

WICCA 101

During the month of October, people all around the country enjoy dressing up and celebrating Halloween. Halloween has a rich history based on centuries of traditions from many different religious backgrounds. This month we will be taking a closer look at the Wiccan religion; a practice that honors people's connection to the earth, spirits and surrounding us.

Wicca is often misunderstood and misrepresented by the media. It is technically classified as a pagan religion, however many practitioners do not label themselves as pagan. Wicca is a duo-theistic religion (different from a monotheistic religion such as Christianity or Islam). This means that there are two gods worshiped as "heads" of the religion.



One of the most important aspects of Wicca is the relationship between self and nature. In the mental health field, we often use the term "grounding skill" in reference to a small ritual or activity that reconnects the body and brain to help calm and regulate the nervous system. Wiccan practices of spending time outdoors and utilizing mindfulness are small ways you can incorporate this religion into your daily routine.

Educational resources on next page.

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continued:

Education resources:

<https://youtu.be/QP7Xk5BbYPA?si=Sb4ndPN3q404ZNOU> (3:38 minute video)

This video is from Hanah the Suburban Witch on YouTube. In the video she reads a pagan children's story.

<https://www.youtube.com/watch?v=JZBLOR5C-Dk> (13:21 minute video)

This video is from Tony4You, a channel that explores the history of different religions. It utilizes humor to tell the story of Wicca and how it has evolved over the years

https://youtu.be/3Bm3pt2E_yI?si=R7XbtYRKpNcl_jOz (3:38 minute video)

Connecting to nature is an important aspect of the Wiccan religion. In this video, Sanford Smith with Penn State Extension gives tips and tricks on how to connect children with the great outdoors.

<https://spells8.com/lessons/what-is-wicca/#wicca-101> (Explore at your own pace)

This website has plenty of resources and information for those looking to explore the practice and those who are already engaged in the religion.

<https://www.pbssocal.org/shows/untamed/episodes/reconnecting-with-nature>

This PBS special goes into the importance of connection with nature.



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