



Welcome to your Discovery Box

Here you will find an array of exciting activities and fun facts to prepare you for your next unit of study.

Inside this Discovery Box you will find:

- fun facts and information
- craft activities
- puzzles and games.

We hope you find these activities engaging and entertaining, but most of all that they make you **curious** to learn more.

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Have a go at making something similar to a Viking stew

This is easy to make and very tasty. Serves 10–15 people.

Viking stew

Ingredients:

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850 grams stewing beef cut into nice large chunks



Method:

1. Heat oven to 160°C/140°C fan and boil 600ml of water.
2. Put 2 thickly sliced celery sticks, 1 chopped onion and 2 chunkily sliced carrots in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore.
4. Then add 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
5. Gradually stir in 600ml hot water, then tip in 850 grams stewing beef and bring to a gentle simmer.
6. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins–1hr more until the meat is tender and the sauce is thickened.

Fun facts about the Vikings

The Viking age in European history was from about 790_{CE} to 1066. Here are some facts about them:

1. Vikings left their homelands and sailed to England like the Anglo-Saxons had 400 years earlier.
2. They were great travellers and sailed to other parts of Europe, where they traded, raided, and often settled.
3. The Vikings were great traders, who travelled far and wide buying and selling a variety of goods. Some adventurous traders even reached the Arabic city of Baghdad in Mesopotamia.
4. Similar to the Anglo-Saxon pagan beliefs the Vikings worshipped many different gods. The three most important Viking gods were Odin, Thor, and Freya.
5. Ordinary Vikings were buried with their sword or favourite brooch, while the wealthiest men and women were buried in ships to carry them to the next world.
6. Viking women were independent. While men were away exploring new lands, women looked after the farms and households.
7. King Alfred wanted to make peace with the Vikings, and this finally happened when he was victorious at the Battle of Edington!
8. Athelstan was the first king of all England as he recaptured and unified England.



Create your own Viking longship

Many Vikings were great travellers and sailed all over Europe and the Atlantic Ocean in their longships. Their longships could sail in shallow water which meant they could travel up rivers as well as across the sea. Viking longships were used in battle and were long, light, and slender so they could move around quickly.

What you need:

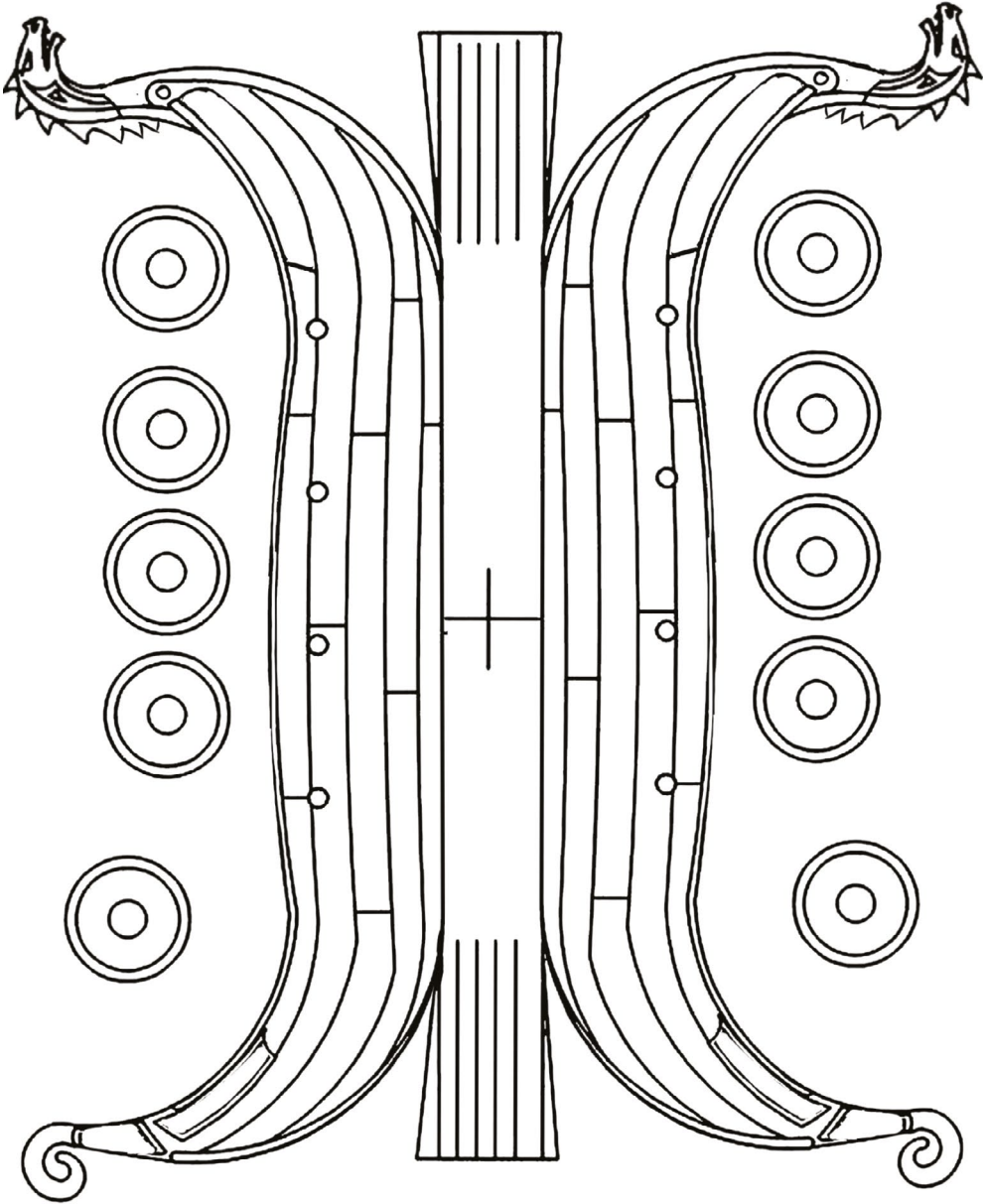
- the template on the following page (you can either cut this out or trace it onto card to make your longship stronger)
- glue, tape, and scissors
- paint, coloured crayons, or felt tips
- a stick or pencil, string, and a piece of fabric (for the mast).



Ancient tradition says that when you raise a mast you must place a coin under it for luck.

Tape a penny to the bottom of the deck under the mast for luck!





Can you solve this word search?



AETHELFLAED

ALFRED

ATHELSTAN

ANGLO-SAXON

BURIAL

DANELAW

DENMARK

GOD

GUTHRUM

LINDISFARNE

LONGHOUSE

LONGSHIP

NORWAY

PAGAN

SCANDINAVIA

SWEDEN

VALHALLA

VIKING

Investigate!

Here is a drawn image of the treasure from a Viking raid. Use the internet to try to find out more about the Silverdale Hoard.



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Design a sword handle

The Vikings were excellent craftspeople. Jewellery makers engraved animal shapes and patterns of interlace (criss-crossing) on the handles of swords.

Can you design and colour a sword handle design?

Here are a couple of examples of patterns of interlace.

