




HALLOWEEN



Way back before Halloween was commercialised as doorknocking for lollies, it was a pagan (non religious) celebration held at the end of the harvest season on October 31st. It dates back over 2000 years to the Celtic festival of Samhain.

Find out about the origins of Halloween and the activities we now enjoy.

Learn about halloween and EARN A BADGE too

-  Choose a selection of challenges to complete to learn about halloween
-  Explore the ready-made resources; download and print
-  Order your badges

CHALLENGE OPTIONS

- ☐ Find out about the Day of the Dead celebrations in Mexico
- ☐ Find out all about the Trick or Treat for UNICEF program
- ☐ *Samhainophobia* is the fear of Halloween. Make a list of your own fears and the strategies you can use for coping with those fears.
- ☐ About 20 million Halloween cards are sent each year. Be creative and make a Halloween card to give away.
- ☐ Make some shadow puppets or sock puppets and perform your own Halloween story
- ☐ Plan and run your own Halloween activity. You could include glow sticks, Halloween minute to win it games, decorations, craft items
- ☐ It is very uncommon for there to be a full moon at Halloween. Observe and draw the different phases of the moon over a month.
- ☐ Work with your friends to make a list of stories or movies that include spooky characters such as witches and ghosts
- ☐ Work with your friends to make a list of stories or movies that include a witch
- ☐ Write your own spooky story. You may like to act it out and record it on video to share with your friends
- ☐ Learn to make simulated wounds then demonstrate the correct first aid treatment for those injuries
- ☐ Find out about the Celtic festival of Samhain, or other pagan festivals.

ORDER DETAILS

Online order at:
ineedthatbadge.com/badges
**Themed ready-made resources
available to download and print**



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Halloween History

- The original Celtic festival of Samhain included a communal bonfire and people would take a flame from this fire to relight the hearth in the home. Learn to lay and light your own fire.
- The Celts were superstitious people who believed that on 31 October the spirits of the dead roam freely and could more easily enter our world. They took care not to offend the spirits and attempted to ward them off. Make an item you think might ward off the spirits or provide protection. Perhaps a scarecrow or good luck charm
- Make your own worry doll or dreamcatcher.
- As far back as the 16th century, people were known to follow the custom of 'mummy' or 'guising' so as not to be recognised by any vengeful spirits. Use whatever materials you like to create your own Halloween costume or disguise.
- Find out about the story of Jack Stringy
- Festivities originally included rituals and games to foretell future. Find out about current methods of future-telling such fortune cookies, palm reading, tea reading etc
- As Christianity became a dominant world religion, the Church moved the Christian holiday of "All Saint's Day" to November 1st so that the date previously celebrated as Samhain became All Hallows' Eve (later called Halloween). Find out about some Christian celebrations at this time:
 - □ All Hallows' Eve on 31 October
 - □ All Saints' Day or All Hallowmas Day on 1 November
 - □ All Souls' Day on 2 November
- Allhallowtide (Hallowtide, Allsaintstide, Hallowmas season) is collectively the 3 days of the Christian liturgical celebration and is a time for honouring saints and martyrs and praying for the recently departed.
 - □ Research the life of a Saint and share your findings with your friends
 - □ Attend an All Saints' Day service or All Souls' Day service at a church
 - □ Create a display of photos or make a list of memories to help you remember the good times you spent with somebody special who has passed
 - □ Find out about a famous martyr



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Halloween Characters, Movies and Books

Vampires □ learn and practice first aid treatment for puncture wounds

Cauldrons □ make your own potion (perhaps handscrub, lip balm, honeycomb, potpourri)

Black cats □ make a list of superstitions surrounding black cats

Herbs □ find out which herbs have healing properties and have a go at growing them

Mummies

□ Play the mummy relay game and wrap a friend in toilet paper to look like a mummy

□ Find out about a well-known mummy and share your findings with your friends

Jack o Lanterns

□ make your own recipe using pumpkins, such as pumpkin soup, pumpkin scones etc

□ plant some pumpkin seeds and watch them grow

□ make a paper lantern

Ghosts

□ make up your own spooky ghost story and share it with your friends

□ use marshmallows to make your own Marshmallow Man

Witches and Wizards

□ make your own wand

□ create a set of Harry Potter trivia questions and play with your friends

□ make your own Hedwig from a pine cone (Harry Potter character)

□ make and decorate your own gingerbread house (Hansel and Gretel)

□ learn how to lay a trail using tracking symbols for friends to follow (Hansel and Gretel)

□ find out about basic bush survival skills and what to do if you get lost (Hansel and Gretel)

Spiders

□ learn and demonstrate the correct first aid treatment for spider bites

□ learn about the spiders local to your area

□ find out how a spider spins their web and try to take a photo of a web

□ create your own spiderweb using any materials you find at home

□ find out about Arachnophobia

Skulls

□ Learn how to correctly look after your teeth. Keep a "teeth cleaning chart" for a week.

□ Find out some interesting facts about teeth (for example, how many first teeth you have, why you get a second set of teeth, what people used before toothpaste was invented)

□ Find out about wisdom teeth and share your knowledge



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Skeletons

- ☐ investigate foods that can help keep your bones strong and healthy
- ☐ learn and demonstrate first aid treatment for broken bones
- ☐ make and decorate a Gingerbread Man to look like a skeleton
- ☐ use cotton buds to recreate a human skeleton
- ☐ learn the correct way to roll an unconscious person into the recovery position to avoid back injury
- ☐ learn the importance of lifting correctly and demonstrate correct technique
- ☐ find out why Vitamin D is so important for our body and how to make sure you are getting enough



Food

- ☐ The first pumpkin lanterns were actually made from turnips or potatoes. Create your own lantern using whatever vegetable you prefer.
- ☐ *'Trick or Treating'* may have evolved from the Samhain traditions of leaving offerings of treats and food to appease the mischievous spirits. Make a food treat to give to somebody else.
- ☐ *'Trick or Treating'* may have evolved to the All Souls' Day tradition of 'souling', going door to door, offering prayers for the dead in exchange for food or money. Bake some soul cakes to share with your family or friends.
- ☐ Try the modern-day Irish tradition of baking barmbrack (fruitcake)
- ☐ Make yourself a spider drink
- ☐ Many Western Christian denominations avoid meat on All Hallows' Eve. Help make a vegetarian meal for your family.
- ☐ *Many Halloween traditions are linked to foods that were harvested at the time of Halloween.*

Try

- ☐ bobbing for apples
 - ☐ eating apples on strings
 - ☐ making toffee apples
- ☐ Using Halloween as your theme, create a three course meal for you family and decorate the table appropriately

