



ENGLISH HERITAGE

THE **KidsRule!** GUIDE TO...

# PREHISTORIC ENGLAND



**INTERVIEW**  
with a **REAL-LIFE**  
Stone Age man!



**STONE AGE SELFIE**  
Instant dress-up kit :)

## Prehistoric puzzles & fun!

- ✓ Spot the long barrow
- ✓ Name the ancient site
- ✓ Make yummy biscuits

Meet this Bronze Age family **INSIDE!**

**WHAT'S FOR DINNER?**  
Step inside a prehistoric kitchen

# SECRETS OF STONEHENGE

Prehysterical facts, ancient mysteries solved, aliens!

**INSIDE**

- MEGA POSTER! • QUIZ!
- PRIZES! • GAMES! • LOLS!

AND ME!





# IT'S ALL PREHISTORIC TO ME!

Hello time travellers!  
Are you ready to go  
back, way back, in time?

**This magazine is your guide to prehistoric England** but do you know what prehistory actually means? It's not the time of the dinosaurs but, rather, human history before written records. In Britain this began about 8,000 years ago, when the islands separated from the rest of mainland Europe, and lasted until the Romans arrived nearly 2,000 years ago.

## OH NUTS!

People have been living in Britain for tens of thousands of years. During the early Stone Age, people were hunter-gatherers. They made weapons and tools out of flint and wood (see page 12), using them to hunt, gather berries and nuts, and catch fish (see page 11).

People were always travelling across the sea to Britain and, around 6,000 years ago, the first farmers arrived. Farming allowed people to settle in one place, plant wheat to make bread, and raise sheep and cows for meat, milk and to provide skins for clothes (see page 10)."

More new arrivals, the Beaker people, brought Britain into the Bronze Age, 4,300 years ago. They made

metal tools and weapons from a mix of copper and tin called bronze. This was when the world's most famous prehistoric monument, Stonehenge (see page 6), was completed.

Over the next 1,000 years people laid out fields and built small villages. Then, 2,700 years ago, the Iron Age began when bronze was replaced with easier-to-mould iron. Bigger settlements appeared, with thatched houses built among defensive walls on hills, known as hill forts (see page 14).

**OVER TO YOU**

Would you prefer to have lived in the Stone, Bronze or Iron Age?

### Stonehenge

Turn to page 6 to find out about this humongous prehistoric monument



## Know your age

The dates when everything changed

**9500 BC**

The last ice age ends. It is the start of the Middle Stone Age, the Mesolithic period

**7600 BC**

Britain's oldest known house was built at Howick, Northumberland

**6000 BC**

Sea levels rise and Britain becomes an island. Its habitants are hunter-gatherers

**4000 BC**

The New Stone Age, or Neolithic period. The first farmers arrive in Britain



# CONTENTS



## TRUE OR FALSE?

Which of these statements are fact and which are fiction?

1. People who lived in Iron Age Britain were Celts
2. Prehistoric people hunted dinosaurs
3. Iron Age people often cooked potatoes
4. People in the Iron Age spoke English
5. Stone Age people lived in caves
6. Prehistoric people celebrated Halloween
7. Stonehenge was built by aliens
8. Ancient Britons practised human sacrifice

ANSWERS: 1. True! Iron Age people are often called Celts. 2. False! People didn't live alongside dinosaurs. 3. False! Potatoes were brought to Britain in 1588. 4. False! Prehistoric people didn't speak English. 5. False (sort of)! Some people lived in caves, but not all. 6. False! Halloween was not celebrated in prehistoric Britain. 7. False! Stonehenge wasn't built by aliens. 8. True! A few people seem to have been sacrificed but it wasn't a widespread practice.

# WIN

## A COOL GOODY BAG!

Make a mini henge and send us a photo!

We've got a goodybag worth £100 to give away to the reader who makes the best mini Stonehenge. This can be out of stones, painted card, gingerbread – anything you want! To enter, email a photo of your creation to [membersmagazine@immediate.co.uk](mailto:membersmagazine@immediate.co.uk)



**LOL!**  
What came after the Stone Age and Bronze Age?  
**The sausage!**

**Terms and conditions** The closing date and time for entries is midnight on Wednesday 10 May 2017. The promoter is English Heritage. If you are under 13 you need permission from your parent/guardian before you can enter the competition. One winner will receive an English Heritage goody bag worth £100. For full terms and conditions, go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids).

