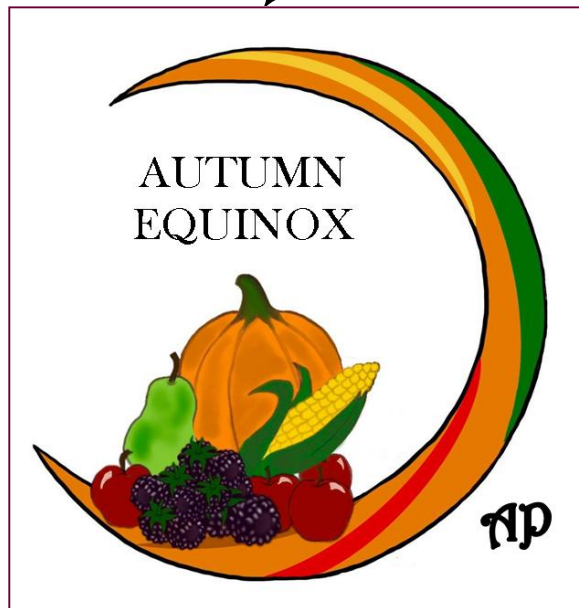




Pagan Federation presents

Aether Patches

Autumn Equinox Quest



This quest pack has been designed to help children understand more about the Autumn 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.



The Autumn Equinox marks the beginning of the second harvest. Go for a walk in the woods or through a park and notice how the seasons are changing. Write about it in your journal.



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



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



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



Autumn is known for its misty mornings with sparkling dew drops. Go for an early morning walk and observe how the world around you looks and feels.



The Autumn Equinox is a time of equal day and night. Look up and learn about the science behind this.



Autumn Equinox is a time of balance. Look within and meditate. What aspects of your life need balance and how can you achieve this?



Animals start to prepare for the coming winter in autumn. Make a list of things you can do to prepare for winter too, for example finding hats, scarves and gloves.



The Autumn Equinox is sometimes known by other names. Look up and learn what they are.



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 Autumn 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 Autumn Equinox or the harvest. How does it make you feel?



Find a story for the Autumn Equinox and read it/listen to it.



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



Leaves start to fall from the trees at this time of year. Go for a walk and listen to sounds of leaves crunching underfoot.



Autumn is known for its windy weather. Listen to the wind rustling through the trees.



Go for a walk in the woods, or just out in nature. What nature sounds do you hear? Write them down in your journal.



What instruments do you associate with Autumn? Have a go at playing them.



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 Autumn Equinox. 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 the Autumn 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 strongest evoker of memories. Write about or draw a picture of an Autumn Equinox smell that brings back a memory and why.



Flowers are often known for their scents but which ones are associated with the Autumn 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.



The Autumn Equinox is associated with the second harvest season. What smells remind you of this time?



Play 'name that smell'. Put different berries, essential oils, or other smelly things associated with the Autumn Equinox into jars. Label underneath what is in the jar. Have a go at guessing what is inside just from the smell. How many did you guess correctly?



Taste Challenges

Get your taste buds going with these food-related challenges



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



The Autumn Equinox is considered the second harvest. Find out what fruits and vegetables are harvested at this time of year.



Make cupcakes and decorate them with symbols for this festival.



Design and cook your own Autumn Equinox feast.



Think about the deities or beings you honour at Autumn 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.



The Autumn Equinox is often called the berry harvest. Have a go at making a blackberry crumble.



Have a go at making jam from the berries available this season. Try it on your toast or in a sandwich. Do you like it?



Elderberries are known for their medicinal qualities. Have a go at making elderberry syrup.



Make chocolate leaves by brushing clean, dry leaves with melted chocolate.



Touch Challenges

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



Create an Autumn 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.



Autumn is when the leaves start turning colours and falling. Use fallen leaves to make a seasonal garland.



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



Make a seasonal wreath as a table or door decoration.



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



Play an Autumn sensory game. Collect into a bag nature treasures like leaves, nuts, berries, bark etc and try to guess them by touch.



Autumn is the time when animals start storing away food, preparing for winter. There are various ways we can store food too; freezing, canning, preserving, for example. Have a go at storing some of the foods you harvest.



Have a go at using berry juice as ink.



Many fruits and vegetables can be used as natural dyes. Have a go at dying a bag, t-shirt, or other plain fabric with various seasonal fruits and veg. Which did you use? How well did it work? Do you like the results?



The Autumn Equinox is a time of balance. Have a go at tight rope walking; this could just be following a line on the path or a raised bar.

