



The Pagan Federation



## Spring Equinox Resource pack

Brought to you by the  
Pagan Federation Children and Families team.

## **Introduction:**

Hello and welcome to the Pagan Federation Children and Families team Spring Equinox extension pack to the Aether Patch Quest, this can either be used as a standalone medium or to compliment the Spring Equinox Aether Patch Quest pack.

Within these pages you will discover through a multi-sensory exploration a host of interesting and exciting activities which will help you gain more knowledge and understanding surrounding the Spring Equinox in both it's physical and metaphysical meaning.

It is designed for all age groups and abilities to enjoy, either individually or as a group. The Children and Families Team wish you much fun in completing your Patch Quest, and we look forward to receiving emails showing your progress and creations which can be shared via our Facebook page <https://www.facebook.com/groups/PaganFederationFamilies>.

## **What is the Spring Equinox?**

The Spring Equinox is a solar festival which is celebrated when the Sun crosses the path of the equator line and heads in a Northerly direction. It is the point which is used to mark the astronomical start of Spring in the Northern part of the world and brings with it longer hours of daylight and the return of warmer temperatures. It is also known as the vernal equinox.

**Fun facts!** On the Equinoxes, the day and night are nearly of equal length! It is also the only time where the sun rises in the exact East and sets in the exact West for everyone on the planet apart from at the North and South Poles!



## **Why is the Spring Equinox celebrated?**

The Spring Equinox celebrates a time for new beginnings, new life and growth. As the tiny green shoots of life begin to spring from the cold dark earth and the sun's rays begin to strengthen we are grateful that the long winter months are drawing to an end. Every Pagan path has it's own special

name for this festival and rituals which may be done around this time, examples of these names are Eostre, Ostara and Alban Eilir to name a few.

## **Pause for thought:**

Use this space to draw or write some ideas why you celebrate the Spring Equinox and why it is important to you. Do you have a special name for this festival? What is your favourite activity to do on this day? How does this festival make you feel?





## **Spring Equinox Deities:**

Depending on your personal Pagan path, you may have a Deity associated with Spring Equinox. One Deity associated with this festival is Ēostre a Germanic Goddess who represents the beginning of Spring, and the new potentials and new beginnings it brings after the darkness of winter. Other Deities such as Freya from the Norse Pantheon, Semiramis from the Babylonian Pantheon and Cybele from the Roman Pantheon are also associated with this festival and are honoured in their own special way.

## **Pause for thought:**

Close your eyes and spend some time imagining how you feel your Deity appears to you, what do they look like? How does their voice sound when they speak to you? What clothes are they wearing? When you have the picture in your mind, use the space below to draw or write your thoughts:





## **The Spring Equinox**

The Spring Equinox is also associated with certain plants and trees such as daffodils, violets, primroses and the birch tree to name just a few. These begin to carpet the ground, bringing bright colours such as green, yellow and purple after the winter and fresh buds start to grow on the trees with them can bring a feeling of joy and happiness.



## **Did you know?**

Birch is the first tree to begin to come into leaf at this time of year?



## **Out and about activity:**

Grab your boots, get your coat and head outside! Take a slow walk around your neighbourhood and see if you can spot any flowers and plants emerging from their sleep. Maybe create a seasonal journal where you can record the plants which you see along your route, perhaps find a birch tree and do some bark rubbing, see if you can spot it's beautiful bright green leaves beginning to emerge.

## **Creatures associated with Spring Equinox:**

New life begins at this time of year as the creatures emerge from the long winter and begin to build nests or give birth, there are creatures associated with the Spring Equinox such as hares, rabbits, chicks and lambs to name just a few!



## **Did you know:**

Lots of birds begin emerge at this time, many are looking to find safe places to start nesting and you may see them starting to look for nesting material such as twigs, moss and leaves. Birds can be very symbolic within Paganism



and on your own personal Pagan path you may discover the spiritual importance of our feathered friends!

### **Activity:**

This is a lovely opportunity to see which feathered friends you have in your garden and your local area. We have created a bird watching sheet it will help you record which birds you spot on your travels and can be found at the end of this information booklet. You may wish to undertake this at different times of the year and compare your results. By doing this, you are creating a wonderful connection, understanding and deep appreciation for Mother Earth and how the world around you is changes with the seasons.

### **Imagination creations!**

If you could design a creature to represent the Spring Equinox, what would it look like? What would its favourite food be? Where would it live? What would it feel like? Close your eyes for a moment and visualise your creature in your mind, then use the space below to describe it, you may even wish to draw a picture of it!





