

# Vikings Challenge



**Ready to become a navigator and sail the seas?**

The word 'Viking' literally translates as 'pirate raid' in the Old Norse language but there's so much more to discover about these not-so-violent invaders!

For even more programme ideas check out our 'Viking' 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!



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# PAWPRINT BADGES

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






# Craft

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-  Make your own compass to navigate with.
-  Paint your own set of runes; use our Rune Pairs resource to help you.







## What?

Runes are the letters which were used by the Viking people. The basic alphabet contains 16 letters shortened from a longer version of 24 letters. Bills, accounts and love messages were written in runes on sticks while every day objects would have their owner's name written on them in runes. Vikings also celebrated bravery in battle and erected memorial stones carved with pictures and runes.

-  Viking people used walnut shells to dye cloth; have a go at natural dyeing and see what colours you can achieve.
-  Vikings are most commonly known as voyagers who built vast ships and long boats. Build a boat that can float you or build a boat for a toy/teddy.
-  Build a piece of flat pack furniture or up-cycle an old piece.

## Why?

The Vikings originated from Scandinavia (Denmark, Norway and Sweden) and Sweden is the home of IKEA, the world renowned furniture store. The average IKEA store is 300,000 square feet which is equivalent to 42 tennis courts but the world's largest store is in Stockholm and covers 594,000 square feet.





-  Make something from clay. Loki was a god who, in Norse mythology, had the ability to shape shift. Make clay shape shift and create a useful item.
-  Vikings lived in longhouses made from woven branches and clay with roofs of turf. Build a bug house using these methods.
-  Make your own jewellery; Vikings wore jewellery to show off their wealth and status. Jewellery was made from bronze, pewter, bones or silver and gold.
-  Whalebones and walrus ivory were traded and used for carving. Have a go at carving wood or stone or creating a carved design to print in lino.
-  Famously fierce warriors, the Vikings used wooden shields to protect themselves from arrows or blows from axes and swords. Design your own shield using our free resource.
-  Viking women were responsible for making clothes for their family. Have a go at making something wearable.













# Food

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-  Cured and smoked meats were popular as the processes helped preserve the food. Have a go at creating your own smoked or cured meats.
-  Viking people ate 2 meals per day; one mid morning and the other in the evening. Try a day with just 2 meals.
-  Porridge, bread and dairy products were common for the first meal of the day; make your own porridge and try it with different flavourings.
-  Fruits and berries were collected and eaten. Go foraging and make your own jam using your finds.

## Remember!

Not everything you forage is safe to eat so be sure to check first. Ask an expert if you're at all unsure. Alternatively visit a fruit picking farm for your fruit.

-  Originating from Scandinavia (with more than 150,000km/70,000miles of coastline) it's no surprise that the Vikings enjoyed eating fish. Try different kinds of fish and compare the taste.
-  Learn to gut, prepare and fillet a fish, you can count this towards your Castaway Adventures badge too. Ask your local fishmonger for help.
-  Caraway, mustard, horseradish, dill, coriander and wild celery were all grown and used in Viking cooking. Have a go at growing your own and/or taste them. What do you think of the flavours?
-  Hens were kept by families for their eggs, make a recipe using eggs.
-  Beef, mutton and pork bones have all been found in Viking settlements in York...Rather ironic as the invasion of York in 866AD was led by Ivar The Boneless! Have a go at cooking with one of these meats.
-  Though they have a fierce reputation as warriors and pirates, the Vikings were mainly a peaceful bunch who farmed the land and were great craftsmen. Discover what crops/animals are farmed where you live.
-  In the home, food was cooked over a fire in cauldrons made from iron or soapstone. Build a campfire and have a go at cooking using it, there are plenty of ideas in the Campfire Challenge pack.
-  Brawn and trotters were popular, find out what they are and investigate zero-waste cooking and the use of offal.



# Games

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 Have a game of pairs using our Rune Pairs resource.

 Play Viking horn hoopla.

What?

We've all seen the Viking horned helmets! Make one or use a bought one for a game of hoopla. HOWEVER, there isn't actually any evidence that Viking helmets had horns. The stereotypical image we know today originated in the 1800s when artists included the headgear in their portrayals and when Wagner staged his "Der Ring des Nibelungen" opera in the 1870s with horned helmet costumes, the stereotype was cemented!

 Follow a course using compass directions. Vikings were excellent navigators.


 Odin was the Viking god of wisdom. Test your own wisdom and knowledge of the Vikings with a quiz, there's a great one online at: [www.dkfindout.com/uk/history/vikings/](http://www.dkfindout.com/uk/history/vikings/)

 Go berserk in a water bomb war!

Why?


Berserk comes from Old Norse berserkr, which combines ber- ("bear") and serkr ("shirt"). According to Norse legend, berserkr were warriors who worked themselves into such frenzies during combat that they became immune to the effects of steel and fire.

 Raid, plunder and trade in a Viking trading game of your own invention.

 The hammer of Thor is associated with strength, try your strength with a strongman/high striker game...Can you make the bell ring?

 Keys were a symbol of responsibility and were given to the women of the home who kept the family's valuables locked away. Play a game and race to unlock a series of boxes.

 Tug of war was a popular past time, test your strength and have a go.

 Vikings were great travellers and voyaged to Iceland, Greenland, the Americas, Europe and Russia. Play a game of corners using some of these countries and find out more about where Vikings invaded and settled.

 Kubb/Viking Chess can still be bought today. Have a game of your own.

 Tafl/Hnefatafl are ancient Nordic strategy games, find out how they're played and have a game or two.



# Other

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 Listen to Wagner's *Ride Of The Valkyries*.


Why?


In Norse mythology, a valkyrie (meaning "chooser of the slain") is a female figure who chooses those who may die in battle and those who may live.

 Learn to sail and navigate using the stars.

 York has a rich Viking history, visit the city and complete the York Pawprint Trail while you're there. Why not read *Alfie and the Minster Ghosts of York* too!


 Vikings didn't actually call themselves Vikings, they used the term 'Norsemen' (North men) or 'Ostmen' (East men). Learn the directions of the compass and practice compass reading.


 The Vikings loved blonde hair and even used ly (a natural hydroxide) to bleach their locks! Dye your own hair using a temporary dye.


 Viking translates as "pirate raid" in Old Norse. Hold a pirate themed evening...Why not complete your Pirate Adventures badge too?

 Have a bonfire/campfire. Vikings were buried on boats with their belongings...and then set on fire as their boat set sail!


 Viking warriors were handy with a bow and arrow; try your hand at archery.

 The characters in the *How to Train Your Dragon* films are Vikings. Watch one/ all of the films or read one of Cressida Cowell's books of the same name which the films are based on.

 The last Viking King of York (Jorvik) was called Eric Bloodaxe in 954, create your own fearsome Viking name.

 Vikings fought with axes. Learn how to safely use an axe to prepare and cut firewood.

 The first Vikings attacked the Isle of Portland (in Dorset) in 787 and the final defeat was at the Battle of Hastings in 1066. Create a Viking timeline to show when they arrived in Britain and who ruled, where and when.

 We found out about berserk being used in today's language (check back to Games if you missed it!) but there are plenty of other words that we get from the Vikings, discover some for yourself.

## Adventure Complete?

Reward your young adventurers with their Vikings 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!



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