

Anglo-Saxons Challenge



Wooden huts, weaving, and preparing warriors for war

The Anglo-Saxons immigrated from Northern Germany and Southern Scandinavia to England, where they were defeated in the Battle of Hastings.

For even more programme ideas check out our 'Anglo-Saxons' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
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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HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11	+					
Age 11 - 14	+					
Age 14 - 18	+					
Age 18+	+					

Leaders, Teachers & Parents
Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

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Craft

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-  Design or make an Anglo-Saxon helmet. If you're making a 3D helmet, why not make it out of recyclable cardboard and cover it in tin foil?
-  Create your own jewellery. The Anglo-Saxon people were great craft makers, often making their own jewellery, toys and musical instruments.
-  Have a go at weaving or spinning thread on a wooden spindle.





Why?

During the Anglo-Saxon era, textiles were made from sheep's wool and linen from flax. Some silk was also imported. However, it was not until the fifth and sixth centuries that Anglo-Saxon women began spinning and weaving. The weaving industry in Anglo-Saxon England was huge!

-  Anglo-Saxon children played with toys such as rag dolls and carved wooden toys. Sew together your own rag doll using spare pieces of material you have around your home.
-  Draw an picture of what you think preparing for the Battle of Hastings would've looked like in an Anglo-Saxons village. Will you draw warriors putting their armour on? Women sewing battle outfits together? A feast for the warriors to eat before battle, to give them more strength?
-  Try your hand at pottery.

Why?

In Anglo-Saxon villages, the potter would dig up clay from the ground and make ceramic pots by coiling clay into pot-shapes and smoothing their surfaces on a basic pottery turntable. The pots were baked by covering them over in an ash pit before the kiln was created.

-  The Anglo-Saxons lived in wooden huts that were just one big room, where families ate, spent time together and slept. Construct a miniature wooden hut out of sticks. Use string to hold your hut together or build it in the mud to stop it from toppling over.
-  Create a song about Anglo-Saxon warriors going to battle!
-  Make your own brooch. The Anglo-Saxons were great metalworkers and were praised for their detailed art. They often wore neatly crafted brooches.
-  After a feast, a harp was played by a minstrel to entertain guests. Make your own harp with rubber bands and cardboard boxes.



Food

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Make a non-alcoholic mead.



Mix up an edible potion with ingredients of your choice.

Why?

The Anglo-Saxons believed that many things would protect them from evil spirits, such as stones, rhymes and even potions!



As meat was often only available to wealthy Saxons, many people were vegetarians. Cook a tasty vegetarian dish of your choice.



Bake bread in a clay oven. Anglo-Saxons baked their breads using this method of cooking.



Freshwater fish was sometimes used in Saxon cuisine, particularly in the diet of those who lived near to the sea. It was a very versatile ingredient because it could be smoked, salted and stored for the winter when other seasonal foods were hard to find. Make a fish dish of your choice.



Milk a cow! Cows were reared by the Anglo-Saxons and used for their milk.



Enjoy a fruit salad. Fruit was plentiful in the summers and Anglo-Saxons often consumed and cooked with cherries, berries and apples. They even transformed some fruits into alcohol!



Visit a flour mill and mill your own flour. Barley and wheat were staples of the Anglo-Saxon diet, and were milled into flour for bread.



Before the Vikings invaded, Anglo-Saxon England was divided into 7 main kingdoms. Bake a cake with 7 different coloured slices that fit together. For an extra challenge, find out what these 7 kingdoms were called.



Look into the different ways you can roast meat. The Anglo-Saxons usually roasted their meat over an open flame in the centre of their roundhouses.



Beer was often enjoyed instead of water. Visit a brewery and find out how beer is made. No drinking for those under the age of 18!



Mead and other drinks were drunk from great goblets and drinking horns! Make or decorate your own goblet or drinking horn.




Taste different grapes and plot their origins on a map. How would the grapes have traveled to England in those times? Wine was often imported from the Mediterranean but only consumed by the wealthy folk.