## **Traditions and customs associated with Spring Equinox.**

There are lots of different traditions and customs associated with Spring Equinox, many of which involve eggs. From painting and decorating them then giving them as gifts, to rolling them down hills in a tradition known as pace egging and not forgetting the traditional egg hunt are all activities which are done at this time. In addition, your own personal Pagan path may include ritual's, meditations and offerings to your Deity or Deities, these are a beautiful way of connecting with your Deity and Mother Earth and are sacred to you.



## **Inspiration**

A ritual is a very sacred time which allows you to connect to your Deity in your own special, unique way. It allows you to be your own wonderful, unique, authentic self and is truly a very special time. Use the space below to draw or write how you would create your own ritual, what objects would you use and why? Would you say any

special words? Would you decorate your sacred space?



## Spring Equinox Word Search.

Below are ten hidden words all associated with the Spring Equinox. Look carefully to see how many you can discover. The solution is at the end of this booklet.

L	K	Z	Q	K	C	F	I	G	N	I	R	P	S	P
X	I	U	I	H	A	R	E	Z	D	P	K	O	U	W
J	A	G	Z	C	U	L	H	N	J	R	B	R	Z	T
B	K	I	P	O	L	D	E	I	T	Y	L	E	S	C
I	N	W	F	G	C	R	B	U	F	M	H	O	T	P
R	I	S	P	R	I	M	R	O	S	E	T	F	Y	X
C	E	E	L	Y	U	P	H	R	W	O	S	P	T	A
H	F	Y	Z	I	F	S	Q	I	J	L	I	G	H	T
J	O	R	O	S	L	X	C	T	F	E	W	O	U	K
P	X	R	C	J	C	V	E	U	S	Z	N	C	R	E
D	V	I	O	L	E	T	H	A	L	W	G	R	A	A
F	A	Y	Z	K	R	E	U	L	Y	O	H	C	L	L
D	T	E	L	K	R	O	S	H	W	N	E	H	E	J
K	S	P	R	I	N	G	L	H	U	S	P	I	E	R
N	S	R	I	S	O	Y	U	Q	Z	S	F	C	U	J
R	S	P	R	U	P	I	W	C	A	M	T	K	I	K
X	F	W	U	N	F	E	G	A	Y	U	M	P	O	T

