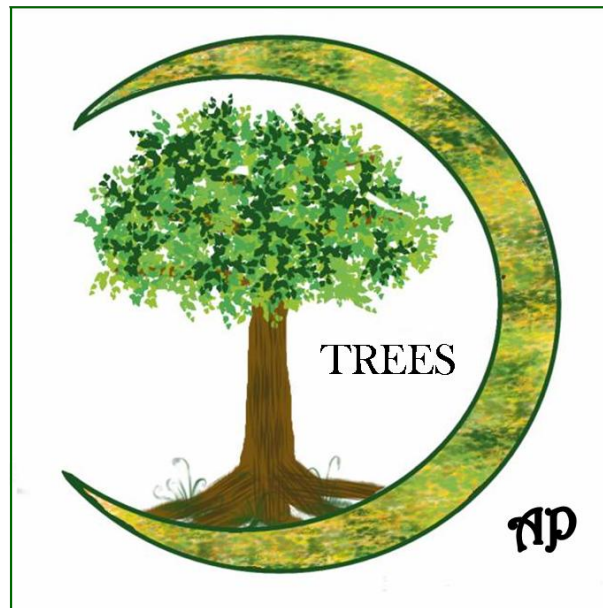




Pagan Federation presents

Aether Patches Trees Quest



This quest pack has been designed to help children understand more about trees, 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



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



Ogham is an Early Irish alphabet and each character or *fedá* is sometimes associated with a tree. Learn about Ogham and the trees it can represent. Don't forget to record your findings in your journal.



Look up and learn the differences between deciduous and evergreen trees.



Look up and learn about Yggdrasil, the world tree. Don't forget to write about what you find out in your journal.



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



Choose one tree and watch it through the seasons. What changes do you notice? Don't forget to note it in your journal.



Go for a walk and see what trees you can spot. What did you find?



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



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



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



Look up and learn about the lifecycle and parts of a tree.



Green Man carvings are often found in old churches. Look up and learn about the Green Man and see if you can spot



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 tree chant. Don't forget to write it down in your journal.



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



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



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



What words can you think of to describe different trees?



Spend time with a tree and listen to the sounds the tree makes.



Some instruments are made from wood. Have a go at playing a wooden musical instrument. Xylophone, some recorders and percussion instruments are examples of instruments made from wood.



Read some stories about or set around trees, eg., The Faraway Tree, Honey Bear and The Wishing Tree, etc.



There are lots of folklore stories about trees, find one and read it out loud.



Spend some time quietly sitting underneath a tree. What sounds can you hear? Do you recognise any bird song? Don't forget to note it in your journal.



Smell Challenges

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



Different aspects of trees can be used for loose incense: bark, leaves, sap, etc. Have a go at making your own loose incense blends and record your results in your journal. Purchase loose incense ingredients for home blending from reputable suppliers. If you are collecting your own tree parts for incense, please check they are not toxic before burning.



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



Some trees are used in aromatherapy. What is aromatherapy and what trees/tree parts 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 tree 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 trees bring back a memory and why?



Smell different tree blossoms. What did you notice?



Taste Challenges

Get your taste buds going with these food related challenges



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



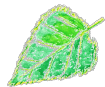
Many trees grow fruit that is edible. What fruit trees can you discover? Which ones have you tried? Don't forget to write them in your journal.



Make a meal using fruit from a tree. What did you make? Did you enjoy it? Write it down in your journal.



Make some leaf shaped biscuits.



Maple syrup comes from a tree. Make a dish using maple syrup.



Some herbal teas can be made from trees, for example Linden tea. Find out which ones, how the teas are prepared and why they are drunk.



Rowan trees produce little red berries. Have a go at making rowan berry jelly (it's a bit like cranberry sauce).



The Elder tree produces both edible flowers and berries. Have a go at making elderflower cordial or elderberry coulis. (Elderberries should never be eaten raw)



Some trees produce nuts which are edible. Which ones? Have you any in your local area? Forage for nuts when they are ready for harvest and try them in some recipes. What did you try and did you like them? Don't forget to write it down in your journal.



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 seaside, etc, and have a go at drawing or painting what trees you see.



Create a tree phenology wheel by observing the changing seasons and drawing how your chosen tree changes each month.



Feel the texture of different trees, bark, leaves, flowers, fruit or nuts. What textures did you discover?



Create a decorative display using fallen twigs.



Wands can be made from different woods. Look up the magical qualities associated with trees. Which one would you choose to make a wand from and why? If you are able, have a go at making one. Don't forget to write about it in your journal.



Use your Ogham learning to create a set of Ogham *fedá* by drawing or etching (with care) each letter into a piece of wood. If possible, try using wood from trees associated with each *fedá*.



Create your own tree book, or chapter in your journal. You could include drawings or photographs of each tree, along with magical correspondences, any folklore associated with it and any other information you wish to note.



Collect leaves from trees and press them in a flower press. Stick them to card or laminate them to use as tree ID cards on your nature walks.



Using crayons and paper, do bark rubbings. You could include these in your own tree journal.



Have a go at growing a tree from seed.

