

Ostara Challenge



Celebrating new beginnings and life emerging!

Ostara is one of 8 seasonal festivals observed by modern Pagans; marking the spring equinox when light and darkness are in balance.

For even more programme ideas check out our 'Ostara' 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						
Age 5 - 7		Craft	Food	Games	Other	PICK
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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Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

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Craft

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- ⊛ Create decorations using spring flowers.
- ⊛ Decorate eggs using natural dyes.

Why?

Eggs are associated with the celebration of Ostara as a symbol of new beginnings. Eggs also appear in many colours in the story of Ostara and the Hare, of which there are many versions online. You can achieve a variety of colours for your eggs using different natural ingredients from red cabbage to turmeric, coffee and onion skins, check out our Pinterest board for some inspiration.

- ⊛ Plant some spring bulbs.
- ⊛ Make a walking stick for your spring time journeys. Why not decorate it with bright colours and tie on some spring flowers?
- ⊛ Celebrate a new beginning with a new item of clothing.

How?

It was once traditional to make new clothes throughout the winter in preparation for the spring. It was however bad luck to wear them before the equinox. So, grab your needle and thread and make yourself something new; from accessories to clothing, you decide.

- ⊛ Make your own kite and run with the spring winds.
- ⊛ Fold your own paper daffodil.
- ⊛ Create a wreath of spring flowers.
- ⊛ Hag stones/adder stones or "Druid's eggs" have been used in jewellery for centuries. Have a go at finding your own or make one from clay to make your own piece of jewellery.
- ⊛ Craft your own eggs using materials of your choice; from papier-mâché to wood, sun catchers to collage. Tag us in your adventures so we can see your creations!
- ⊛ Press and preserve spring flowers.
- ⊛ Have a go at folding your own napkin bunnies (hares).
- ⊛ Create your own raindrop sun catchers to hang in your window.



Food

**PAWPRINT
BADGES**

- ☆ Make an egg based recipe of your choice.
- ☆ Welcome back the sun with sun bread. Why not read the story and find a recipe in *Sun Bread* by Elisa Kleven.
- ☆ Bake hot cross buns.

Why?

Now more commonly associated with Easter, hot cross buns (or something similar) have been offered to goddesses since pre-Christian times! In the Wiccan community it is generally accepted/believed that the cross on the top represents several things: the balance of day and night at the spring equinox, the four elements (fire, air, water, earth), the four cross-quarter days (Imbolc, Beltane, Lammas and Samhain) or the 4 phases of the moon (dark, waxing, full and waning).

- ☆ Decorate daffodil cupcakes and enjoy these spring reminders.
- ☆ Bake a lemon drizzle cake with lemons that shine bright like the sun.
- ☆ Plan some spring time meals using spring vegetables.
- ☆ Bake Ostara bread in the shape of a hare.
- ☆ Create your own chocolate eggs either in a mould or as lollipops.
- ☆ Grow your own cress to enjoy on egg mayonnaise sandwiches. Why not grow it in an egg shell?
- ☆ Find out about different eggs from different birds and breeds of chicken. Compare their size, colour, etc.

Why?

The story of Ostara and the Hare tells of a goddess of Spring who transformed a bird into a hare. The hare laid colourful eggs in thanks and celebration of spring. You can find various versions of the story online and in books.

- ☆ Bake and decorate egg-shaped or hare-shaped biscuits. Why not enjoy at a tea-time whilst reading the story of Ostara and the Hare?
- ☆ Create your own Ostara cake using eggs and decorated with spring flowers.
- ☆ Cook deviled eggs - you could decorate them with colourful spring vegetables or edible spring flowers.



Games

**PAWPRINT
BADGES**

- ☆ Go on an egg hunt.

Here's an Idea!

Why not enjoy your egg hunt in the dark by placing battery operated t-lights inside plastic eggs? You can re-use your eggs year after year...you're never too old for an egg hunt!

- ☆ Have an egg rolling competition to see how many times you can roll a hard-boiled egg down a hill or along a track before it cracks. Whose egg will survive the longest?
- ☆ Name that baby. Lambs, chicks and bunnies are all signs of spring but how many other animal babies can you name correctly?
- ☆ The equinox is a time of balance when day and night are equal. Can you find balance in objects around your home/meeting place? Find objects that are the same weight as others or to make up a weight on a set of scales.
- ☆ Have a go at egg rolling towards a target on the floor and score points depending on how close you are to the centre.
- ☆ Play a game of egg bingo using our free resource.
- ☆ Try a seed planting relay race.

What?

Race to gather all the items you need to plant and grow seeds including pots, seeds, soil and water. Why not combine this with your cress growing 'Food' activity?

- ☆ Play a game of musical statues to some of Igor Stravinsky's, *The Rite of Spring* or other spring time music. What does it make you think of?
- ☆ Ostara is a time of new beginnings and many Pagans see it as a day of rebirth, reflection and renewal. Set yourself some intentions for the year ahead and think about what you'd like to achieve; write them down. Play a game matching the intentions to the individual.
- ☆ The spring equinox is the moment from which light will defeat the dark. From this day the light grows. Relay race to grow your own light in the dark by taking it in turns to race and light a candle or switch on a battery powered t-light/torch.
- ☆ Have a spring time scavenger hunt with our free resource. Why not get sponsored to complete your treasure hunt in a set amount of time?



Other

- ⊛ Read the story of Ostara and the Hare.
- ⊛ Have a spring clean. You could mix up your own natural cleaners using scented oils including lavender, rosemary and lemon which are all associated with Ostara and spring.
- ⊛ Write a wish or your intentions on an egg. Bury it in the soil with a seed or flower above and watch it grow. Take care of your seeds and at the same time nurture your wishes/intentions.
- ⊛ Choose a new project to start; Ostara is a time of birth and new life, the perfect time for starting new projects.
- ⊛ Discover more of the symbols linked with Ostara and their meanings, including those now used by other religions such as the Easter bunny.
- ⊛ Go on a bud hunt and discover new life for yourself. Look for signs of spring and see how many green buds you can spot on trees along your walk.
- ⊛ Try growing your own wheat ready for late summer and Lammas/ Lughnasadh.
- ⊛ Find out about hares natural habitat and diet. Why not take a walk in the countryside and see if you can spot one for real.
- ⊛ Watch the sunrise or sunset on the day of the spring equinox.
- ⊛ Work on your own balance; what do you need more or less of in your life? The equinox is a time when light and dark are equal and in balance.
- ⊛ Visit a farm, zoo or take a walk and spot some baby animals, a sign of spring and new life.
- ⊛ Raise money to support a rabbit rescue centre. The hare or rabbit is one of the main symbols of Ostara representing fertility, rebirth, renewal and the moon.
- ⊛ Speak to a member of the Pagan community and discover how they will be celebrating Ostara.
- ⊛ Decorate your house or meeting place for spring.
- ⊛ Discover how the equinox is celebrated around the world.

