

# Samhain Challenge



## Celebrating the third harvest!

Samhain is one of 8 seasonal festivals observed by modern Pagans; marking the end of summer and the beginning of the darker half of the year.

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

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

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**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!

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# Craft

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- ⊗ Dream of new beginnings and create a journal to write down your dreams.

## Why?

Samhain marks the end of the Summer and the beginning of the “dark half” of the year from which new life and new ideas will emerge. The beginning of this new phase provides a great opportunity to reflect on the past and to dream of new beginnings.

- ⊗ Decorate photo frames for photos of loved ones who have passed away.
- ⊗ Make a candle for your altar or to light in memory of a loved one.
- ⊗ Gather twigs and make your own besom to sweep away autumn leaves and old energy to make space for the new.
- ⊗ Paint or decorate an acorn. Samhain is the last harvest of nuts and berries and acorns, seed of the great oak, represent wisdom and rebirth.
- ⊗ Make a fairy or little creature using an acorn or knot an acorn garland to decorate your home for Samhain.
- ⊗ Use Samhain colours to make your own decorations for the season.

## What?

There are colours associated with each of the Sabbats. Black, orange and purple are associated with Samhain, representing death/endings, vitality and wisdom/inspiration respectively. Use these colours in materials of your choice to make your decorations.

- ⊗ Historically, Celts would dress up as animals or monsters at Samhain so that the faeries wouldn't kidnap them. Create your own costumes.
- ⊗ Set up a memory table and create keepsakes to remind you of ancestors passed. Why not include your decorated photo frames too?
- ⊗ Head out on a nature walk and make a garland from autumn leaves.
- ⊗ Weave and knot a pentagram wreath for your door. Decorate it with natural materials or Samhain colours.
- ⊗ Craft with nature. Why not make a lantern with autumn leaves or a piece of natural jewellery.
- ⊗ Make a paper-mache cauldron, the ‘cosmic container’ and symbol for life and death, transformation and rebirth.



# Food

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- ⊛ Samhain is the third and final harvest festival, following Lammas and Mabon, celebrating the harvest of nuts and berries. Head out on your own harvest and gather nuts and fruits.
- ⊛ Host a family meal, setting places for loved ones passed and take time to remember them during your meal by talking about them.
- ⊛ Bake or make a favourite recipe from generations passed. Remember and honour them while you enjoy their favourite foods.

## Why?

Samhain marks the period between the Autumn Equinox and the Winter Solstice when many believe that the veil between the worlds of the physical and the spiritual is at its thinnest. This makes Samhain a great time to honour and remember our ancestors.

- ⊛ Leave an offering for departed pets and make some dog food to leave outside. Remember to make it wildlife friendly.
- ⊛ Gather berries and make your own jams or jellies.
- ⊛ Eat with your community and get together for a Samhain feast. Ask each person to bring a dish and create a communal table.
- ⊛ Cook up some seasonal soups with your harvested produce.
- ⊛ Mix up a berry smoothie, make your own syrup from rosehips or cordial from elderberries, damsons or sloes.

## Why?

Samhain celebrates the final harvest of the year, that of nuts and berries. Different varieties grow in varying climates around the world. Check out which varieties are local to you and see if there are any to harvest near where you live.

- ⊛ In Celtic tradition apples were buried at Samhain as food for those souls who were waiting to be reborn. Make an apple pie, crumble or similar or have a go at growing an apple seed.
- ⊛ Bake a bread with herbs and seeds for Samhain, such as pumpkin and sunflower seeds or nettle and garlic.
- ⊛ Dry your own apple crisps and preserve the pentagram star in the centre of the apple, made by the seeds.



# Games

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- ☆ Try apple bobbing/apple ducking.

Why?

The apple is believed to be a magical fruit, symbol of life and immortality. In Celtic tradition apples were buried at Samhain and many games including apples were played, including apple bobbing and snap apple.

- ☆ Have a game of tic-tac-toe/noughts and crosses with apples and nuts.
- ☆ Peel an apple and see who you'll marry!

What?

The Celts believed that, if you peeled an apple in one go and dropped the peel on the floor it would reveal the initials of the person you were going to marry. Have a go and see for yourself!

- ☆ Pumpkin carving is thought to have originated from glowing embers carried from communal bonfires in hollowed out turnips. Host your own pumpkin carving competition.
- ☆ Have a bran-tub or lucky dip and find out your fortune or bake a barmbrack.

What?

Barmbrack is a traditional Irish bread associated with Samhain/Halloween. The loaf is baked with fruit and a selection of objects inside. The person who receives each object is thought to have a certain fortune; ring - marriage, coin - wealth, rag - poverty, thimble - grow old unmarried.

- ☆ Play snap apple. Traditionally an apple was tied to one end of a wooden plank which would be spun around with a burning candle on the other end whilst players tried to grab the apple in their mouth. You can play by trying to eat an apple (or doughnut) off a string, tied up so it hangs above you.
- ☆ Create your own jigsaws from photographs of deceased relatives. Remember to use copies and not the originals and remember them as you complete.
- ☆ Quick draw! How will someone remember you? Have a go at drawing portraits of each other or 2 minute self-portraits imagining there are no cameras to take a photo. Who can get the best likeness?
- ☆ Samhain is the perfect time to reflect and look to the future and your dreams. Act out your dreams in a game of charades for others to guess what you're hoping for.



# Other

- ⊛ Samhain is the beginning of the dark phase of the year, a time to rest and reflect. Take some time out and meditate or reflect on your year.
- ⊛ Talk together about memories of loved ones past.
- ⊛ Hold a candle ceremony with friends and family, lighting candles in memory of your loved ones. Why not make your own candle for your craft challenge?
- ⊛ Plant a seed to grow in memory of a loved one. Samhain marks the end of the summer and a time of death as all the seeds return to the soil, lying dormant before their rebirth in the spring.
- ⊛ Sweep away the autumn leaves and prepare your home for winter.
- ⊛ Gather nuts such as conkers, acorns, hazlenuts, etc. Decorate them, play games using them or add them to your Samhain altar.
- ⊛ Set up a Samhain altar including nuts, berries, photos of your deceased relatives and other seasonal additions.
- ⊛ Have a fire at home or a campfire outdoors and let it burn out, as would have been traditional when families were out gathering in the last of the harvest. Why not take time to remember loved ones and share memories whilst sat around your fire.
- ⊛ Read some stories of the myths and traditions surrounding Samhain or write your own stories for All Souls Night.
- ⊛ Write down things in your life that you want to end and burn the paper in a fire whilst imagining your dreams and aspirations for the year ahead.
- ⊛ For many, Samhain marks the new year and the beginning of a new cycle of life. Celebrate the new year and see how and when new year is celebrated in other cultures and religions. Why not take a look at the New Year Challenge?
- ⊛ Spend time outside in nature, why not gather nuts and berries for your Samhain altar?!
- ⊛ Attend a local Samhain celebration to you and see how others celebrate and mark the changing of the seasons.
- ⊛ Discover how secular Halloween traditions have been inspired by ancient traditions and which gods and goddesses are associated with Samhain.

