

Mabon Challenge



Celebrating the second harvest!

Mabon is one of 8 seasonal festivals observed by modern Pagans; marking the balance of day and night at the Autumn Equinox.

For even more programme ideas check out our 'Mabon' 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!



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PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions



Craft

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- ✿ Make your own cornucopia and have a go at basket weaving. Alternatively, make a cornucopia from card.

What?

Also known as the horn of plenty, the cornucopia is a symbol of abundance and nourishment. They are large, horn-shaped baskets or containers, often shown overflowing with produce, flowers or nuts.

- ✿ Cut an apple across the middle to reveal the pentagram of seeds and use it to print with. The pentagram represents Earth, Air, Fire, Water and Spirit or the compass points of North, South, East, West and Within.
- ✿ Make a pentagram to wear using materials of your choice.
- ✿ Create decorations in the colours of Autumn.
- ✿ Weave a corn dolly from the last ears of grain of this year's harvest.

Why?

Traditionally corn dollies were made from the last pieces of corn and spent the winter in a home until they were ploughed back in to the field the following year, at the start of the new season, to ensure a plentiful harvest.

- ✿ Gather falling leaves and make a collage with them. Why not create a piece of big art outdoors or make a natural ombre ring around a tree.
- ✿ The full moon at the Autumn Equinox is known as the Harvest Moon. Create a moon cycle slider or craft of your choice to show the phases of the moon.
- ✿ Make a natural necklace from autumnal treasures.
- ✿ Weave with nature and make a decoration for your home. Use twigs, leaves and other found objects and weave them in to a wall hanging. Why not make your frame from a fallen branch?
- ✿ Build a moving model of the Sun and Earth to demonstrate what is happening to day and night at the Autumn Equinox.
- ✿ Gather fallen leaves and create your own tree identification chart.
- ✿ Dry your own fruit slices and create natural, sweet smelling, decorations for around your home or use them to decorate a Mabon altar.



Food

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- ⬠ Mabon is the second of three harvest festivals and is the harvest of fruits. Make a fruit salad or fruit kebabs using seasonal fruits.
- ⬠ Enjoy the abundance of fruit and veg by harvesting your own produce at home or helping in a local community/kitchen garden.
- ⬠ Find out which fruits and vegetables are in season at the time of the Equinox and use them in a recipe of your choice.
- ⬠ Make a recipe using apples.

Did You Know?

The apple is the symbol of the Fruit Harvest and features in many Pagan traditions. It is a symbol for life, immortality, healing, renewal and wholeness. The seeds within the apple create a pentagram which is a much-loved and important symbol in Paganism.

- ⬠ Go foraging and gather blackberries from local hedgerows then use them to make your own jams or cordials. Remember, whenever you go foraging always leave plenty behind for nature and never take more than you need.
- ⬠ Celebrate Mabon with a feast with friends and family.
- ⬠ Bake an apple cake and create pretty patterns on the top with thinly sliced apple or have a go at baking your own apple roses.
- ⬠ Gather sloes or apples and make your own fruit cordials.
- ⬠ Take part in a local fruit harvest at an orchard or fruit farm. Were you surprised at how any of the fruit grew or how much/little one bush or tree produced?
- ⬠ Find abundance in your own home and put aside surplus food to donate to a local food bank or charity.

Why?

Mabon is a time for rest after the hard task of the grain harvest at Lammas. It's a time to give thanks to the sun for a bountiful crop and a moment to enjoy the abundance of fruit and vegetables and reap what you have sown.

- ⬠ Appreciate your harvest and make it last through the winter months by turning your fruits and vegetables in to chutneys, jams and preserves.
- ⬠ Bake some seasonal jam tarts.



Games

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- ⬠ The Autumn Equinox is the point from which darkness begins to defeat the light. Play a game of tag in the dark, with torches.

How?

Each player has a torch apart from the player who is 'on'. Players move around trying to avoid being tagged by the player who is on. Once tagged, players must turn off their torch until another player 'recharges' them. Players can recharge each other by shining their torch on the person who has been tagged and running a ring around them. The player who had been tagged can now turn their torch back on. The aim of the game is for the person who is on to turn off as many lights as they can in a set amount of time.

- ⬠ Play a game of corners using our Moon Phases resource.
- ⬠ How long can you hold your balance for? At the equinox day and night are equal and balanced. Challenge yourself to balance on different surfaces or at different times of day and see how your balance is affected.
- ⬠ Create your own Mabon balance beam using masking tape on the ground to spell out the letters. Can you balance along the length of your beam?
- ⬠ Play *Duck, Duck, Goose* but replace the words with "Day, Night, Equinox".
- ⬠ Apples are the symbol of the Fruit Harvest. Try apple bobbing and test your skills, grabbing apples floating in a bucket of water.
- ⬠ Create a group gratitude list in a fun twist on a drawing game.

Why/How?

Mabon is a time for reflecting on the fruits of the harvest and giving thanks for the abundance of nature. Reflect on things in your own life and create a gratitude list. Using a piece of plain paper, the first person writes something they are grateful for then folds it over so it can't be seen. The process repeats until everyone has taken a turn. The list is then read out in a random order to reveal what you're thankful for. For added challenge, introduce additional pieces of paper and try not to repeat your gratitudes.

- ⬠ Fill your cornucopia and name as many fruits and vegetables as you can in 60 seconds. For added challenge try listing them as an A-Z list!
- ⬠ Head off on an Autumn Equinox scavenger hunt and find signs of the season, i.e. red leaves, fruits for foraging, falling seeds, etc.
- ⬠ Compete to balance a set of old-style scales. Can you find/gather items and match the weights to balance the scales?



Other

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-  Create a Mabon altar with produce, apples, pears, damsons, sloes, blackberries and other seasonal fruits.
-  Decorate your home or meeting place with seasonal fruits and vegetables.
-  Go on a walk and gather a harvest from nature.
-  Complete a deep clean of your home/meeting place and rid yourself of unwanted/unnecessary things in preparation for hibernation.
-  Plant tree seeds or bulbs in preparation for Spring.
-  Visit an orchard and discover how to identify different fruit trees. Create a fun and interactive guide for others.
-  Attend a public Mabon event or celebration near you.
-  Take part in a drum circle at Mabon/Autumn Equinox celebrations.
-  Mabon has not always been named as such. Find out how and why it got its name and when the name was applied to the centuries old Equinox festivities.
-  Visit a local farm and see the harvest in action. Which crops are grown and how does their planting cycle work?
-  Stay up and see the Harvest Moon.
-  Plan a harvest party and gather with friends and family to celebrate the Autumn Equinox. Why not make some seasonal treats or share your foraged fruits?
-  Create some natural community art, together with others in your local area, using fallen leaves, fruits and seeds.
-  The Autumn Equinox is a time to reflect on your hopes and aspirations from Ostara and see how they have manifested. How are your projects coming on? Mabon is a great time to complete projects and clear out before the descent in to winter.
-  Write some poems of thanksgiving for the harvest and your hopes for the coming months.
-  Invite a basket weaver to visit you and see how traditional baskets are made.

Adventure Complete?

Reward your young adventurers with their Mabon 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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