



Pagan Federation presents

Aether Patches Winter Solstice Quest



This quest pack has been designed to help children understand more about the festival of Winter Solstice, 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/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 Winter Solstice is associated with returning light. Look up the sunset times to show the days getting longer.



Look up and learn about different deities associated with this festive season. Don't forget to write them down in your journal.



The Winter Solstice marks the rebirth of the sun in some traditions. watch the sunrise on solstice morning.



Go for a walk in the woods or through a park and notice how the seasons are changing. Write down what you notice in your journal.



Look up and learn about animals associated with winter to find out more about them. Don't forget to write down what you find in your journal.



Stars are associated with Yule. Spend some time looking at the night sky. What stars can you see.



Look up and learn about the different names for winter festivals and the traditions linked to those names. Which do you like best? Don't forget to write down what you find in your journal.



What colours are associated with Winter Solstice? When you've found out, have a scavenger hunt, either around your house or outside, for things with those colours.



Look up and learn about the lore of herbs, plants and trees associated with Winter Solstice. Don't forget to write down what you find in your journal.



Look up and learn about different mythological creatures associated with this time of year. Don't forget to write down what you find in your journal.



Sound Challenges

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



Write a poem about this festival and read it out as part of your celebrations.



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



Bells are associated with Yule. Listen to or play some bells.



Go for a walk and listen to nature. What can you hear at this time of year? Don't forget to record it in journal.



Find a poem or story for the Winter Solstice season and read it, for example, the battle between the Holly King and the Oak King.



Make traditional popcorn, listen to the popping sound, then make a popcorn garland to feed the birds.



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



Robins are associated with Midwinter. Listen to their birdsong. What other animals are associated with this time? Listen to the sounds that they make too. How do they make you feel?



Smell Challenges

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



Find out which types of incense, herbs and resins are associated with the Winter Solstice. 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 Yule 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 makes great pot pourri. See if you can create some using dry orange slices. What other herbs and spices will you add? Don't forget to note it in your journal.



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



Make a pomander using an orange and cloves. How does it smell?



Flowers are often known for their scents but which ones are associated with the Winter Solstice? Don't forget to write and/or draw them in your journal.



The Winter Solstice is often seen as the return of the sun's power. Light fragranced candles to represent the sun, as a form of what is called sympathetic magic, to encourage the sun's return.



Using your journal, write down some of the smells you most strongly associate with Yule or the Winter Solstice and why.



Taste Challenges

Get your taste buds going with these food related challenges



Gingerbread is a traditional food at Yule. Have a go at making a gingerbread house or get a pre-made one that you can decorate.



Have a Winter Solstice feast with foods associated with this festival/time of year.



Leave drink and food as offerings on Solstice eve to give the sun strength to return .



Yule logs are sometimes burnt on the hearth. Find out more about this tradition and note it in your journal. Chocolate Yule logs are a popular substitute for the traditional wooden log. Have a go at making one.



Red and green are colours associated with Winter Solstice. Make a solstice themed banquet with red and green foods, or use food colouring to dye other foods such as rice and mashed potato.



Make cupcakes and decorate them with symbols for Yule.



Make shortbread or other biscuits using Yule shaped cutters (snowflake, tree etc).



Dried fruits and nuts are traditionally eaten at this time. Taste some different dried fruits and nuts, which do you like?



Hot spiced beverages are drunk at this time of year to help warm up against the cold of winter. Have a go at making your own mulled drink. Grape juice or blackcurrant cordial both work well as bases.



Make a warming winter vegetable soup.



Make hot chocolate. You could add cream, marshmallows and sprinkles to make it extra special. Why not use a winter themed mould and make chocolate stirrers too!



Touch Challenges

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



Have a go at making a Winter Solstice or Yule altar.



This is the season for keeping warm! Try your hand at making a scarf or if you're feeling adventurous, a cosy blanket.



Because of their symbolism of the sun, candles are associated with Winter Solstice. Have a go at candle making. You could use them in your celebrations.



Draw or paint a Yule picture inspired by nature.



Make a decoration for your Yule tree.



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



Make decorations such as bunting or a wreath, or decorate tea light holders for your solstice celebrations.



Make a festive gnome using a pinecone.



Make a star-topped wishing wand or decoration using flexible willow branches. Blow wishes through the star. It's a good time of year to cut willow, just be aware that if you put your decoration in the earth it may start to grow!



Midwinter is a time of looking inwards whilst also celebrating the promise of longer days. Look up how to create a double spiral or labyrinth and make your own. Walk your spiral or labyrinth, contemplating rest, rejuvenation, and giving thanks.

