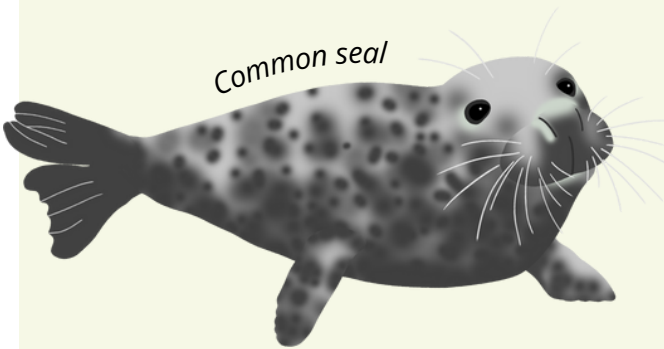


SCOTTISH FOLKLORE AND MYTHOLOGY IN NATURE



Scotland is rich with stories. Learn about a few of these enchanting legends of nature, and have a think about what magic there is in nature near you!

Common seal



SELKIES

Known as seal people, selkies are mythological beings that shift from seals in water to humans on land by shedding their skin. According to legend, their hauntingly beautiful songs captivate all who hear them.

ROWAN TREES FOR PROTECTION

The rowan tree is steeped in mythology and commonly planted at doorways as protection against unwanted enchantments. The ancient Druids (spiritual leaders of early Celtic religion) considered it a sacred tree, using its wood in rituals and ceremonies.



DANDELIONS

In Celtic folklore, these joyful flowers were seen as a symbol of the sun. Blowing dandelion seed heads was a way to tell time and catching one was thought to bring luck and grant a wish.

'TELL THE BEES'

In Celtic mythology, bees were seen as messengers between our world and the spirit realm. To keep the spirits informed, people would 'tell the bees,' trusting them to carry the news to those who had passed on.





If you enjoyed reading some stories from Scottish folklore and mythology, here is a creative activity that calls on your imagination, inspiration from nature and maybe a cosy mug (or two) of your favourite hot drink!



NOTEBOOK PROMPTS

- 1 Imagine you're taking a walk in a woodland or local park, you pause and listen... If the rustling leaves had a voice, what story would they share with you?
- 2 Think about a wild creature you've seen recently, like a squirrel, bird, or butterfly. What if it had a secret life full of magic? What kind of story would it be living?
- 3 Look up at any trees around you. Gently place a hand on the trunk of a tree and consider the people, wildlife and surrounding landscape that has come before you.
- 4 Take a look out your window and look for a bird soaring in the sky. Where has it been, where is it going and what has it seen on its journey?
- 5 Consider the sounds of nature you might hear from your home, like the wind or rain. What message might they be trying to share with you?



WRITE YOUR OWN STORY

Is there an idea you've had that's made you feel excited? Here are a few storytelling tips to help turn your reflections and notebook ideas into a folklore-inspired story.

1. Characters are essential in a story. This might be the North Sea wind or a sycamore seed on a journey. Typically a central character known as the protagonist drives the plot.
2. Stories generally consist of three main sections: beginning, middle, and ending.
3. Challenge and conflict play significant roles in creating engaging stories, as they add depth and tension.
4. The resolution and ending are crucial elements that help ensure the message of your story is effectively conveyed.