**4 A day at Grimspound**  
Meet a Bronze Age family

**6 Secrets of Stonehenge**  
The mysteries of this ancient site

**8 Prehistoric poster**  
Start making your mega timeline!

**10 Quiz**  
Could you survive in the Stone Age?

**11 What's for dinner?**  
Step inside a prehistoric kitchen

**12 Grime's Graves guide**  
Explore this Neolithic flint mine

**13 Interview**  
Meet a real-life Stone Age man!

**14 Look inside Maiden Castle**  
Peek inside an Iron Age hillfort

**15 Prehistoric puzzles**  
Put your knowledge to the test

**16 Dress up**  
Stone Age selfie kit

CAN YOU FIND ME ON PAGE 8?



This magazine is published on behalf of English Heritage by Immediate Media Co. [www.immediate.co.uk](http://www.immediate.co.uk)

For English Heritage  
Luke Whitcomb, Johanna Lovesey, Suzie Rook, Tersia Boorer

For Immediate Media Co  
Group editor Matt Havercroft, Art editor Sam Freeman, Group production editor Oliver Hurley, Account director Helen Johnston, Director Julie Williams, Editorial director Dan Linstead, Design director Will Slater

Contributors  
Susan Greaney, Adam Rees, Anna Scrivenger, Sarah Shaw

Illustration and photography  
Wesley Robins, Michael Gambriel, Mike Harrington



**2300 BC**

The Bronze Age. People learn how to make tools and weapons from bronze



**2200 BC**

The last major building works are completed at Stonehenge

**750 BC**

People begin to make their tools and weapons from iron and begin to live in forts.

**55 BC**

Roman general Julius Caesar briefly lands in Britain



**AD 43**

The Romans invade Britain, starting a new era in British history



# A day in the life...

Meet a family at Grimspound  
in Devon 3,200 years ago

It's a spring day in a wooded valley near the coast, where Derfel and Seren have nearly finished a long walk. For the first time they are accompanying their mum and dad on a visit to see their aunt and uncle, who live up in the hills at a place called Grimspound.



ARE WE  
NEARLY  
THERE YET  
DAD?

There are families in each of the 24 huts at Grimspound. Each is a round circle of stone with a thatched roof. The family cook and sleep in these huts, but a lot of their time is spent outside looking after their sheep.



THIS HEATHER  
SMELLS NICE  
BUT...  
ACHOO!



IT'S STILL  
A BIT  
CRAMPED  
IN HERE

YOU COULD  
ALWAYS  
SLEEP  
OUTSIDE!

Occasionally the houses need repairing. Derfel and Seren are asked to climb up and help repair the thatch.



WHAT'S  
FOR LUNCH  
TODAY?

WHAT  
YOU'RE  
GIVEN!



THAT'S  
A NICE  
DRESS

THANKS!  
I'M GOING TO  
WEAR IT TO  
THE FEAST  
TONIGHT

At the centre of their aunt's house is a bronze cauldron over a fire. The fire provides warmth and is always kept burning, day and night. They use this to prepare their food.

Sheep's wool is woven into tunics and dresses for the family to wear and trade.



The children watch their dad approach the chief's house, where he will present him with a gift from the valley people. Today he has brought a basket full of a rare delicacy – eels and fish caught from the river and smoked over a fire.



**EEL DO!**

In the autumn, the valley people exchange baskets of wheat grain (which grows better in the sheltered lower lands) for useful goods from Grimspound – fine woollen clothes are their particular speciality.

Though they have plenty of food from their farming, people from Grimspound still enjoy hunting for red deer. Derfel and Seren are eager to join the hunt...



**QUICK, LET'S GET OUR SPEARS!**

**IF WE KILL A DEER I'M GETTING THE ANTLERS!**

**RUN!**

... But there's danger everywhere. Beyond the stone-walled fields, a pack of wolves is drawn to the sheep and the hunters run back to the safety of the village walls.

