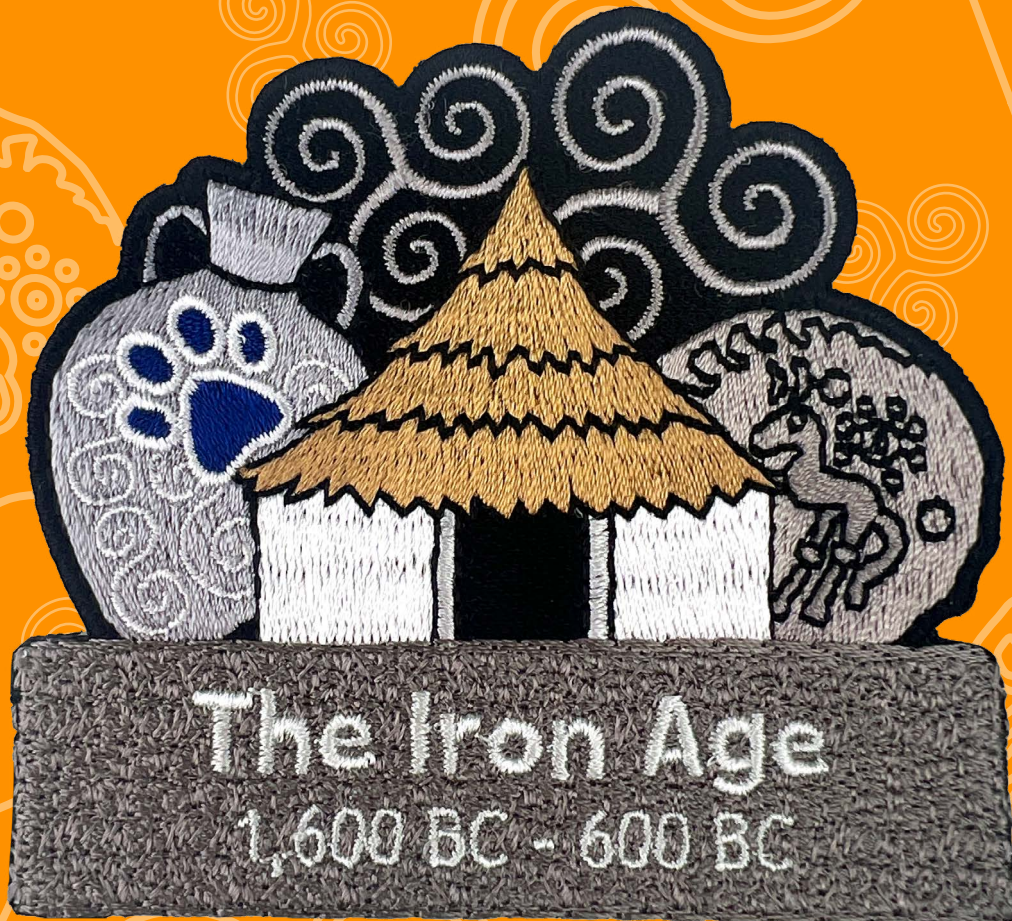


# Iron Age Challenge



## **Iron, fire and roundhouses...**

Journey back to a time where people lived in hillforts, cooked over hearths and made the earliest coins.

For even more programme ideas check out our 'Iron Age' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://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!



@pawprintfamily



@pawprint\_family

# PAWPRINT BADGES

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**[www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)**





# Craft

**PAWPRINT  
BADGES**

- 🌀 Make your own 3D model roundhouse.

## What?

People in the Iron Age lived in roundhouses which were made from wood, mud and straw. These houses only had one room and were located in hill forts which helped to protect them from enemy attack.

- 🌀 The Celts spread across Europe during the time of the Iron Age. Design and make your own Celtic shield.
- 🌀 People of the Iron Age used to grow their own crops to make food. Craft some plant labels and have a go at growing your own food fruits and vegetables.
- 🌀 Iron Age farmers kept animals such as geese, goats, pigs, cows and sheep. Choose your favourite farm animal and make a mask using craft materials.

## Did you know?

People in Britain learned how to use iron in around 800BC. Iron was much stronger than the bronze they were using before, so it made farming tools better and helped farmers work more easily.

- 🌀 Craft some weapons and armour using cardboard and aluminum foil.
- 🌀 Draw a picture of the famous Celtic queen of the Iceni tribe, Boudica.
- 🌀 Use a potter's wheel and make a clay pot.

## Why?

Near the end of the Iron Age, British people began using potter's wheels to make pots in all different shapes and sizes.

- 🌀 Celtic art was popular with many people during the Iron Age, which included decorating items with swirly patterns. They often designed animals or plants. Create some of your own Celtic inspired art. Make sure to tag us in your creations on social media!
- 🌀 Design your own Iron Age coin using the free resource on our website.
- 🌀 During the Iron Age, people lived in groups called clans. These clans were part of larger tribes which were led by warrior kings. Design your own clan flag or tribal banner.



# Food

**PAWPRINT  
BADGES**

- 🌀 Cattle were used for milk and cheese during the Iron Age. Try a recipe that uses one or both of these ingredients.
- 🌀 Bake your own shortbread biscuit tools such as swords and spears. Why not spray your tools with edible silver glitter to make them look like real iron?
- 🌀 Enjoy a bowl of porridge topped with honey for breakfast.

## Why?

Oats (along with barley and wheat) were essential crops grown by Iron Age farmers. It is said that people often enjoyed porridge made from these grains. Since sugar didn't exist yet, honey was a natural sweetener and could be used in meals such as porridge.

