



Pagan Federation presents

Aether Patches Herbs Quest



This quest pack has been designed to help children understand more about herbs, their folklore and uses.

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



Herbs are associated with many deities. Look up and learn about some of them. Don't forget to write them down in your journal.



Have you any herbs in your garden? Which ones? Look up and learn about them.



Look up which herbs are perennial and annual. What do the terms perennial and annual mean?



Look up and learn about the many varieties of mint.



Look up and learn about the different uses for herbs.



Look up what herbs are native to your area/country.



Go for a walk and find some wild herbs, what did you find?



Choose your favourite herb and find out if it has any medicinal uses. Don't forget to write them down in your journal.



Choose your favourite herb and find out if it has any magical uses. Don't forget to write them down in your journal.



Choose your favourite herb and find out if it has any folklore associated with it. Don't forget to write them down in your journal.



Choose your favourite herb and find out if it has any zodiac signs associated with it. Don't forget to write them down 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 herb chant . Don't forget to write it down in your journal.



Can you find any songs about or that mention herbs? Listen to them.



Make/write a piece of music associated with herbs. It could be related to the different herbs, the folklore associated with herbs or how they make you feel, for example.



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



What words can you think of to describe different herbs?



Did you find out any animals associated with herbs? Listen to the sounds they make and have a go at copying them.



There are lots of folklore stories about herbs, find one and read it.



Echinacea is a herb, look up how to pronounce it.



Often in herb gardens you will hear the sounds of bees. Which herbs are especially loved by bees?



Smell Challenges

Smells have the power to trigger memories so have a go at these smelly and mind related activities



Have a go at making your own herbal loose incense blends and record it in your journal.



Some herbs have a really strong or distinct smell. Which ones can you find?



Herbs are used in aromatherapy. What is aromatherapy and what herbs are used? Have a smell of some of the essential oils. Do you like the smell? How do they make you feel? Don't forget to write it down 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. Try burning some of the herbal essential oils, 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. What herbs bring back a memory and why?



Spend some time outside in different types of environment, for example the garden, a park, woodland, sea side etc. Can you find any native herbs? How do they smell? Don't forget to write/draw it down in your journal.



Taste Challenges

Get your taste buds going with these food related challenges



Think about the deities or beings you honour. Do they like any herbal food or drink offerings? If so, what? Don't forget to write it down in your journal.



Make biscuits that have herbs in the ingredients. You could decorate them with images of herbs too.



Have a go at making lavender muffins.



Try making a herbal tea from fresh edible herbs, alternatively you can buy herbal teas from the shops.



Make a savoury dish containing a herb. What did you make and what herbs did you use?



Some herbs can be used in sweet dishes. Bake a cake which has a herb in.



Make some herb butter.



Touch Challenges

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



Go for a walk in different types of environment, for example the woods, through a park, by the sea side etc, and have a go at drawing or painting what herbs you see.



Create a herbal phenology wheel by observing the changing seasons and drawing what herbs you find in nature each month.



Feel the texture of different herbs, what textures did you discover?



Create a decorative display using herbs.



Herbs are used magically. Make a poppet or worry doll stuffed with herbs such as lemon balm, lavender, mint and rosemary.



Make a cleansing stick from herb bundles.



Make a lavender sachet to place under your pillow for aiding sleep



Make your own herbal pot pourri



Some herbs can be used as natural dyes. Have a go at dyeing a t-shirt. What herbs did you use and what colours did they create?



Plant your own herb garden



Using the hammer technique, use herbs to create patterns on a fabric bag. (Lay fabric over leaves and gently hammer till the dye from the leaf is transferred to the fabric)