In the evening, everyone helps to prepare for the feast, held in honour of the visitors from the valley. Combs and tweezers show Bronze Age people cared about how they looked, but mirrors are rare luxury items, so the children head to a pond to check they're looking their best.



**IT'S JUST MY STOMACH RUMBLING!**

**WHAT'S THAT NOISE? IT SOUNDS LIKE A BEAR!**

To learn more or plan a visit to the real Grimspound just like Derfel and Seren, go to [www.english-heritage.org.uk/grimspound](http://www.english-heritage.org.uk/grimspound)



# SECRETS OF STONEHENGE

We unravel the mysteries of the world's most famous ancient site

Rising from the grassy plains of Wiltshire, Stonehenge is a mysterious circle of giant oblong stones, created around the same time as the Great Pyramid in Egypt. Neolithic people used it for over 1,000 years. We don't know why – but there's a lot we do know...

## IT'S NOT FROM ROUND HERE!

Whoever built Stonehenge didn't make things easy for themselves. Two types of rock were used: giant sarsen stones that weighed up to 50 tons from 20 miles away and smaller bluestones, which were transported 155 miles from Wales.



## IT'S NOT ALONE!

Stonehenge isn't just a lonely circle on a plain. There are lots of other Neolithic sites like burial mounds, procession routes and earthworks nearby. A huge area of about 10 square miles is now protected as a World Heritage Site.

## GIANTS BUILT IT!\*

We'd love to know who decided to build Stonehenge and why. In the Middle Ages, people thought giants must have brought the stones here. Some also wondered if Druids, Romans, ancient Egyptians, Celts, Vikings, cavemen or even aliens built it. Archaeologists know better because the bones and other things found here are definitely from local people in the Neolithic era.

\*(Not really)

### Altar Stone

It looks like an altar in the middle and is a different type of stone to the others – sandstone.

### Trilithon

The name for two upright stones with a horizontal one across the top. They're made of sarsen stone

## VISITING STONEHENGE? DON'T MISS WOODHENGE...

Two miles from Stonehenge lies an even more mysterious Neolithic circle. Woodhenge also has a bank and ditch around it, but the circle of wooden posts inside has long vanished, and was only discovered in 1926 when dark spots were seen from an aeroplane. Concrete posts now show where huge wooden pillars once stood. We don't know what they were used for – it might have been a standing circle, like Stonehenge, a place for feasts, or even a big round building.





## MEET THE STONEHENGE MAN!

At Stonehenge visitor centre, you'll see a life-size model of a man who was born 5,500 years ago, before the stone circle was built. Recently, scientists made a replica of his face to work out what he looked like. He was aged 25–40 when he died.

He was probably born in Wales but lived in the Stonehenge area from an early age. He must have been important because he was buried in a large mound called a long barrow. Apart from his clothes, he looks just like people today!



### Bluestones

Now laid out in a horseshoe and a circle but they were moved around a lot while Stonehenge was in use

**OVER TO YOU**  
How do you think people moved the stones? How long would it have taken? What did people do here?



## BONE HENGE!

Men, women and children were all buried at Stonehenge, as well as some animal bones. Most people were cremated, but one man was buried in the ditch. All the round mounds around Stonehenge are ancient tombs, some with treasures belonging to the dead people who were buried there.

**BIG ROCKS  
IN DISGUISE!**



## HOLLYWOOD LOVES IT!

Stonehenge (and replicas of it) has starred in lots of films, including *National Lampoon's European Vacation* (1985), *King Arthur* (2004) and *Tess of the D'Urbervilles* (2008). Most recently, the stones were used as a location in *Thor: The Dark World* (2013), along with *Transformers: The Last Knight*, which is due to be shown at cinemas this summer.

## MAKING BACON

The people who built Stonehenge are thought to have lived about two miles away at a site called Durrington Walls. Hundreds of pig and cow bones, and lots of broken pots, have been found buried there among the houses. They show that the settlers enjoyed enormous feasts – and they didn't always bother clearing up after themselves! Bacon sandwich anyone?





