

Imbolc Challenge



Celebrating the first signs of Spring!

Imbolc or Candlemas traditionally marks the beginning of the lambing season and signals the beginning of Spring. Ready to celebrate?

For even more programme ideas check out our 'Imbolc' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



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HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5							Craft	Food	Games	Other	PICK
Age 5 - 7											
Age 7 - 11		+									
Age 11 - 14		+									
Age 14 - 18		+									
Age 18+		+									

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Craft

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- ⊛ Make a Brigid Cross, traditionally made from reeds but you could use paper craft straws or other grasses.
- ⊛ Create a spring doll/Brigid doll.

What?

This could be a cloth doll stuffed with herbs, wool or dried flowers, full of potential for the year ahead. Alternatively, take a walk and make a representative figure using materials you find. You could form the body from grasses or reeds and fashion clothes from leaves.

- ⊛ Decorate a plant pot and use it to plant seeds. The original word Imbolg means, 'in the belly' and Imbolc celebrates the potential of life to come, like the potential of a seed that will grow into a plant.
- ⊛ Draw, paint or collage some snowdrops, seen by many as the first gift of Spring in the bleakness of Winter.
- ⊛ Brigid is the goddess of blacksmiths. Find out where your nearest blacksmith's forge is, visit, and see if you can have a go.
- ⊛ Make and light candles in white or green, the colours of Imbolc which is one of 4 fire festivals and is also known as Candlemas.
- ⊛ Create a planting calendar or poster to show seasonal foods, planting and harvesting times throughout the year.
- ⊛ Make a bath bomb or mix your own bath oil and enjoy a long soak.

Why?

Imbolc is known as a time for purification and cleansing, a time of new beginnings at the start of a new cycle of life. Traditionally people would have bathed in streams but you can enjoy your own soak in the privacy of your own home. Why not take the opportunity to mull over your intentions for the year ahead?

- ⊛ Fold or make paper snowdrops or daffodils for your Imbolc alter.
- ⊛ Make fire starters from natural materials and use them to light a campfire or hearth fire as part of your Imbolc celebrations.
- ⊛ Imbolc is also called Brigid's Day. Brigid is the Goddess of Spring and new life. Some pagans make or wear a Brigid's Crown, made of fresh flowers and green grass. Take a walk and make your own Brigid's crown with natural materials you find



Food

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- Use seeds and bake your own bread. Seeds are a sign of new life, full of potential and possibilities, just like celebrations at Imbolc.
- Traditionally Imbolc marked the start of the lambing season and the first stirrings of Spring. Use ewes milk or lamb in a recipe of your choice.
- Try ewes milk cheese and compare it with other cheeses made with different milks. What are the alternatives for vegans and how do they compare?
- Use green, white and silver in a foody recipe.

Why/How?

White and silver represent purity while green represents fresh new life. You could incorporate white into recipes with onions, flour, sugar, white chocolate or rice and include green from leafy vegetables, leeks, salads or limes. Decorate sweet recipes with edible silver decorations.

- Bake blackberry cheesecake or make blackberry jam.
- Make fruit teas from blackberries and ginger, both associated with Imbolc.

Why?

Blackberries are used to attract prosperity and healing while ginger revitalises and stimulates the fire within. Both are associated herbs for Imbolc.

- Bake or cook with ginger; you could make ginger biscuits, gingerbread, ginger cake, stir-fries or ginger beer!
- Feast with family and friends. As with many (if not all) Pagan celebrations, feasting is key, as is sharing time with family/the community. Get together, possibly around a fire and enjoy some home made treats.
- Use dairy to make milk bread.
- Cook up a hot and spicy dish to celebrate this fire festival and feel the heat warming you, lighting the fire within!
- Imbolc is also known by some as the "Feast of Fire" and traditional dishes are centred around dairy. Find recipes favoured in your family that include dairy, cook them and share with family/friends. Why not have a go at cooking on a fire? At Pawprint HQ we can't resist a cheese fondue but you could investigate dairy free alternatives for those who are lactose intolerant.



