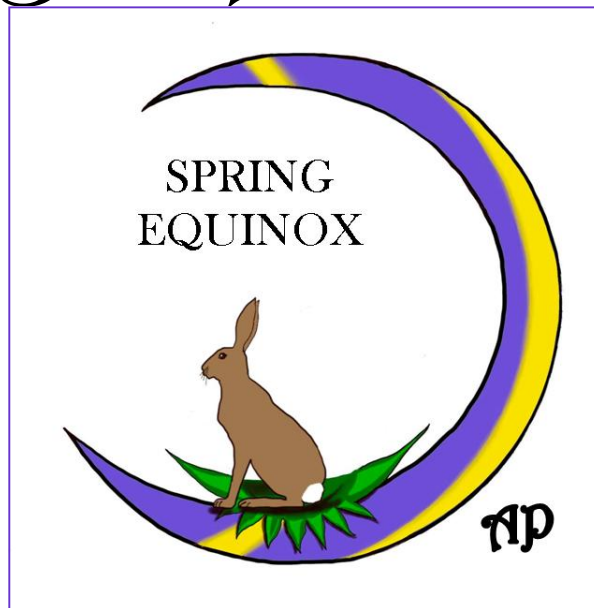




Pagan Federation presents

Aether Patches Spring Equinox Quest



This quest pack has been designed to help children understand more about the spring equinox festival. 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



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



Flowers and plants are starting to thrive. Go for a walk in your local area. Which ones can you spot? Write them down in your journal.



Look up and learn about animals associated with the Spring Equinox to find out more about them. Don't forget to write it down in your journal.



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



Birds nest at this time of year. Watch the bird activity in your area and write it down in your journal.



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



Spring Equinox is an astronomical event. Look up and learn about it. Don't forget to write it down in your journal.



Birch is associated with Spring Equinox as it is one of the first trees to come into leaf. See if you can spot a birch or look up and learn about this tree.



At equinoxes, the length of day and night are approximately equal. Watch the sunrise and the sunset.



Spring Equinox is a celebration of new life. Look up and learn about the lifecycles of some of the plants or animals associated with this festival.



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 Spring Equinox 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 the Spring Equinox. How does it make you feel?



Find a story associated with or about Spring Equinox and read it.



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



Eggs are associated with Spring Equinox. Crunch up some egg shells. What does it sound like? Keep the shells for the garden as they improve the soil and gently discourage slugs.



Spend some time in nature just listening to the sounds. What sounds do you hear and how do they make you feel? Try different times of day. For example, do you hear different sounds at dawn to those in the evening? Some examples for you to listen out for include the dawn chorus which is usually livelier this time of year due to birds mating, spring breeze through the trees, spring rain showers, the buzzing of bees, and tinkling streams.



Write a poem about Spring Equinox.



Have a go at mimicking the bird sounds you can hear at this time of year. Either listen for them out in nature or listen to some recordings of spring birds.



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 Spring Equinox. 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 Spring Equinox 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 most powerful way to evoke memory. What scents remind you most strongly of spring and why? You could write about or draw it in your journal.



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



Go for a nature walk and pay attention to the smells around you. Blossom? Fresh grass? Rain? Make a note in your journal of what you smell and your reactions to it.



Taste Challenges

Get your taste buds going with these food related challenges



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



What foods are traditionally eaten this time of year? Have a go at making some.



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



Eggs are associated with this festival. Have a go at making a chocolate egg.



Design and cook your own Spring Equinox festival feast.



Think about the deities or beings you honour at Spring Equinox. 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.



Have a go at making chocolate cornflake nests and decorate them with mini 'eggs' or chicks.



Touch Challenges

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



Create a Spring Equinox altar.



Eggs are traditionally decorated for this festival. Have a go at decorating your own. You could include these on your Spring Equinox altar.



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



Planting seeds is an important part of the food cycle. What seeds will you plant and grow?



Make some nature art using natural materials you find.



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



Make a seasonal wreath as a table or door decoration.



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



Spring Equinox is about growth, including the sun's growth. Feel the sun's rays on you. What ideas do you want to grow? Write them in your journal.



Spring Equinox is a great time to have a spring clean. Tidy or clean part of your home.



The Equinox is a time of balance. Have a go at tightrope walking or other balancing games.



Eggs are traditional at this time of year. Have an egg hunt or an egg and spoon race.



Make a spring diorama.

www.pfcommunity.org.uk/aether-patches

