



ENGLISH HERITAGE

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

THE NEW  
MAGAZINE  
FOR YOUNG  
MEMBERS!

# ANGLŌ-SAXON ENGLAND

Meet a  
REAL Saxon  
warrior  
inside!

O! DON'T  
FORGET US  
VIKINGS!

**Tintagel  
myth-busting!**

Separating fact  
from fiction at King  
Arthur's castle

**At the  
king's table**

Take your seat  
at a royal  
Saxon feast

**Learn  
Norse  
code**

Make your own  
Viking runes –  
and write secret  
messages!

## IT'S A VIKING INVASION!

Take our quiz to see if you could  
survive a vicious Viking raid!

HOLY  
MOLY!

**INSIDE**

- LOLS!
- WIN A £100 GOODY BAG!
- COOL POSTER!
- SAXON SELFIE KIT!



# THE SUPER SAXONS



The arrival of the Anglo-Saxons helped to shape England as we know it

**Prepare to be transported back to the time of the Anglo-Saxons**, who helped to create England as we know it. In Roman times this island was already called Britain, or Britannia. But by AD 410 the Roman Empire was in trouble, and their soldiers were told to make their way home. The British people who already lived here – also known as Celts – were left to look after themselves. Before long, groups of Anglo-Saxon people from central Europe, started to land and settle here (see page 8). The people living in most of the area we now know as England adopted Anglo-Saxon ways of life and language during the 5th and 6th centuries, although some areas like Cornwall did not see these changes (see page 6).

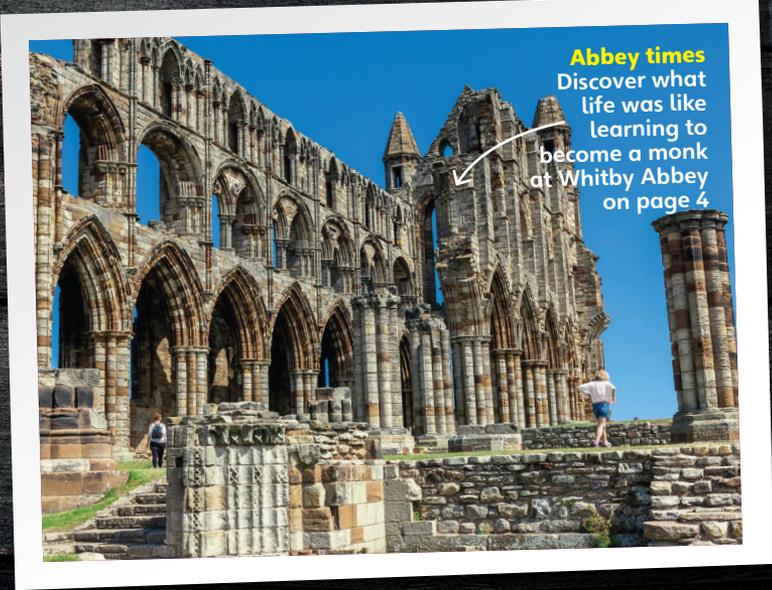
Christians, they began to use the Roman alphabet (as we do today), replacing the ancient runic alphabet (see page 11).

The Anglo-Saxons formed a series of kingdoms – the most important of these were East Anglia, Wessex, Mercia and Northumbria. In the 9th century more invaders from Denmark, called Vikings, landed here (see page 10). They conquered most of the Saxon kingdoms but Alfred, the king of Wessex, beat the Danes (see page 16) and, in the 10th century, England became a single kingdom with a mixture of British, Anglo-Saxon and Danish inhabitants.



## WRITTEN IN THE RUNES

In those days the pagan Anglo-Saxons worshipped many gods. Despite the fearsome reputation of their warriors (see page 13) they had fantastically rich myths and legends, including mythical monsters, and believed in a number of gods and spirits that lived in the landscape. In the 6th century missionaries began to convert them to Christianity (see page 4) and the priests began to record their history.



## The age of the Anglo Saxons



**AD410**

The Roman government and army leave Britain to protect Rome



**AD449**

The brothers Hengist and Horsa land on the Kent coast to begin Anglo-Saxon rule

**AD597**

Augustine arrives in Kent to begin converting the pagan Saxons to Christianity

**AD664**

The Synod of Whitby is held to decide who controls the English church

## DIVINE DAYS

Four Saxon gods had days of the week named after them, but can you guess which ones?

NAME	GOD OF WHAT
Balder	→ God of immortality
Eostre	→ Goddess of birth
Frige	→ Goddess of love
Hel	→ Goddess of death
Loki	→ God of cunning
Saxnot	→ God of the family
Thor	→ God of thunder
Tiw	→ God of war
Wade	→ God of the sea
Wayland	→ God of metalworking
Woden	→ Chief god

ANSWERS Tuesday is Tiw's day, named after the god of war. Wednesday is Woden's day, named after the chief god. Thursday is Thor's day, named after the god of thunder. Friday is Frige's day, named after the goddess of love (also known as Freyja)

# WIN

## A COOL GOODY BAG!

Design a Viking shield and send us a photo for your chance to win!

We've got a goody bag worth £100 to give away to the reader who designs the most colourful Viking shield. Go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) to download a shield template and get creative. The more colourful and fearsome the better!



