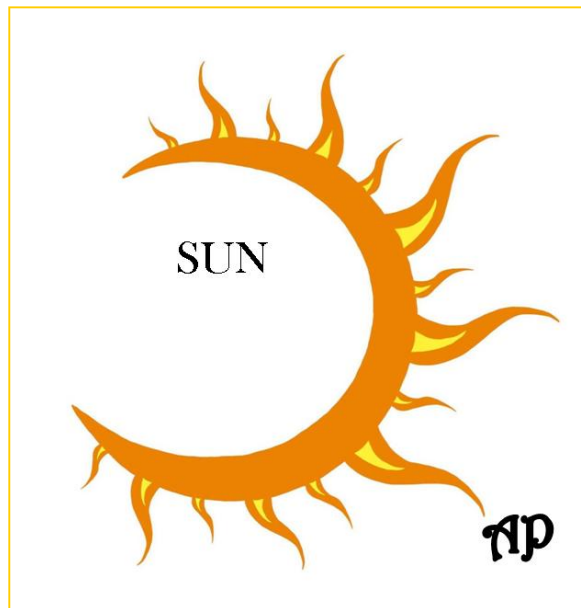




Pagan Federation presents

Aether Patches

Sun Quest



This quest pack has been designed to help children understand more about the sun and its folklore.

They'll discover meanings 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 sun is associated with many deities. Look up and learn about some of them. Don't forget to write them down in your journal.



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



What colours are associated with the sun? Don't forget to write them down in your journal.



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



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



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



Look up and learn about what the sun is and how it works



The solstices and equinoxes are solar festivals. Find out why and more about them. Write down what you find in your journal.



The sun rises and sets at different times as the year turns. Keep a diary of those times for where you are.



Watch the sun rise or set. How does it make you feel?



Look up and learn about solar power.



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 sun chant to use in your solar ritual. Don't forget to write it down in your journal.



Find and listen to a piece of music associated with the sun.
How does it make you feel?



Make/write a piece of music associated with the sun.
It could be related to the different seasons, the creatures associated with the sun or how the sun makes you feel, for example.



When the sun rises, birds sing. Get up early and listen to the dawn chorus. What birds do you hear?



Read or listen to some stories about the sun.



Write a poem about, or inspired by, the sun. Don't forget to write it down in your journal.



What words can you think of to describe the sun?



Did you find out what animals were associated with the sun?
Listen to the sounds they make and have a go at copying 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 sun. 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 the sun 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 a solar smell that brings back a memory and why.



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



Find out what fruits and herbs are associated with the sun. Can you guess them from their smell? Do you like the smells?



Spend some time outside at different parts of the day smelling the air, what can you smell, does it differ at different times? For example dawn, midday, dusk.



Taste Challenges

Get your taste buds going with these food related challenges



Make a sun themed banquet. Don't forget to write it down in your journal.



Make cupcakes and decorate them with symbols for the sun.



Think about the deities or beings you honour at each solar festival. What are their favourite food or drink offerings?



Make biscuits and decorate them with images of the sun.



What foods are associated with the sun? Try some.



Citrus fruits are associated with the sun. Have a go at making lemonade.



Chamomile is associated with the sun. Try making a herbal tea from fresh chamomile flowers, alternatively you can buy chamomile tea from the shops.



The sun is a wonderful source of vitamin D, what foods contain vitamin D.



What foods remind you of a sunny day?



Picnics are common in the summer, when the sun is at its strongest. Have a picnic. What food will you have?



Barbeques are also common in summer. Have a barbeque. What food will you cook on it and what other foods will you have with it.



Touch Challenges

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



Create a sun altar. What items will you put on it? Note them in your journal.



Go for a walk in the woods or through a park at different times of day and have a go at drawing or painting what you see.



Make a papier-mâché sun.



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



Create your own sun calendar by looking up the sun rise and sun set times in your area.



Create a sun phenology wheel by observing the changing seasons each month and drawing it.



Create a sun picture and use it as a focus for a solar meditation.



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



Have a go at making a sun dial.



Have a go at making a sun catcher.



The sun is the centre of our solar system. Make a model of our solar system.