Birch

Violet

Deity

Primrose

Sun

Hare

Light

Ritual

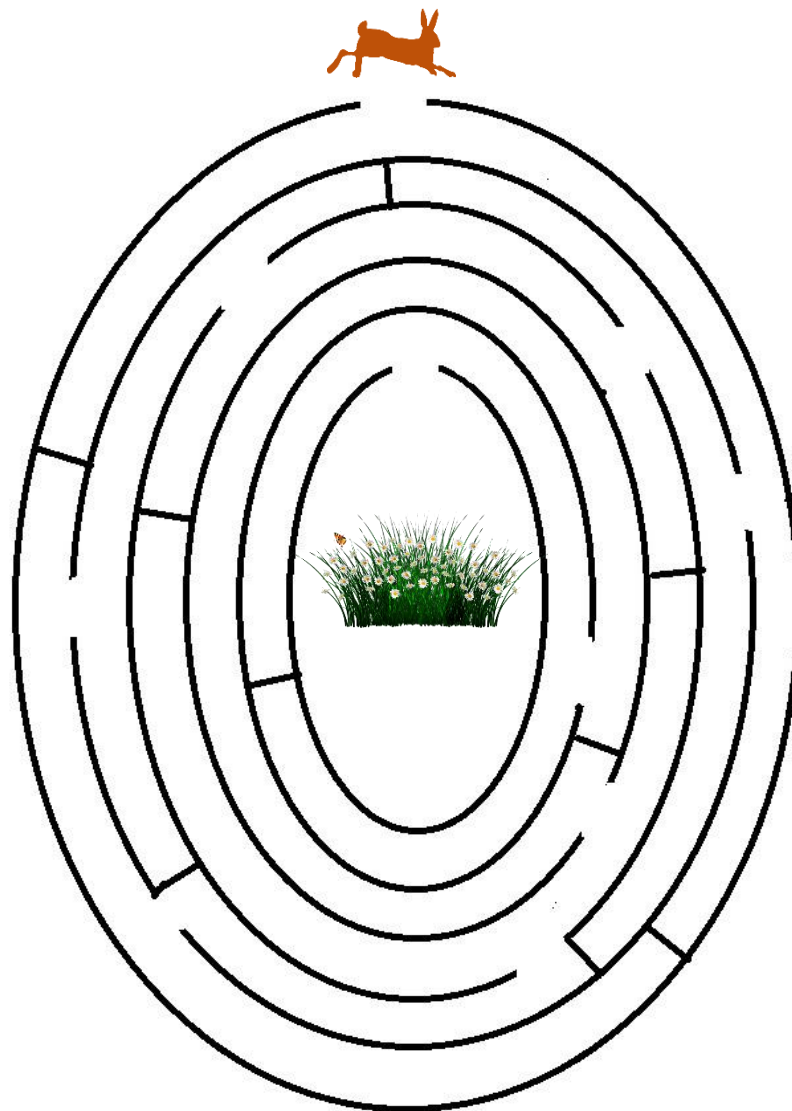
Spring

Chick

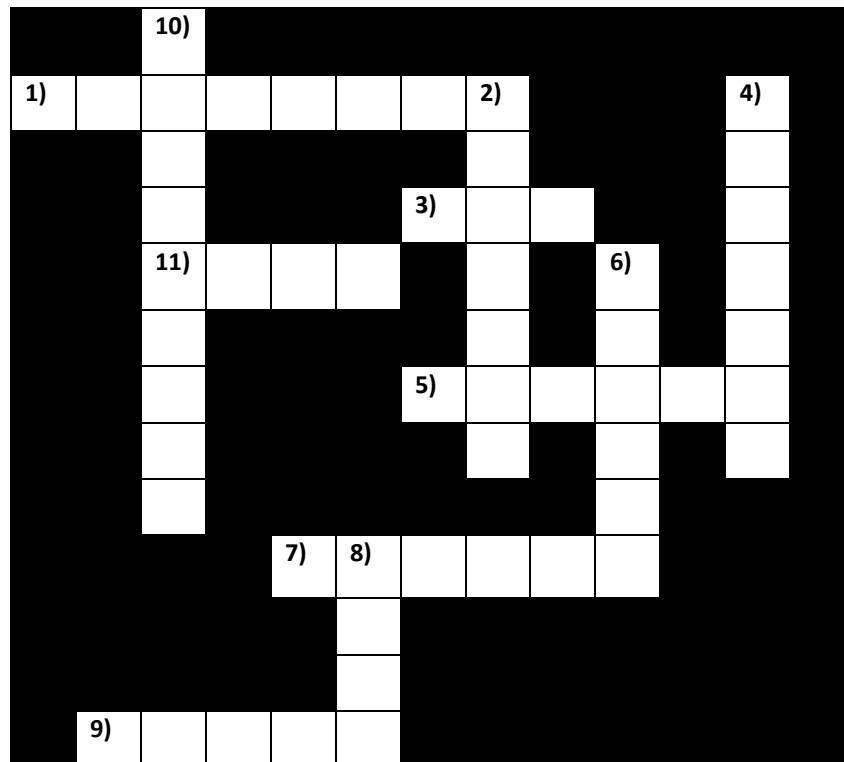


## **Lost little hare maze:**

Did you know that hare's do not build burrows like rabbits? Instead, they live above ground, and find themselves a safe place to nestle down to sleep. They scrape away at the vegetation and make an imprint which is deeper and wider at the back than the front, this area is called a 'form' and are found in sheltered areas such as long grasses, or between stony, rocky areas which can give them some protection from predators and the elements. Do you know what a young hare is called? They are called leverets, and in this maze the young leveret has become lost! Can you help it find it's way back to the form?



## **Cryptic Crossword**



### **Across**

- 1) A name which is also a pretty yellow flower, beginning with the letter Y
- 3) This passes across the equator line in a Northerly direction at this time. Beginning with the letter S
- 5) The name of the Germanic Deity associated with the Spring Equinox, beginning with E
- 7) Another name for the Spring Equinox beginning with the letter V
- 9) These woolly creatures are usually born around this time, beginning with the letter L
- 11) This creature does not live underground, but makes a special nest called a 'form' beginning with the letter H

### **Down**

- 2) The special word used when the day and night are almost of equal length, beginning with the letter E
- 4) The name of a young hare, beginning with the letter L
- 6) You may do one of these to celebrate the Spring Equinox and other special occasions, beginning with R
- 8) These are painted and decorated then traditionally rolled down a hill, beginning with the letter E
- 10) The leaves of this tree are the first to emerge at this time of year

