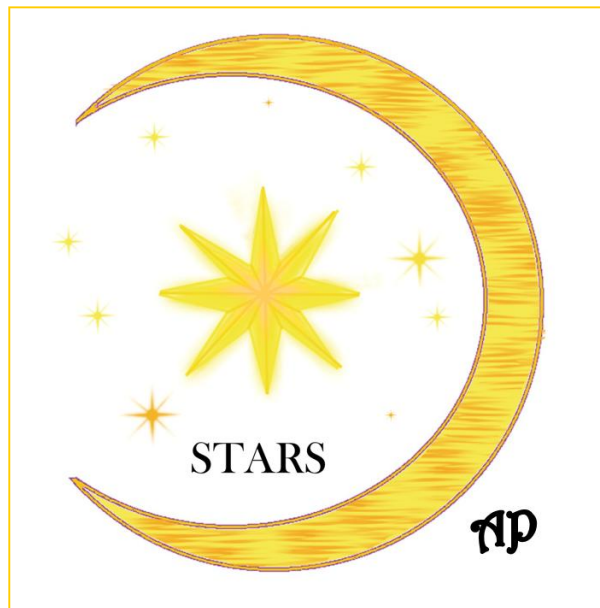




Pagan Federation presents

Aether Patches Stars Quest



This quest pack has been designed to help children understand more about the stars, constellations and their folklore.

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 what stars are.



Go outside on a clear night and see how many stars you can spot. Make notes in your journal.



Some stars in the sky are actually planets, which used to be called "wandering stars". Find out why they had this name.



See if you can tell the difference between a planet and a star in the sky. Record which planets you spot in your journal.



Constellations are patterns of stars. Look at the stars and make up your own patterns or constellations. What would you call them?



Research the names of constellations. What's your favourite myth or story about a constellation or single star? Can you spot it in the night sky? Don't forget to write what you find out in your journal.



Many star constellations are associated with animals. Look up which ones and learn about them . Don't forget to write what you find down in your journal.



Draw a picture of the night sky. Is it where you live, somewhere else in the world, or made up? Use your imagination.



Look up and learn about star signs in the zodiac. Which sign are you? Don't forget to write what you find down in your journal.



Are any stars important on your spiritual or Pagan path? Write about them and discover why.



Some plants have star shaped flowers. Look up and learn which ones. Don't forget to write what you find down in your journal.



Sound Challenges

Sounds often shape our interaction with the world.
What do you hear?



Create a poem about stars or a constellation and read it out loud. Record it in your journal.



Are there any songs about stars? Listen to them and see how they make you feel. Write about this in your journal.



If space wasn't a vacuum, stars would be noisy! Imagine what stars would sound like and try and act it out.



Create music or a soundscape that makes you think of stars. You might use bells, crinkly foil, or any instrument you like.



Have a go at recording your star music.



On a starry night, what sounds can you hear outside? Record them in your journal.



Many Pagan and spiritual paths use chanting to create focus or raise energy. Write and perform a chant about stars.



Astrology uses stars and constellations as well as planets, the Sun, and the Moon. Find and listen to an age-appropriate astrology podcast.



Make a wish aloud on the first star you spot one night.



Find a story about stars and read it out loud to someone. What story did you read? Write about it in your journal.



Imagine a star or constellation as a person. How would a conversation with them go? Write it out in your journal.



Smell Challenges

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

- ★ Research if any herbs, plants, or incense ingredients are associated with particular astrological signs. Record your findings in your journal.
- ★ What do you think a star would smell like? Write about it in your journal.
- ★ Create an incense that makes you think of stars. Record the ingredients in your journal.
- ★ As you enjoy stargazing throughout the year, make a note of the different smells you notice in the evening and night time, or maybe even in the early dawn. Are there any patterns?
- ★ Imagine what the different astrological signs would smell like. Write about it in your journal.
- ★ Create a fragrant room spray and “charge” it with starlight.
- ★ Use some star Jasmine oil in your oil burner, do you like the smell?
- ★ Some flowers only bloom at night, what do you think they smell like?



Taste Challenges

Get your taste buds going with these food related challenges



What's the ideal food for warming you on a cold stargazing night? Try making it and record your efforts in your journal.



Imagine stars as an ingredient. What would they taste like?



Create star shaped biscuits. Decorate them and take pictures of them. What flavours did you use?



Can you find any foods associated with stars, constellations, or the night sky?



Soup is a popular warming food, ideal for stargazers on a chilly night. Have a go at making your own soup.



Discover what people eat in different parts of the world when they're stargazing. Write about it in your journal.



Make some cupcakes and decorate them with edible stardust.



Are there any foods associated with your star sign? If you can, try some. Note them down in your journal.



Create some melon stars with a star shaped cookie cutter.



Make your own edible stardust with coloured food gel and powdered sugar.



Make a star themed banquet for a star gazing party. Don't forget to write down in your journal what food and drinks were on your menu.



Touch Challenges

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

- ★ Imagine it was possible to touch a star without getting hurt. What would that feel like? Write about it in your journal.
- ★ Create a collage of stars, constellations, or the night sky. Use different textures and get creative with materials.
- ★ Create a star chart using different materials.
- ★ Research different ways stars are used or referred to in magical practice and create a chart or poster to show your findings.
- ★ Discover if starlight can be used with any magical or spiritual tools you have access to. Write your findings in your journal.
- ★ Make star themed decorations for a star gazing party.
- ★ Make a star shaped mobile to hang in your window.
- ★ Have a scavenger hunt finding items that spell out star.
- ★ Make some salt dough star ornaments.
- ★ Make a starry piece of artwork.
- ★ Make your own constellation torch. Punch holes with a pencil in black card in the form of a constellation, then shine a torch through it onto a wall to see you stars shine.