ENGLISH HERITAGE



**ENGLAND  
THROUGH  
THE AGES**

**COLLECT  
ALL 12  
POSTERS!**

It's 8000 BC, when small tribes of people would have lived a nomadic lifestyle, hunting, fishing and gathering food as they moved, sleeping in basic tents made of animal hides.





### Over to you!

- Why do you think they chose this location for their camp?
- What food can you see them hunting for or collecting?
- What activities would you enjoy?

### Collect them all!

This is the first of **12 posters** you can collect showing life through English history. Don't miss the next poster of life in Roman times in the next issue, **out in May!**



THIS QUIZ IS  
PREHYSTERICAL!

# Quiz time...

GRRRR



# COULD YOU SURVIVE IN THE STONE AGE?

Put your knowledge to the test to see how many questions you get right and get a rating on our highly-scientific rockometer!



DON'T BE  
A WOOLLY!

**1** When hunting a six tonne woolly mammoth, do you...

- A) Go at it alone
- B) Set up a trip wire
- C) Equip your entire tribe with spears
- D) Hope to find one that's already dead

**2** Your village invites you to a feast. Do you take...

- A) Chocolate eclairs
- B) Balloons
- C) Fresh fish
- D) Stegosaurus steaks

**3** You decide you want a pet. Which wild animal do you think will be easiest to house train?

- A) Deer
- B) T Rex
- C) Boar
- D) Wolf

**4** You want to make an offering to please the Gods. Do you...

- A) Sacrifice your animals
- B) Throw your finest possessions in a bog
- C) Build massive stone circles that align with the sun
- D) Build a shrine to the spirits in the trees

**5** You need a sticky substance to help you make 'daub' to build the walls of your round house. Should you use...

- A) Glue
- B) Animal dung
- C) Cheese
- D) Tree sap

How many did you get right?

LOL

What do you call a neanderthal who likes walking?  
A meanderthal!

3-4 Not bad  
Flintstone  
junior!

1-2 Back to  
Stone Age  
school

5 Wow,  
you rock!

Rockometer

## School of rock

Now it's time to test your skills with these prehistoric challenges...

**1** Finders keepers

People in the Stone Age had to make do with what they could find to use as tools. Head to your garden and find something to make a dye for your next cave painting, something heavy you could use to grind corn for bread, and something thin you could weave into clothing.

**2** Fantasy fort

Try and think of somewhere nearby that would be a good location for a hillfort (see page 14). Why did you choose it?

**3** King of bling

In the Bronze and Iron Ages, chiefs showed their status with elaborate torcs (necklaces) and armbands. What's the most stunning thing you own to show your status?

**4** Tribal mark

As tribal chief you need a symbol to mark your territory and warn off potential invaders. Design a symbol for your family tribe and stick it on your bedroom door.

Answers: 1. C) The more the merrier! 2. C) None of the others existed 3. D) People shared their homes with wolves until they became dogs! 4. All four were carried out by prehistoric Britons. 5. B) You needed mud, clay, straw and dung.



# What's for dinner?

Step inside a Stone Age man's kitchen to join him for tea. You'll never complain about being hungry again!

It's a lot easier for us to get food now than at any time in history. But when you find out how tough it was to get your dinner in the Stone Age you'll never worry about being hungry again.

8,000 years ago people were called hunter gatherers for a reason: if they wanted food they had to hunt and gather it. Here are some examples of what tasty treats you might have found on their dinner table...

## Meat

If they wanted meat it meant sharpening a spear and going out to hunt a wild boar, deer or aurochs (giant wild cows). They weren't fussy either: all the guts and eyeballs ended up on the menu. Pork seems to have been a favourite.

## Nuts

Stone Age man needed a lot of nuts such as hazelnuts and acorns to get the protein and natural fat they needed. Wild grass seeds could be pounded to make a gruel or porridge.

## Fruits and plants

The stuff that didn't run or swim needed to be gathered, including plants such as nettles and dandelion leaves. Fruits such as plums and wild berries would have been a tasty treat.

## Eggs

Prehistoric hunters gatherers would have eaten whatever birds' eggs (or birds) they found. When they weren't raiding nests they also raided bee hives for honey.

