



Pagan Federation presents

Aether Patches Crystals Quest



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

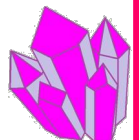
Emerald (10-14 Years) : Complete a minimum of 7 challenges.

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



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



Have you any gemstones in your collection? Which ones? Look up and learn about them.



Look up and learn about the many varieties of quartz.



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



Have a look at the shapes and sizes crystals come in. Which are you drawn to?



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



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



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



Crystals can be associated with the four elements of fire, air, earth and water. Look up and learn about some of them. Don't forget to write about them in your journal.



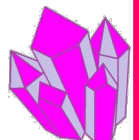
Look up and learn about how different crystals are formed.



Look up and learn about where in the world your favourite crystal comes from.



Choose a gemstone and really look at it, from all angles. Note what you see (colour, texture, shape etc)



Sound Challenges

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



Write your own poem or chant to bless a crystal. Don't forget to write it down in your journal.



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



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



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



What words can you think of to describe different gemstones?



Can you find any animals that are associated with crystals? Listen to the sounds they make and have a go at copying them



Crystal bowls make a singing sound. Have a listen to some made from different crystals.



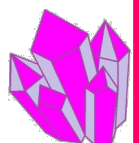
Crystal glasses can be filled with water to make music. Experiment with different water levels to get different sounds.



Find and read a folklore story associated with crystals.



Sound can be used to energetically cleanse crystals. Look up and have a go at different methods of sound cleansing. Which did you prefer and why? Don't forget to write it down in your journal.



Smell Challenges

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



Look up and learn what a "fragrance stone" is.



Imagine crystals were fragrant. What smells would you associate with them? For example rose quartz could be roses, or moss agate might be a mossy forest floor.



Make a carpet freshener with herbs and salt which is a crystal.



Some practices use crystal healing and aromatherapy together. Look up which crystals and smells go together and why.



Some crystals smell like rotten eggs when rubbed hard. Look up why and write about it in your journal.



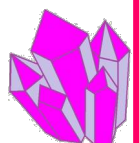
Selenium can have a very strong smell when it binds with oxygen. Look up what the smell is and write about it in your journal. You could also use this knowledge in a poem, story, or song.



Look up what type of ore (raw mineral) smells like garlic when rubbed or heated. Note: If you happen to come across this ore, don't touch!



Salt can be used as a base for aromatherapy. Make your own smelling salts by filling a 10ml bottle 3/4 full with salt, add a couple of drops of your favourite essential oil, put the lid on and shake well so the oil coats the salt. Put some cotton wool in the top 1/4 of the bottle and sniff as needed.



Taste Challenges

Get your taste buds going with these food related challenges



What crystals could you use to give good vibes to a kitchen?



Make some crystal cakes (these are rock cakes but brightly coloured using food dye).



Salt and sugar are types of crystal. Make a dish using one or both of these in it.



Decorate some biscuits with marble effect icing.



Have a go at making Kohakutou, a Japanese sweet wick is also known as crystal candy.



Have a go at making sugar crystal candy on a string.



If the crystal was a flavour what do you think it would taste like? Find something which represents it, e.g rose quartz could be strawberries, obsidian could be marmite.



If you were a giant or troll, you might eat rocks! Write a story, poem, or song about your favourite rock or crystal food. (Never actually put rocks or crystals in your mouth!)



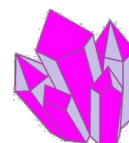
Some practices combine crystal healing and food as a type of alternate medicine. Look up what crystal and food pairings are used and why.



Look up which crystals are associated with better digestion and write about them in your journal.



Food can be a source of pleasure and fun. Look up which crystals are linked to joy and happiness and write about them in your journal.



Touch Challenges

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



Create a birthstone phenology wheel.



Feel the texture of different crystals. What textures did you discover? Did you use rough crystals or tumblestones?



Make a gemstone worry pal. Choose a gemstone that makes you feel happy and put googly eyes on it. Keep it in your pocket or bedside table. Tell it your worries or give it a squeeze when you need to.



Look up different ways you can cleanse a crystal and give some a go. Don't forget to write about them in your journal.



Make a mandala or grid using crystals.



Create an altar around one specific crystal.



Hold different crystals in your hand. How do they feel? Did you notice any differences?



Charge a crystal in moon or sunlight.



Make a crystal tipped wand. Which crystal did you choose and why? Don't forget to write about it in your journal.



Make or hang a crystal suncatcher and watch how the crystals glint in the sun.



Have a go with a kit to open a geode.



Have a go with a grow your own crystals kit. Look at a crystal under a microscope. Have a go at drawing or painting what you see.