Games

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BADGES**

- ⊛ Head out on a scavenger hunt or nature walk to look for the first signs of Spring. Can you spot the first snowdrops or buds on the trees?
- ⊛ Have a game of 'Spot the Snowdrops'. How many can you find in a fixed amount of time or on your winter walk?
- ⊛ Play games around a bonfire or a hearth fire if it's too cold outside. Brigid is honoured by many Pagans as a goddess of the hearth and home.

How?

Remember safety first when near fire. There are lots of games you can play safely around a fire, checkout the Campfire Challenge pack for some ideas.

- ⊛ Go on a scavenger hunt around your home or garden/local green space to find the elements you will need to make candles, ie. wax, wicks, moulds, etc. Once you've collected all your tools and equipment, spend time making a candle for your Imbolc altar.
- ⊛ Milk the cow/sheep.

How?

This is a more messy game but fun nonetheless! Pierce a hole in the tip of each finger in a rubber glove. Fill the glove with water and race to see how much 'milk' you can squeeze out of your rubber glove udder in a fixed amount of time. Bear in mind your rubber glove udder will start to leak as soon as you add water so you may want to have a bucket to hand or play outdoors!

- ⊛ Seeds are full of potential, symbolising growth. See how fast you can grow your seed store with a seed transfer game. Move your seeds from one bowl to another using a spoon. Make it more challenging by only using a drinking straw or chopsticks. Don't have any or don't want to use seeds? Use beads or other small objects instead.
- ⊛ Match the seed to the plant or tree. Create your own pairs cards or head outdoors and see if you can identify the correct seed for the plant or tree.
- ⊛ Play the 'snow drop' game. Drop snowballs (made from scrunched up newspaper) from a height into a bin or bucket below. Make it more challenging with the addition of desk fans or other obstacles.
- ⊛ Imbolc was traditionally a time to visit or bathe in streams. Play a variety of water games using wet sponges, transferring water from one bucket to another or another game of your choice.



Other

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- ⊛ Spring clean your home or meeting place and prepare for the new beginnings that follow Imbolc.
- ⊛ Meditate and/or talk with others to clear your mind and 'Spring clean' mentally. Talk about things that you have been holding on to. You could write things down and burn them in your Imbolc fire.
- ⊛ Imbolc honours Brigid, goddess of healing. Learn some basic first aid or discover some natural remedies. Remember you shouldn't eat anything that you can't identify as safe, particularly when foraging.
- ⊛ Plant seeds. Imbolc traditionally marks the start of the lambing season and Spring. It is a time full of potential and seeds hold all the potential of life.
- ⊛ Light candles and make wishes or set intentions for the months to come while you watch them burn down. Imbolc is a fire festival and Brigid is said to be the goddess of fire.
- ⊛ Brigid is goddess of poets - write a poem for Imbolc. Add it to your Imbolc altar or share it with friends/family during your Imbolc celebrations.
- ⊛ Head out on a walk to find a spring or stream. It is tradition to bathe in streams at Imbolc to purify and bring fertility to your dreams. If you feel ready, have a go at swimming or bathing in the wild but remember safety first! Make sure someone knows where you are and don't go beyond your own depth.
- ⊛ The word Imbolc means "in the belly" and traditionally marks the start of the lambing season. Visit your local farm at lambing time and see lambs being born or help feed lone lambs.
- ⊛ Light a bonfire and host a feast with friends/family as is traditional at Imbolc.
- ⊛ Light a candle in each room in your home or meeting place to welcome back the sun after the darkness of winter and honour the sun's rebirth.
- ⊛ Try something new. Imbolc is a time of new beginnings and recognising the potential of new plans and dreams.
- ⊛ Create an altar in your home or meeting place for Imbolc. Add snowdrops, your Brigid Cross, Brigid doll and your homemade candles.
- ⊛ Visit your local Pagan community and see how they are celebrating Imbolc. Join in with their ceremonies and rituals if they/you are happy to.

Adventure Complete?

Reward your young adventurers with their Imbolc Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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