## On the farm

After the Stone Age hunters became farmers, lots of time was still spent gathering food, but at least they had more choice. They had bread made from wheat, as well as milk and cheese.

**LOL!**  
What was the cave dweller's favourite dessert?  
**Rock cakes!**

## Fish

If they were near a river or the sea, they would have tried their best to catch a fish using elaborate fish traps, and hooks and nets. Shellfish such as crabs would also have been on the menu.

## What are you missing?

Imagine only eating food you can find in the wild. Make a list of your 10 favourite foods you would miss living in the Stone Age and spare a thought for our ancient ancestors next time you eat them!



# GOING

Discover what life was like at a prehistoric flint mine at Grime's Graves in Norfolk

# UNDERGROUND

NOW

THEN



## PRECIOUS ROCKS

Over 4,500 years ago, people were going underground in Norfolk to find flint. They sharpened it to make weapons and tools, and used it to make fires.

## DIGGING DEEP

The miners dug over 400 pits to get the flint. Each pit was dug 13 metres down, and the miners used wooden ladders to get in and out. Deers' antlers were used to hammer out the flint.

To learn more or play detective and go here, visit [www.english-heritage.org.uk/grimesgraves](http://www.english-heritage.org.uk/grimesgraves)

## HANDY HOLES

Mining carried on for over 400 years until the need for flint was replaced by bronze. But prehistoric people still lived and worked here. They used the holes dug in the earth to dump rubbish, bury people and even live in!

## MINING GODS

The mines got their cool name centuries later from the Anglo-Saxons. They thought the odd ground was created by their god Grim, and so called it Grim's Graves, which later became Grime's.



## How it works: flint knapping

After the prehistoric miners found a lump of flint, the hard work really started to make weapons and tools

**1** Right tools for the job  
After choosing the piece of flint they had to find a heavy stone to break it and a smaller tool with a point to flake pieces off.

**3** Shaping the stone  
Using the smaller tool they flaked off tiny bits along the edges to make their tool.

**DON'T TRY THIS AT HOME!**  
Flint knapping is dangerous without protective clothing and glasses

**2** A chip off the block  
They would then hit their flint to break it into chunks until they had a piece of flint in the rough shape they wanted to work with.

**4** Practice makes perfect  
Living in the Stone Age, the miners had lots of time to become a master knapper!





# GROUND

## Interview with a real-life Stone Age man!

We sent young Members Flo (10) and Alfie Tyrrell (8) to quiz prehistoric expert Will Lord

**F:** When did you start learning about the Stone Age?

I was five years old when my family came to look after Grime's Graves and I started learning the skills that were once used here.

**A:** Where did prehistoric people come from?

Your oldest ancestors came from Africa but our species has been around for 30,000 years!

**F:** What were the miners' houses like?

They probably used the wood and chalk around here to build them, with deer skins as roof tiles!

**A:** What toys did the children have and did the children go to school?

School hadn't been invented yet. Their toys would have been things like animal traps!

**F:** How did the miners see what they were doing?

The walls would have been bright white because of the chalk. They also made Stone Age lanterns using deer fat and nettle fibre wicks!

**A:** What's the funniest prehistoric joke you know?

What do prehistoric people like to do in the evening? Go clubbing!



**WATCH THE VIDEO!**  
To see the full interview, go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids)

## Guess the tool

Can you work out what these tools found at Grime's Graves were used for?

1



2



3



4



Answers: 1. Arrowheads, 2. Scraper for cleaning skins, 3. Knife, 4. Piercing tool for animal skins





**THEN**



**NOW**



# Look inside an Iron Age hillfort

Step back around 2,400 years to discover life in Maiden Castle in Dorset

- 1 What a view**  
Maiden Castle's high ramparts made it a formidable place to attack. Around the size of 50 football pitches, the fort was one of the largest in Europe.
- 2 Home is where the hearth is**  
These round houses would have had a fire in the middle, and beds would have been made of straw and covered in animal skins and/or blankets for warmth.