- 🌀 Research what a rotary quern did to grains. What kind of foods could be made from using the tool?
- 🌀 People used wooden fences to mark the boundaries of their fields. Fix up an edible fence using pretzel sticks and icing.
- 🌀 Make some edible jewellery to look like Iron Age jewellery.

## Did you know?

The largest hill fort in the UK is called Maiden Castle (as big as 50 football pitches). It was dug by hand and was a safe place for people of the Iron Age to sell crops, pots, weapons and jewellery.

- 🌀 The Celts farmed root vegetables such as carrots, parsnips and onions. Make a carrot and parsnip soup.
- 🌀 Roundhouses contained a central fire that was used to cook food and boil water. Have a go at cooking food on an outdoor fire pit.
- 🌀 Many people during the Iron Age followed the Celtic way of life which included feasting as an important part of their culture. Organise a feast of your favourite foods and invite your family or friends to join. You could decorate your table with Celtic-style designs and eat by candlelight to create an Iron Age atmosphere.
- 🌀 During the Iron Age, people didn't shop in supermarkets like we do today - they gathered food from nature. Plan and create your own Foraging Feast using foods that Iron Age people might have gathered whilst out foraging. This could include apples, berries, nuts, herbs and edible mushrooms.



# Games

**PAWPRINT  
BADGES**

- 🌀 Coins were first invented in the Iron Age. They were made from gold, silver and bronze and looked very different to the coins we use today. Take part in a treasure hunt to find as many hidden chocolate coins as you can.
- 🌀 Men and boys had to be prepared to defend their people from attacks at any time. Test your own agility and strength by taking part in a battle training obstacle course. Take it in turns to jump over hedges (blankets), jump over logs (pool noodles) and throw spears (foam javelins or sticks).
- 🌀 Put together a Iron Age themed quiz.
- 🌀 People in the Iron Age are thought to have played board games to pass the time. Archaeologists have even discovered glass playing pieces in ancient burial sites. Play a board game of your choice with friends or family. Just maybe skip the glass pieces... Safety first!
- 🌀 Complete a mini tribe Olympics.

## Why?

Celts who settled in England during the Iron Age were split into different tribes, including the Gaels, Gauls, Britons, Irish and Galatians. Hold your own mini Olympics where players are split into tribes that compete against each other. Why not go all out and make tribe flags, chants, face paints, dances and uniforms to complete your tribe vibe?

- 🌀 Make your own Iron Age Top Trump cards featuring Iron Age weapons, tools, animals, or people, and battle it out with stats.
- 🌀 Many people during the Iron Age were skilled farmers. Play Farmer, Farmer.

## How?

One person is on, they stand in the centre. Everyone else lines up at one end of the room and repeats the rhyme, "Farmer, Farmer, may we join your golden river," the person who is in the middle then says "Yes, but only if you're wearing....." and says a colour. The aim of the game is then for those who are wearing that colour to get to the other end of the room without being tug. Once tug you must join the middle. Continue until one person is left, they are the winner!

- 🌀 During the Iron Age, music played an important part in the Celts' way of life as they spread across Europe. Play a game of Musical Statues, Musical Chairs, or Musical Bumps, and enjoy dancing around like the Celts might have danced to lively tunes long ago. You could even make your own simple instruments like shakers or drums to bring the music to life.



# Other

**PAWPRINT**  
**BADGES**

- Visit the statue of Boudica and her daughters riding a chariot drawn by two horses on Westminster Bridge, London.
- Spend the day exploring Maiden Castle in Dorset. This site is one of the most complex Iron Age hillforts in Europe.

## Did you know?

There are thousands of hill forts still standing across Britain. Find out where they are located and label them on a map.

- Learn more about the Iron Age by visiting Chiltern Open Air Museum where guests can take part in a number of workshops including experiencing what Iron Age life was like, having a go at a archaeological dig and even seeing an Iron Age roundhouse replica. For more information on this trip, be sure to visit: <https://www.coam.org.uk/iron-age-day-schools>.
- The potters wheel, rotary quern and pole lathe were all tools used in the Iron Age. Can you find out what other tools were commonly used at that time and what their purposes were?
- The Iron Age came after the Bronze Age. Find out the main differences between these two periods. Don't forget to check out our other challenges exploring the Stone Age and Ice Age!

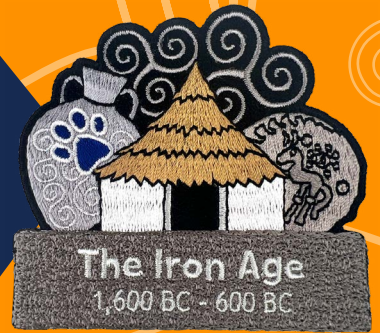
## Here's an idea!

Why not start a debate with family or friends about which age you would have rather lived in?

- Watch a video on how iron is extracted.
- Salt was a valuable resource in the Iron Age. Research how salt is made.
- Chariots were used in warfare and ceremonies during the Iron Age. Listen to the song 'Chariots of Fire' from the 1981 film soundtrack of the same name. Why not have an Iron Age inspired battle whilst the music plays?
- People in the Iron Age often used herbs to treat illnesses and injuries. Take part in some of your own research to find out what kinds of health problems different herbs were used to treat.
- Many people at this time were highly skilled in blacksmithing. Visit a blacksmith forge that's local to you.

# Adventure Complete?

Reward your young adventurers with their Iron Age 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

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