

Samhuinn at home for Family Samhuinn

By Marsha

For this magical season of a journey from summer to autumn and to winter, here are some things to get up to in the outdoors!

Joy through play and Summery fun

Making mandalas - take a walk through your local woodland park and look for the vibrant colours of the turning leaves, the reds, the golds, the gingers and the yellows, the burgandies and the oranges...

Then find yourself a wee spot on the earthy leafy carpeted ground and trace out a wee pattern with a stick - it could be a heart shape, a swirl or spiral, or it could be a circle with various partitions... An example might be a circle that is partitioned into the four elements of fire, water, air, earth which then get filled with the colourful leaves and acorn fruits you find around you on the woodland floor.... The earthy carpet is yours to play with..



Dancing, singing and drumming - have a go at making some music with the simple beat of a wee drum or a sing song, and why not have a dance whilst you are at it....on a windy day you can watch the leaves dance and follow their movements too!

What does autumn feel like? Can you make a song about it? Or a dance to it? Put some music on and swing yourself through some lovely crunchy autumn leaves, watching them dance as your feet send them drifting through the sweet air.

Listening for the Cailleach's coming, the Winter King's growing in strength

Sensory walks - nature connection

Take a few walks over the next few weeks through your local woodland -

- what do you **see** that is changing around you?
- using your senses of **smell** what notes of earth, of mushroom, of decomposing leaf can you smell? ;)
- as you walk what manner of stick, and leaf and fruit can you **find**?
- what types of **touch** such as texture and softness can you notice?
- what nature of **warmth** does your skin **feel** from the slanting golden rays of the autumn sun?
- what crunch crunch can your ear **hear** from your feet on the leaf strewn floor?
- what does it **feel** like for your booted feet to **step on** the crunchy crinkly autumn leaves?



Making things from nature's gifts - welcoming the autumn

Plenty of arty fun materials wait to be found on the woodland floor!

- Look for sticks, leaves, feathers, chestnuts, driftwood, acorns, beech nuts and shells, stones and pebbles

Try making one of the following -

- a wee mobile with some of these objects and some string
- a dream catcher
- a simple lantern with four and four sticks, some thread/tape and some autumn leaves glued to tissue paper as the panels

Making something meaningful for you and others can be fun and super useful!



From butterflies to marshmallows

On your wintery walks there are new things to notice....

- who can you notice hibernating during the winter?
- what animals change the colour of their fur or feather?
- what animals fly away to a warmer place?
- and what do you do to stay warm and cosy in the winter time?

As the Winter King arrives and the winds get chilly,

As the days shorten in light and twilight comes early

So the land and the animals cosy up into their soft, warm lairs

And the Cailleach returns to look after all us fairies

It is a time to listen by a cosy fire, to roast chestnuts, to tell stories, to drink hot chocolate and crraft :D