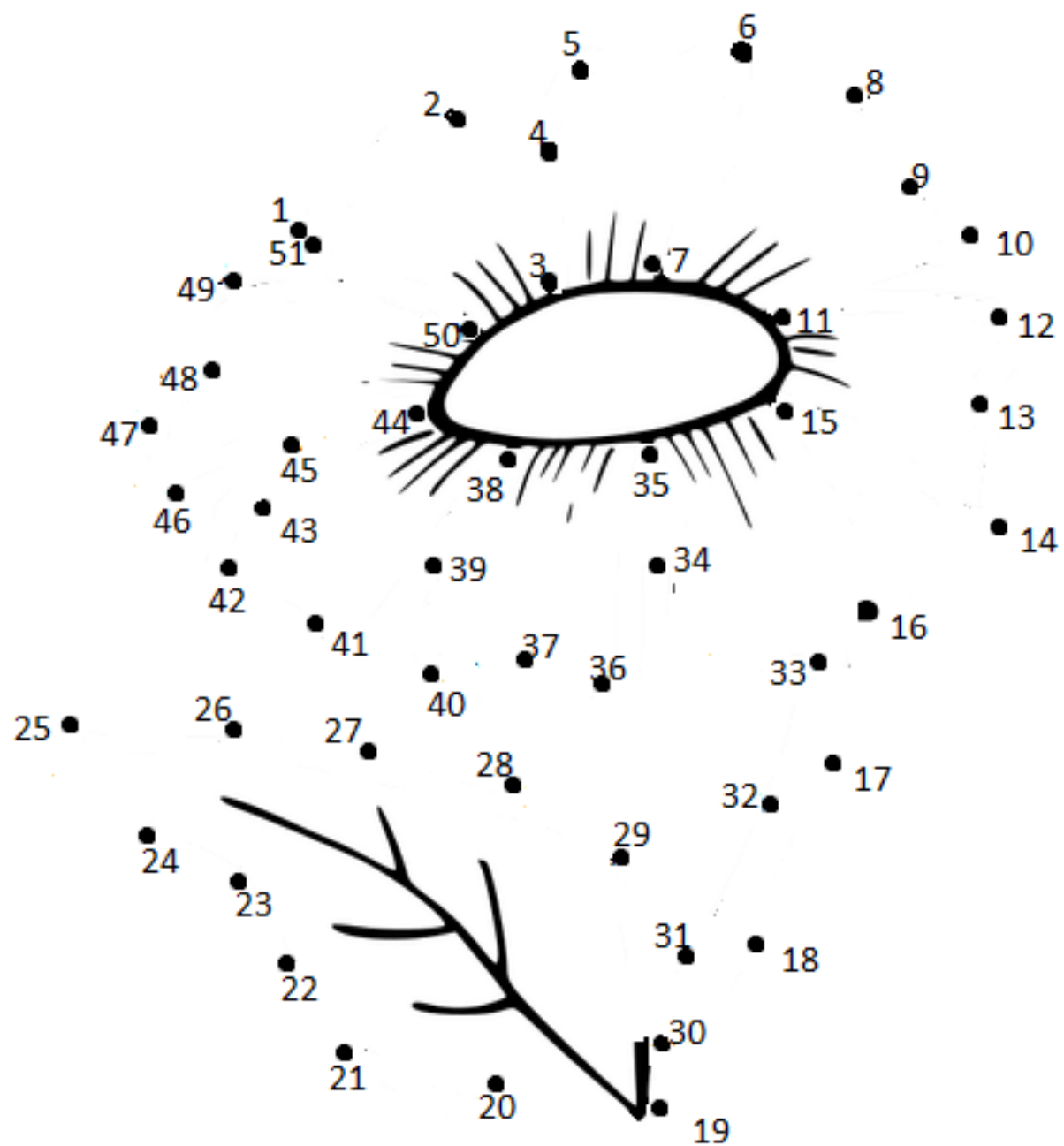


## **Kitty needs help!**

Kitty, the Children and Families Team mascot was flying home and she was carrying a basket of 10 eggs late last night, unfortunately she dropped the basket and is searching for the eggs! Can you see how many you can spot in this picture and draw a circle around them when you have found them.



**Join the dots from 1 – 51 to reveal the hidden picture!**







Pagan Federation  
Children and families team  
Bird watching guide

Birdwatching is a fantastic past-time and one which can be enjoyed from the comfort of your own home, or indeed out and about on your travels. You don't need any expensive equipment, just a little time and patience.

We have put together a short handy guide which can be used throughout the year, however the time around the Spring Equinox is a fantastic starting place as it is right at the start of the nesting season.

This is not by any means a comprehensive list, more one which has been taken from our own experiences within our own gardens and local environments. We have left some space available for you to jot down your own findings, maybe even draw a little picture or take a photograph to remind yourself of what they looked like.

If you would like to share your results with us, please do get in touch via our Children and Families Facebook page!

A nice idea is to chart your results over the year, it gives you a wonderful insight into the natural rhythms of nature and in turn helps you naturally tune into the cycle of the earth as the wheel slowly turns.







