



Pagan Federation presents

Aether Patches

Summer Solstice Quest



This quest pack has been designed to help children understand more about the Summer 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 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 Summer Solstice. Don't forget to write them down in your journal.



Go for a walk in nature. What plants and animals can you see around your local area? Write them down in your journal.



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



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



Summer solstice is the longest day of the year. Watch the sunrise or sunset.



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



Look up and learn about Summer Solstice traditions and customs. Don't forget to note them down in your journal.



Look up and learn about mythological creatures associated with Summer Solstice to find out more about them. Make a note of them in your journal.



Find out what the word 'solstice' means.



The solstice is an astronomical event. Look up and learn more about the science of the solstice.



Have a go at aeromancy. Aeromancy is the fancy term for divination using the air and sky, including cloud gazing. What shapes/images do you see in the clouds? What do you think they could mean? Write it in your journal.



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 Summer Solstice 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 Summer Solstice. How does it make you feel?



Find a story associated with Summer Solstice or Midsummer and read it.



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



Sit outside and listen to the sounds of summer. What can you hear? Write about the sounds in your journal.



Water is associated with the summer solstice. Visit a body of water and listen to the sounds the water makes. Can you describe the sounds? How does it make you feel? Don't forget to note it down in your journal.



Seashells are associated with Summer Solstice. When you put a seashell to your ear you can hear the ocean. Listen to the sounds of the seashells.



Summer is the time for camping and camp fires. Drum, sing or make music round the camp fire. Alternatively move/dance to the sounds. (Always remember fire safety)



Write a poem about Summer Solstice.



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 Summer Solstice. Have a go at making your own loose incense and record your efforts 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 Summer Solstice 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 Summer Solstice? 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 summer and why? You could write about or draw it in your journal.



What spices are associated with Summer Solstice? Try cooking with some. What do they smell like? Do you like them? Note them down in your journal.



Have a go at making your own summery perfume. One of the simplest ways to do this is to steep fragrant flower petals in water over night then transfer into spray bottle for use.



Have a summer fruit guessing game using only your sense of smell.



Taste Challenges

Get your taste buds going with these food related challenges



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



Summer is picnic season. Have a picnic. What foods will you bring?



Have a feast to celebrate summer solstice. 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 summer?



Find out what colours are associated with Summer Solstice. Make a Summer Solstice themed banquet with those coloured foods. You can use food colouring to dye other foods such as rice and mashed potato.



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



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.



Lemons are associated with Summer Solstice. Have a go at making lemonade.



Make a summer fruits smoothie. Write the recipe in your journal.



Research what land spirits were or are active in your area by looking up local myths and legends and, if appropriate, leave them a food offering on Solstice Eve



Honey is associated with Summer Solstice. Make honey cakes.



Touch Challenges

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



Create a Summer Solstice 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.



Seashells are associated with the Summer Solstice. Make a seashell wind chime.



The story of the Holly King and Oak King is often told at this time of year. With a friend, dress up as the kings and re-enact the story.



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



Make a seasonal wreath to display on your Summer Solstice altar.



Weave the sun. Using a hoop and yellow yarn, weave a sunny decoration to hang up for your celebrations.



Greet the Summer Solstice with a yoga sun salutation.



Bees are buzzing at summer. They communicate with each other through the way they fly, called a waggle dance. Have a go at doing the waggle dance.



Midsummer is a solar festival. Have a go at making a sundial.



Outdoor games are a common pastime during the summer. Have a go at some traditional 'village green' games.



Try sun sitting. Sit in the sunshine, feel the warmth of the sun on you. Imagine the energy of the sun filling you up. Before you finish give thanks to the sun.

