

# Lammas Challenge



## **Celebrating the first harvest!**

Lammas is one of 8 seasonal festivals observed by modern Pagans; marking the start of the harvest season, named after the god Lugh.

For even more programme ideas check out our 'Lammas' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://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!



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# PAWPRINT BADGES

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# Craft

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- ⌘ Make a corn dolly. Haven't got any corn? You can use paper craft straws or make your own from sheets of rolled up newspaper.

Here's an idea!

Take a look at other forms of straw work and plaiting. There are so many intricate, plaited designs that can be made from just a few stems of corn.

- ⌘ Lugh, Master of Skills was known as a sun god. Make a sun catcher to hang in your window.
- ⌘ Create your own peg doll to represent a corn dolly. Dollies can be left plain or dressed in cloth with coloured ribbons, feathers and other decorations.
- ⌘ Meadowsweet is often gathered and worn as a garland at Lammas. Make your own flower garland or decoration.
- ⌘ John Barleycorn (in the form of the wheat crop) sacrifices himself each year and in some areas that sacrifice is mourned with poppy and cornflower wreaths. Make your own seasonal wreath decoration.

Who?

The Sun God Lugh, after whom Lughnasadh is named, is believed to live as John Barleycorn; the living spirit of the corn or grain. As the corn is cut so John Barleycorn is cut down also and this cycle is personified in the folk song, *John Barleycorn Must Die*.

- ⌘ In some areas Rowan crosses are placed over doors at Lammas to renew the magical protection of crops and people. Make your own wooden cross and find out how to identify a Rowan tree.
- ⌘ Lugh is celebrated for his skills and crafts - try a new craft or learn a new skill. Why not try something traditional such as whittling or weaving?
- ⌘ Share a craft you know how to do and teach it to someone else. Why not host a skill sharing event with lots of mini workshops?
- ⌘ Gather and harvest seeds and make them in to gifts or have a go at making your own paper and adding seeds to the mix for plantable card/confetti!
- ⌘ Make items to sell at a craft fair and use them to raise money for a good cause or a charity of your choice.
- ⌘ Use dried grains to create a picture of your choice.



# Food

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- ☆ Lughnasadh was traditionally the first day of the harvest when the first corn would be cut just after dawn and the first loaves of the season baked fresh before sunset. Bake your own loaf of bread.

## Did You Know?

The origin of the word Lammas comes from the Old English *hlāfmæsse*, *hlāf* meaning loaf and *mæsse* meaning mass.

- ☆ Grid your own flour from grain.
- ☆ Test different flours and what they're best suited to in baking.
- ☆ Discover alternatives for those with a gluten allergy or intolerance.
- ☆ Traditionally the first barley stalks of the season would be made in to the first beer of the season. Visit a brewery and see how beer is made. Remember, leave the taste testing to those over 18!
- ☆ Lammas was originally the celebration of the first harvest and the coming together of communities to gather in the grains. Hold your own harvest supper and eat together with friends or family.
- ☆ All grains are central to the celebrations at Lughnasadh. Use different grains in your cooking and celebrate them in many different forms; from oats in porridge to quinoa in salads.
- ☆ Mint is also used at Lammas for its magical properties, drawing abundance and prosperity. Make fresh mint tea or use mint in a recipe of your choice.

## Why?

Whilst Lammas is the celebration of the first grain harvested, it is and has always been a time for gathering in and giving thanks for abundance. In the wheel of the year Lammas is the first of three harvest celebrations, the second being Mabon or the Autumn Equinox and the third, Samhain.

- ☆ Bake a Lammas bannock, traditional in Scotland.
- ☆ Make a plaited loaf shaped as an ear of corn or make your own salt dough to create long-lasting plaited creations.
- ☆ Visit a pick-your-own farm and harvest fruits or see if you can visit a farm which grows grains and see how they're harvested.



# Games

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- Games are a traditional part of celebrations at Lughnasadh. Share your favourite game with friends/family.
- Organise your own mini ancient Olympics.

## What/Why?

According to Irish mythology, Lughnasagh began as a culmination of the Tailteann Games. Started by Lugh as a mourning ceremony for the death of his foster-mother Tailtiu. Originally the games included; long jump, high jump, running and boxing, contests in archery, wrestling and swimming, and competitions in singing, dancing and story-telling. They also included crafts competitions for goldsmiths, jewellers, weavers and armourers.

- Get competitive in any way you like. The Tailteann Games were much like the ancient Olympics and included poetry reading and competitions in strategy.
- Host a poetry competition and have a go at writing your own verses. Why not write about the festival of Lughnasadh and what you've learnt?
- Together with friends or family, gather for an evening of board games or card games and test your skill and strategy.
- Play a solitary game with a deck of cards or using the computer, such as Solitaire or Mahjong.
- Run a Lammastide relay gathering flour, water and other baking equipment and ingredients ready to bake your own loaf of bread.
- Race to bake from grain to bread; you could use your equipment gathered in your Lammastide relay. See how fast you can mill the grain, mix the ingredients, knead the dough and get it baking?

## For Leaders...

You don't have to mill the full amount of grain for your bread, it's all about the process. Find a quick 1 hour bread roll recipe online (or check out our Pinterest board for some recipe ideas) and discover the wonders of quick-bake bread. Allow your young people to get creative with add-ins or toppings such as sliced olives, chocolate chips or cheese. Turn it in to an experiment testing your recipe with different kinds of grain.

- See how fast you can make a corn dolly or plait. Time yourself and see if you can better your time with each attempt.
- Go on a harvest scavenger hunt to find items beginning with each letter of the word 'Lughnasadh'.



# Other

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- ⬠ Try growing your own corn, wheat or barley.
- ⬠ Create your own Lammas altar including wheat, grains, corn dollies, bread, sunflowers and marigolds. Find out the significance of each object/item.
- ⬠ Grow your own marigolds, associated with the sun due to their sunny colour and shape, to honour Lugh the sun god.
- ⬠ Learn the folk song *John Barleycorn Must Die* and discover the annual cycle of the harvest.
- ⬠ Traditionally Lammas is a time for craft fairs and fetes in honour of Lugh, one of the most prominent gods in Irish mythology, associated with skill and craftsmanship. Host your own craft fair and use it to fundraise for a charity of your choice.
- ⬠ Visit a working mill to see corn being milled.
- ⬠ Go for a walk and gather stalks of grain to make your corn dolly or grain mother. Remember to be mindful and check with landowners first before picking anything.
- ⬠ Gather and dry seeds ready for next year, such as sunflower seeds.
- ⬠ Learn a new skill, inspired by Lugh or alternatively teach someone a skill you have and share it together.
- ⬠ Make music and join with friends around a campfire, often at the heart of any Pagan celebration.
- ⬠ Reflect on your own personal harvest; what have you learnt in the last year, what skills have you gained and what are you looking forward to learning in the next 12 months?
- ⬠ Host a talent show to share and celebrate individual talents.
- ⬠ Join a community group to learn a new skill and gather with others in your local area, you might even discover a hidden talent!
- ⬠ Celebrate Lammas/Lughnasadh with others in your community and share in their traditions.
- ⬠ Discover more about the history of Lughnasadh and do your own research about this first harvest festival.



## Adventure Complete?

Reward your young adventurers with their Lammas 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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