- 3 Forged in fire**  
The blacksmith's hot furnace was key to Iron Age life, with all sorts of weapons and tools made at his workshop. These were used for everything from ploughing to metal working.
- 4 Look out!**  
There were two very impressive gates in the fort, with guards checking everyone in and out. It was great for defence but would have made it tricky to sneak out to see friends.

- 5 Down the drain**  
Iron Age folk understood the importance of getting rid of rainwater and sewage. The ditches around each round house stopped them from flooding and channelled the yucky stuff away.
- 6 Ploughing ahead**  
As well as getting food from outside the fort, the villagers would have grown their own crops. The oxen and horses used to plough the land would have lived with the families.

**Can you spot it?**

Man by fire



Chatting family



Man grinding grains





# PREHISTORIC FUN

Puzzles, prizes, things to make and even more terrible jokes!

AND BISCUITS!



## LONG SHOT

Spot the prehistoric imposter among these longbarrow images

We've looked at how prehistoric people lived, but what happened when they died? One way people honoured their dead was to build round barrows – earth mounds in which they placed their bodies and valuables. Bigger versions are called long barrows, in which several people were buried without belongings.

Can you spot which of these is not a real long barrow?



1



2



3



4

LOL

What did people wear before the Iron Age? Creased clothes!

ANSWERS: 1. Belas Knapp Long Barrow, Gloucestershire. 2. West Kennet Long Barrow, Wiltshire. 3. A wheel barrow, Wiltshire. 4. Wayland Smithy, Oxfordshire.

## What a mix up!

The names of these prehistoric English Heritage sites are all in a Mesolithic muddle. Can you unscramble them?

- 1 HONES NEGET
- 2 ACNE DILEMAST
- 3 PLANKS ABE
- 4 RIGGER'S VEAMS
- 5 DOWNEHOGE

ANSWERS: 1. Stonehenge 2. Maiden Castle 3. Belas Knapp 4. Grime's Graves 5. Woodhenge

## WIN A DISCOVERY VISIT FOR YOUR CLASS!

We're giving away a brilliant expert-led Discovery Visit at one of our prehistoric sites for you and your whole class! To enter, all you have to do is tell us with your own words or a picture why your class should win. Email your entry to [verity.hope@english-heritage.org.uk](mailto:verity.hope@english-heritage.org.uk).



Terms & conditions: Closing date 10 May 2017. The winner will receive a voucher worth up to £200 for a class of up to 35, subject to availability. Entrants need permission from a parent/guardian and their teacher before entering. For full T&Cs, see [www.english-heritage.org.uk/competitions](http://www.english-heritage.org.uk/competitions).

## MAKE PALEOLITHIC BISCUITS

Treat yourself to a yummy Stone Age snack!

This simple recipe combines natural ingredients prehistoric people would have been able to get their hands on – so no wheat flour – and no sugar! Grab a grown up to help and take them to munch on your next day out...

### Ingredients

- 315 grams of almond flour
- 1 teaspoon of baking soda
- ¼ teaspoon sea salt
- 2 medium eggs
- 2 tablespoons honey
- 1 tablespoon of lemon juice

### Instructions

1. Preheat oven to 160 degrees (140 degrees fan) or gas mark 3.
2. Mix the flour, salt and baking powder in a bowl. Make a well in centre and add the eggs, honey and juice. Stir everything until you have a dough.
3. Use a tablespoon to drop scoops of the dough around 1cm

thick onto a baking tray lined with baking paper.

4. Bake for about 20 minutes until lightly browned and cooked through.



SLURP!





# INSTANT DRESS-UP KIT

Transport yourself back to the Stone Age with our downloadable photo booth props!

## STEP 1

Go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) and download the printable props

## STEP 2

Print out the prop templates and glue each of the pages onto card

## STEP 3

Cut them out to create your props

## STEP 4

Attach string or elastic onto the mask and put the teeth onto string to create a necklace. Attach the beard to a piece of wood or plastic straw so you can hold it in front of your face.

## STEP 5

Strike a prehistoric pose and ask a grown-up to share your Stone Age selfie! Use #EHmembership and tag @EnglishHeritage.

Why not take it with you as a disguise on your next visit to one of our prehistoric sites?

**TAKE YOUR PICK!**

We've got two cool masks to choose from!

