



PORTALS TO THE PAST

Earth Science and History Workshops for Schools and Museums

www.portalstothepast.co.uk

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0800 112 3192

Thank you for booking Portals to the Past.

All the information in these documents is the property of Portals to the Past.
Please do not publish on your school website.

Please find dressing up ideas for making costumes and accessories for your workshop, which can be as simple or adventurous as the children like. We recommend that you show the children the instructions and let them make these costumes at home. The results can be quite amazing.

It would be helpful if any assemblies planned for the day could be cancelled.

Your workshop leader will arrive by 8.00am to set up.

The quiz sheet will be handed to you on arrival. Please photocopy 1 per child.

The school hall and the children's classrooms will be needed in the morning.
Desktops in the classroom will need to be cleared so activities can be set up.

For the afternoon only the school hall will be required.

The order of the presentation can be adjusted to suit your facilities.
Pencils will be required for some activities in the morning.
Any weapons must be made from cardboard or foam.

Memento Viking coins are available for the children at £1 each. Please contact Sue for more information on 0800 112 3192 or e-mail bookings@portalstothepast.co.uk

BOYS' NAMES

Cut out and colour in the Thor's Hammer and put your Viking Name on it.
Make a small hole in the top and thread a piece of string through the top to make a necklace.
Wear it as part of your costume on Viking Day

Thord Berserks Killer	Snorri Wartooth
Eirik Snake in the Eye	Ulf Lousebeard
Finnboggi the Flayer	Grundi Bloodaxe
Gust Skull Splitter	Krabbi Smooth Tongue
Grim Fork Beard	Ivar Paunch Shaker
Barri Arrow Odd	Skuli One Hand
Hogni Flat Nose	Knut Skinflint
Harald Hard Head	Sweyne the Powerful
Tind Battle Wolf	Toki One Eye
Tryfing Hairy Breeks	Vignir Iron Skull
Svip Hot Head	Gothrom the Great
Helgi Kin Fighter	Rolf the Quarreller
Kol the Hunter	Svidi Horse Stealer
Olaf Blue Tooth	Svart Long Legs
Atli Fast Sailor	Frodi the Pale
Franmar Meadseeker	Hamal Hard Mouth



GIRLS' NAMES

Choose a Viking Name from the list below.

Make a Viking Comb from cardboard, decorate it and write your Viking name on it.

Wear it hanging from your belt or brooches.

Gudrid	Sigrlinn	Aslaug
Aesa	Bodvild	Grimhild
Halldis	Sigrid	Aud
Freydis	Swanhild	Ellisif
Edny	Asa	Helga
Kara	Oddrun	Thora
Unn	Hildigunn	Isgerd
Edda	Silksif	Gudrun
Arnora	Bestla	Skjalf
Herbjorg	Groa	Ragnhild
Hekja	Sylgja	Lyngheid
Solvieg	Hallfrid	Yrsa
Tofa	Dagmaer	Sinthrjod



VIKING WARRIORS

Dressing as Viking warriors is easy! Use a brightly coloured adult "T" Shirt as an over-shirt and a normal size T shirt underneath for an undershirt. Your trousers can be baggy or straight-legged. Wear a cloak and a furry hat if you want.

Leg bindings are optional. These are very long lengths of material that are bound around your legs from your ankles to your knees. If you do wear leg bindings, make sure they are secure.

To make realistic chain mail, use old onion bags. Spray them silver. It looks good and weighs much less than the real thing. You can get old onion bags from supermarkets and greengrocers shops. Wear a belt around your waist over the top of your chain mail or over your shirt.



Don't forget to wear your **THOR'S HAMMER** with your Viking name.

VIKING HELMET

To make a Viking Helmet, you will need to measure your head very carefully.

Measure all the way around your head.

Remember to write this measurement down.

Then measure from the middle of your forehead over the top your head and from ear to ear.

Using thin cardboard make a frame or cradle this size.

Line your helmet with foil or thin card.

The "spectacle" is optional, so is the point on the top.

Paint your helmet black or grey.



VIKING SWORDS

In the picture you can see the handles or “hand grips” of four Viking Swords.
They put decoration on everything.



If making your sword from **cardboard**, see if you can make a hand grip like one of these. Please do not make your sword longer than **52cms**.

PLEASE NOTE!!!

Only soft foam swords and swords made from **CARDBOARD** will be allowed. If any of the weapons the children make are made from wood, these will be confiscated.

VIKING SHIELD

You will need a **LARGE** Circle of thick, strong cardboard.

A long strip of strong cardboard. A round yoghurt pot.

Some **long** split pins and some paint.

Sticky tape to cover the split pins.

Paint the yoghurt pot silver or grey.

Cut a hole, slightly smaller than your yoghurt pot in the back of your shield.

Paint your shield in colourful stripes or swirls.

Push the yoghurt pot through the back of the shield to act as a shield boss to protect your hand. Paint silver or grey

Attach the long strip of cardboard across the middle of your shield, over the hole with the yoghurt pot in it, with the split pins.

Cover the ends of the split pins with tape or plaster.



VIKING GIRLS

You will need a long underdress and calf-length pinafore dress.

Your **TORTOISE BROOCHES** are attached to the front of the pinafore dress.

Wear beads between your tortoise brooches. Your **Viking comb** and **girdle hangers** can be worn hanging from your brooches on long lengths of cord. Don't forget to put your Viking name on the comb. Viking women always wore headscarves. They would wear a cloak if it was very cold



The photograph opposite is the actual size of these brooches. Make your **TORTOISE BROOCHES** from oval pieces cardboard.

Decorate with pasta and paint gold or silver.

Stick a safety pin on the back, so you can pin your brooches to your pinafore.



These are girdle hangers, nobody knows whether they were just for decoration or had some practical use.