This bird watching record belongs to:

Date:






Season:



Time:

Weather

Species of bird	Where did you see this bird?	How many did you see?
House Sparrow 		
Blackbird 		
Blue tit 		
Robin 		



Species of bird	Where did you see this bird?	How many did you see?
<p>Wood pigeon</p> 		
<p>Jackdaw</p> 		
<p>Collared Dove</p> 		
<p>Goldfinch</p> 		
<p>Chaffinch</p> 		

Species of bird	Where did you see this bird?	How many did you see?
<p>Starling</p> 		
<p>Swan</p> 		
?		
?		
?		



Hopefully you will now have the beginnings of an understanding about the Spring Equinox and wish to discover more about it. There are many resources available to you, including the Pagan Federation Aether Patch Quests, where you can complete some exciting challenges, gain a certificate and even patch to show you have completed it! You can also find some suggested reading material below, this is by no means an exhaustive list however simply books which we have found on our own path and would like to share them with you. If you have a book suggestion for the Spring Equinox, please feel free to let us know!

We hope you have enjoyed this information booklet and look forward to sharing your time again soon.

With Bright Blessings

The Children and Families Team.

### **Suggested reading:**

Lunar Moon Hare, A Magical Journey with the Goddess – Wendy Andrew

The Spring Equinox: Celebrating the Greening of the Earth – Ellen B. Jackson

Shanna and the Pentacle: An Ostara Story (The Children's Wheel of the Year Book 2)

Rupert's Tales: The Wheel of the Year - Samhain, Yule, Imbolc, and Ostara - by Kyrja

Ostara for the Youngest Witchlings – Lisa Emerson

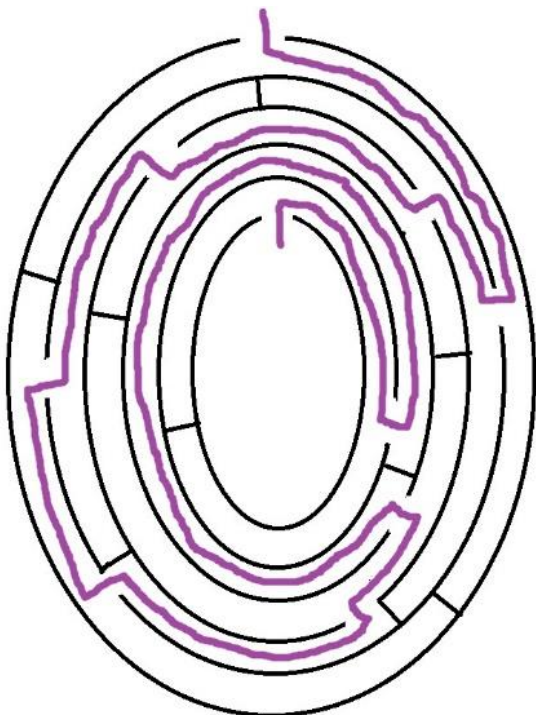
Ostara's Delight - Elizabeth Rowan Keith

Ostara's Hare – Tara Waddle

## Spring equinox word search solution:

L	K	Z	Q	K	C	F	I	G	N	I	R	P	S	P
X	I	U	I	H	A	R	E	Z	D	P	K	O	U	W
J	A	G	Z	C	U	L	H	N	J	R	B	R	Z	T
B	K	I	P	O	L	D	E	I	T	Y	L	E	S	C
I	N	W	F	G	C	R	B	U	F	M	H	O	T	P
R	I	S	P	R	I	M	R	O	S	E	T	F	Y	X
C	E	E	L	Y	U	P	H	R	W	O	S	P	T	A
H	F	Y	Z	I	F	S	Q	I	J	L	I	G	H	T
J	O	R	O	S	L	X	C	T	F	E	W	O	U	K
P	X	R	C	J	C	V	E	U	S	Z	N	C	R	E
D	V	I	O	L	E	T	H	A	L	W	G	R	A	A
F	A	Y	Z	K	R	E	U	L	Y	O	H	C	L	L
D	T	E	L	K	R	O	S	H	W	N	E	H	E	J
K	S	P	R	I	N	G	L	H	U	S	P	I	E	R
N	S	R	I	S	O	Y	U	Q	Z	S	F	C	U	J
R	S	P	R	U	P	I	W	C	A	M	T	K	I	K
X	F	W	U	N	F	E	G	A	Y	U	M	P	O	T

## Lost Little Hare Maze solution.



## Cross word solution:

### Across:

Primrose, sun, Estore, vernal, lamb, hare

### Down:

Equinox, leveret, ritual, eggs, birch tree

## Find the eggs solution:

