

Litha Challenge



Celebrating the first day of Summer!

Litha is one of 8 seasonal festivals observed by modern Pagans; marking the longest day of the year and the height of the Oak King's power.

For even more programme ideas check out our 'Litha' 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

**PAWPRINT
BADGES**

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									
Age 5 - 7									
Age 7 - 11		+							
Age 11 - 14		+							
Age 14 - 18		+							
Age 18+		+							

 **Craft**
 **Food**
 **Games**
 **Other**
 **PICK**

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

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Craft

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- ⊗ Decorate or wrap a tree or branch with coloured fabric. Traditionally trees near wells or fountains have been decorated in this way.
- ⊗ Use oak leaves, flowers, herbs and dried citrus fruit slices to make decorations for around your home or meeting place.
- ⊗ Make candles using beeswax to reflect the colour of the sun.

Why?

Bees are symbolic for Litha. The Midsummer full moon is known as the 'Honey Moon' and the honey that bees produce is seen as a reflection of the sun with its golden colour. Honey is used in many recipes for Litha and bees are associated with the sun as they use it to navigate.

- ⊗ Make a nature table from the things you have gathered on a summer walk.
- ⊗ Sew a herb pouch or make a lavender pillow using herbs that are fresh and in abundance at the time of the Summer Solstice.
- ⊗ Create your own bee jewellery to wear.
- ⊗ Make a hand drum and use it to lead some songs whilst sitting around your Litha bonfire. You could use recycled materials and make one for each person to create your own drum circle.
- ⊗ Build a bee and bug hotel for your garden or green space.
- ⊗ Create a sunflower wreath for your door.

Why?

The sunflower has long been associated with solar energy and the summer. Its bright flower tracks the sun across the sky and its looks reflect those of the sun's beaming rays.

- ⊗ Build a model of Stonehenge and discover the power of stone circles.
- ⊗ Make your own sundial.
- ⊗ Collage a sun catcher.
- ⊗ Gather natural materials and make a sun picture.
- ⊗ Decorate pots and plant with potted herbs then gift to a friend or neighbour.



Food

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- ☼ Herbs reach their full potential at the Summer Solstice. Gather fresh herbs and give bunches to friends in celebration of Litha.
- ☼ The Midsummer full moon is known as the 'Honey Moon', make a recipe using honey or create your own drink using honey.
- ☼ Sunflowers honour the sun; use sunflower seeds in a recipe or to decorate a bread with a sun pattern.
- ☼ Elderflowers peak at Midsummer. Gather elderflowers and make your own cordial or elderflower champagne.
- ☼ Bake a honey cake for Midsummer.
- ☼ Make a wheel shaped loaf.

Why?

Litha is one of the eight Pagan Sabbats which marks and celebrates the turning of the wheel of the year. The wheel is round like the sun and on Midsummer's Eve Catherine wheels can be set alight and rolled down hills in to water such as a lake or stream.

- ☼ Cook corn on the cob or make corn bread, yellow like the sun.
- ☼ Bake a lemon drizzle cake and decorate with lemon slices or peel. Alternatively, use lemon and herbs to flavour scones or other baked treats.
- ☼ Harness the power of the sun and cook using a solar oven.

What?

Lining a cardboard box with tin foil, use the power of the sun to heat and cook food. The long summer days are ideal for enjoying a sun'more (s'more) around your Litha bonfire.

- ☼ Freeze edible flowers and petals in to ice lollies.
- ☼ Make some sun-filled tortilla wraps. Fill them with cheese and roll them before slicing to make sunshine disks. Use corn tortillas for added sunshine.
- ☼ Go foraging for wild garlic and use it to make garlic butter.
- ☼ Pick your own and enjoy the fruits of the summer.
- ☼ Bake a foccacia and decorate it with vegetables to create a sun pattern.



Games

**PAWPRINT
BADGES**



Play a game of sun statues.

What/Why?

The word solstice comes from the latin word *solstitium* meaning "sun standing still." Play a game of musical statues but instead of standing still when the music stops, stand still when a leader/caller shouts, "sunrise", the last one to stand still is out. When "sunset" is called you can start to move/dance again.



Go on a nature walk and find items/plants/flowers that spell out the words, "SUMMER SOLSTICE". Use our free download to record your findings.



Play a game of shadow shapes and have fun in the sun. Use your body and a range of objects to create shapes for your friends/family to identify. Take turns to create shadows, the perfect game for long summer evenings.



Bees are celebrated at Litha, play the pollen relay game; transferring pollen (popcorn) from one bowl to another using only a drinking straw which acts as your bee tongue.



Blind taste honey or herbs and see if you can guess the flavour correctly. Why not forage to collect the herbs or gather from your garden?



Match the smell and the flavour of herbs in a sensory pairs game.



Smell seasonal flowers and/or herbs then see if you can correctly identify them from a selection. Great for developing your plant identification skills.



Play the weather game with a play parachute and celebrate the sun.

How?

A group action game for use with a parachute. Spread out around the edge of the parachute and name one person as the caller. The caller shouts out different kinds of weather and the group completes the relevant action: sunshine - lean back and pull the parachute tight, wind - raise and lower your arms creating a gentle breeze, rain - pull the parachute tight with one hand and use your other to tap your fingers creating a rain sound, tornado - walk in a circle holding on to the parachute, hurricane - at speed raise and lower your arms creating a strong wind. Return to sunshine between each type of weather and enjoy a moment of calm.



Have a large scale bee game, gathering pollen (ping pong balls/buttons/pompoms/similar) hidden around your meeting place/large outdoor space. Why not compete in teams or as individuals to gather as much pollen as you can in a fixed time.



Other

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-  Re-enact the seasonal myth of the duel between the Oak King (who rules the waxing of the year from Yule to Litha) and the Holly King (who rules the waning of the year until Yule).
-  Traditionally people have stayed up all night on Midsummer's Eve to watch the sunrise on the longest day. Watch the sunrise and welcome the longest day of the year and the first day of summer.
-  Light a bonfire to celebrate Midsummer and the Summer Solstice.
-  Take a walk and gather oak leaves, flowers and fresh herbs for your decorations.
-  Plant and grow a sunflower to represent and honour the sun.
-  Walk in nature and enjoy the warmth of the summer sunshine.
-  Discover how to and lead a spiral dance.
-  Take a book and read beneath an oak tree. The Oak has always been significant at Litha as the Celtic name for Oak is 'Duir' meaning 'doorway'. Litha is the crossing of the threshold, entering the second half of the year.
-  Learn about beekeeping. Why not complete your Bee Challenge badge?
-  Perform or learn the sun salutation in yoga and welcome the sun each morning. Why not perform the salutation at sunrise on Midsummer's Day?
-  Visit Stonehenge on Salisbury Plain in Wiltshire.
-  Visit a honey farm and learn more about bees and the production of honey.
-  Grow your own fresh herbs in your garden or in a window box/planter.
-  Take part in some meditation in the sunshine and feel the warmth of the sun on your face.
-  Read, watch or put on your own performance of Shakespeare's *A Midsummer Night's Dream*. Count this towards your William Shakespeare badge!
-  Lie in the sun and practice cloud scrying. A form of divination, cloud scrying is an ancient practice that interprets shapes that you may see in the clouds to give insight in to your life or situation.

Adventure Complete?

Reward your young adventurers with their Litha 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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