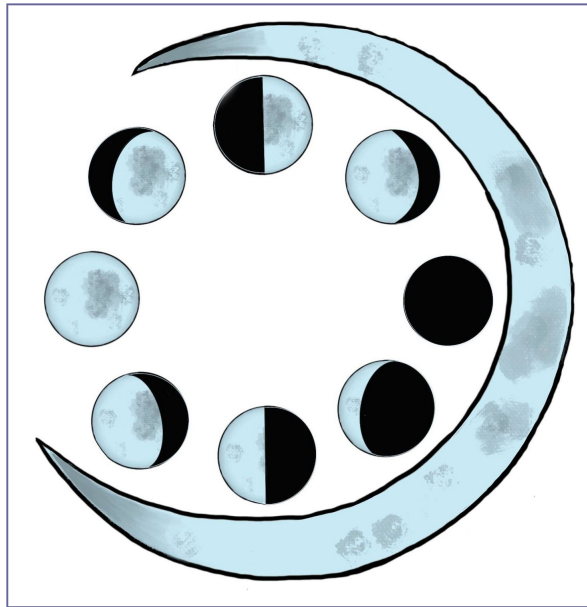




Pagan Federation presents

Aether Patches

Moon Quest



This quest pack has been designed to help children understand more about the moon, its phases and folklore.

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/aether-patches



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

- ☾ The moon is associated with many deities. Look up and learn about some of them. Don't forget to write them down in your journal.
- ☾ Look up and learn about animals associated with the moon to find out more about them. Don't forget to write what you find down in your journal.
- ◐ What colours are associated with the moon? Are they different for different phases? Don't forget to write them down in your journal.
- ◑ Look up and learn about flowers, plants and trees associated with the moon to find out more about them. Don't forget to write what you find down in your journal.
- The moon goes through phases. Look up and learn about them and the magical quality of each. Don't forget to write what you find out in your journal.
- Look up and learn about mythological creatures associated with the moon to find out more about them. Don't forget to write what you find down in your journal.
- ◑ Each of the full moons have different names. look up some of the different names for the different moons, which names do you connect with? Don't forget to write what you find down in your journal.
- ☾ The element of water is associated with the moon. Watch how the moon reflects on water
- ☾ Look up and learn about gemstones associated with the moon and find out more about them. Don't forget to write what you find down in your journal.

www.pfcommunity.org.uk/aether-patches



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 moon chant to use in your lunar ritual. Don't forget to write it down in your journal.
- ☾ Find and listen to a piece of music associated with the moon. How does it make you feel?
- ☾ Make/write a piece of music associated with the moon. It could be related to the different phases, the creatures associated with the moon or how the moon makes you feel, for example.
- Spend some time in nature under the moonlight just listening to the sounds. What do you hear?
- Nocturnal animals are associated with the moon, listen to the sounds they make, either by sitting out in nature or on recordings
- Read or listen to some stories about the moon.
- ☾ Wolves are associated with the moon. Welcome the moon with a howl.
- ☾ Write a poem about, or inspired by, the moon. Read it out to the moon during your celebrations. Don't forget to write it down in your journal.
- ☾ Each moon month has it's own unique name and lore. What sounds would you associate with each one.



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 the moon. 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 the moon 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 lunar smell that brings back a memory and why.
- Flowers are often known for their scents but which ones are associated with the moon? Don't forget to write and/or draw them in your journal.
- We know the moon isn't really made of cheese but the myth continues. Have a cheese smelling competition. How many cheeses can you guess correctly?
- ☾ Find out what fruits and herbs are associated with the moon. Can you guess them from their smell? Do you like the smells? Do they remind you of the moon, including a phase or moon month?
- ☾ Spend some time outside at night smelling the night air, what can you smell, how does it differ to the daytime?



Taste Challenges

Get your taste buds going with these food related challenges

- ☾ Make a moon themed banquet, could be for a specific moon month or moon phase. Try doing this for different phases and moon months. Don't forget to write it down in your journal.
- ☾ Make cupcakes and decorate them with symbols for the moon.
- ☾ Another name for a moon ritual in Wicca and some witchcraft traditions is an esbat. Design and cook your own esbat feast.
- Think about the deities or beings you honour at each moon. What are their favourite food or drink offerings?
- Make biscuits and decorate them with the moon phases.
- What foods are associated with the moon? Try some.
- Make 'moon' rock cakes; rock cakes with grey food colouring to make them look like moon rocks.
- ☾ Chapattis are an Indian flat pan baked bread that is round like the full moon, complete with craters and valleys thanks to way it cooks. Have a go at making some for your full moon celebrations.
- ☾ Lemon balm is a herb associated with the moon. Try making a herbal tea from fresh lemon balm leaves, alternatively you can buy lemon balm tea from the shops.
- ☾ Lemon is associated with the moon. Have a go at making a lemon meringue pie, creating the fluffy meringue top into the surface of the moon.



Touch Challenges

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

- ☾ Create a moon altar. You could make different altars for different phases, even different full or dark moons according to their name.
- ☾ Go for a walk in the woods or through a park at night and have a go at drawing or painting what you see.
- ☾ Make a papier-mâché moon.
- ☾ Make decorations such as bunting or decorate tealight holders for your full moon celebrations.
- Research what moon water is and have a go at making some at the full moon.
- The dark moon is a time to let go of unhelpful energies. Have a dark moon house cleansing.
- Create your own moon calendar by looking up the phases in your area. Use this to plan your moon celebrations and rituals.
- Create a moon phenology wheel by observing the moon each night of the month and drawing it.
- Create a moon picture and use it as a focus for a lunar meditation.
- ☾ The moon card in tarot is about being able to see through illusions. Have a go at some divination on either the full or dark moon.
- ☾ What colours are associated with the moon? Have a scavenger hunt, either around your house or outside, for all things those colours.
- ☾ Many cultures around the world have stories to explain the moon's phenomena. Recreate a lunar eclipse story from folklore using shadow puppets.