Games

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 Play with a spinning top. See how long you can keep your top spinning for or compete against a partner. Wooden spinning tops were a toy that Anglo-Saxon children used to play with.


 Solve a riddle.

Why?

Some people believe that the Anglo-Saxons enjoyed playing with words and often amused themselves and others with riddles. Here's one to start you off: Give me a drink, and I will die. Feed me, and I'll get bigger. What am I?

 Play any game you have around your home that uses a dice and counters. The Anglo-Saxons used to play board games using counters and a dice.

 Choose a game from any of the Wheel of the Year challenge packs. The early Anglo-Saxons were pagans, and the Wheel of the Year is a pagan celebration!

 Enjoy a classic running race with a group, friend or family member. Anglo-Saxons enjoyed foot-races because they kept them fit and healthy for hard laborious activities such as tree-felling and farming. Who doesn't love a bit of healthy competition to put your fitness to the test anyway?!


 Have a go at pronouncing these Anglo-Saxon words: Monandæg, Tiwesdæg, Wodnesdæg, Ðunresdæg, Frigedæg, Sæternesdæg, Sunnandæg. Do they remind you of any words that we use?


 Make up your own land names.

How?

The Anglo-Saxons are said to have been a mix of three different tribes that came together to live in Angle-Land (which was eventually known as 'England'). Combine one random word with a location-based word to make up your own land where your tribe would live (e.g. Tree-Place --> Treplace, King-Town --> Kington). Add a random word to these words to start you off:

Place Town Palace City Site Shire Borough








 Anglo-Saxons used runes as their own form of the alphabet. Have a go at translating runes to words in our 'Re-word the Runes' resource. Download this resource and print it for free from our website.

 On the topic of runes, create your own rune alphabet with imaginative signs and symbols for each letter. Why not challenge a friend or family member to write their name using your new rune alphabet?



Other

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-  Organise a trip to visit the place King Harold died at Battle Abbey. A stone marker was placed by William the Conqueror to mark where Harold fell.
-  The Anglo-Saxons were good at creating glass objects such as beakers and jars. Have a go at glass blowing at a glass workshop centre.
-  Learn how to play the flute. Did you know? Some Anglo-Saxon graves have been discovered containing musical pipes made from bone that were placed next to their musician.
-  Tell a story to a partner or a group of people. You could read one straight from a story book or make up your own on the spot. Though very few of them could read and write, the Anglo-Saxons loved to tell thrilling stories of brave heroes and their adventures over food in feasting halls.
-  Visit a local farm. Many of the Anglo-Saxons that came over from Germany, Denmark and the Netherlands were farmers.
-  Plan a trip to visit an Anglo-Saxon church near you. The little church of St Laurence in Bradford-on-Avon is one of the best preserved Saxon sites in England. Take a look at all of the Anglo-Saxon churches in Britain here: www.historic-uk.com/HistoryMagazine/DestinationsUK/AngloSaxonSites/#:~:text=Sutton%20Hoo%2C%20near%20Woodbridge%2C%20Suffolk&text=Perhaps%20the%20most%20famous%20of,which%20was%20excavated%20in%201939.
-  Visit West Stow, an Anglo-Saxon village and open-air museum in Suffolk. Here you can see Saxon huts and pottery kilns.
-  Discover more about the gods and goddesses that the Anglo-Saxons believed in.
-  Write your own Anglo-Saxon themed oath. Law and order was maintained in Anglo-Saxon England with the introduction of an oath, taken by all freeman from the age of 12, to avoid any involvement in crimes and report those that were involved in crimes.
-  Find out the difference between a Tithing, a Hundred and a Shire. I wonder if any of the counties we know today were created by the Anglo-Saxons... can you find out which they are?
-  Discover the social system in Anglo-Saxon England. Who was at the top of the social system and who was at the bottom? Why not draw out a ladder with a layer for each class to show a clear picture of the social system?

Adventure Complete?

Reward your young adventurers with their Anglo-Saxons 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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