**Terms and conditions** The closing date and time for entries is midnight on Tuesday 5 September 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).



**AD757**

Offa becomes King of Mercia, making him the most powerful English ruler



**AD878**

Alfred the Great triumphs in the Battle of Edington against Viking invaders



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**AD1016**

The Danish prince Cnut successfully invades England to become the new king



**AD1066**

William the Conqueror wins the Battle of Hastings to begin Norman rule in England

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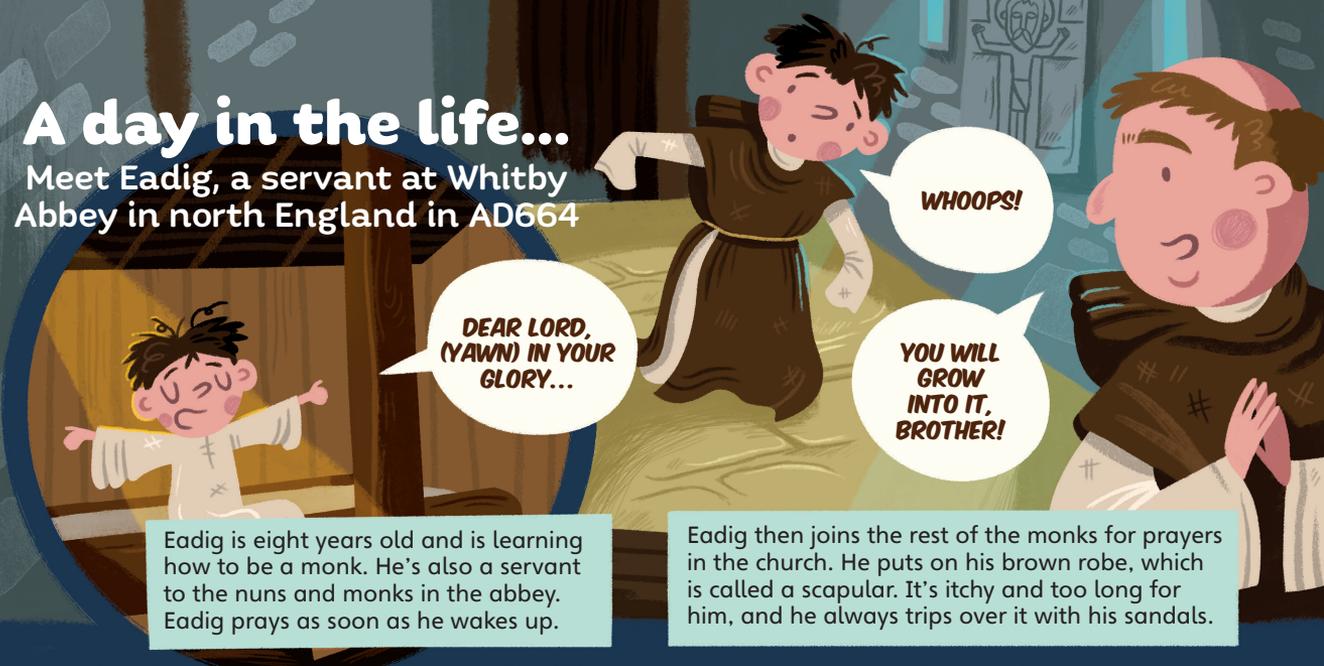
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I'LL SEE YOU ON PAGE 8

# A day in the life...

Meet Eadig, a servant at Whitby Abbey in north England in AD664



DEAR LORD,  
(YAWN) IN YOUR  
GLORY...

WHOOOPS!

YOU WILL  
GROW  
INTO IT,  
BROTHER!

Eadig is eight years old and is learning how to be a monk. He's also a servant to the nuns and monks in the abbey. Eadig prays as soon as he wakes up.

Eadig then joins the rest of the monks for prayers in the church. He puts on his brown robe, which is called a scapular. It's itchy and too long for him, and he always trips over it with his sandals.



THIS  
CARROT  
LOOKS  
FUNNY

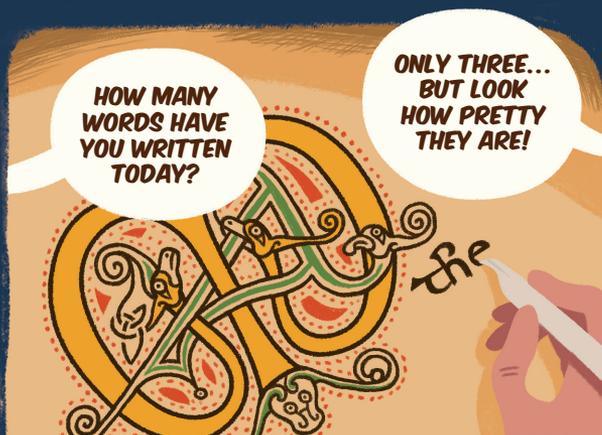
THAT'S  
BECAUSE IT'S  
A PARSNIP,  
BROTHER

Eadig also works in the kitchens and the fields, where he helps the monks gather the food they've grown. It's only wheat for bread and vegetables, but Eadig looks forward to eating them.



A, Æ, B, C, D...?

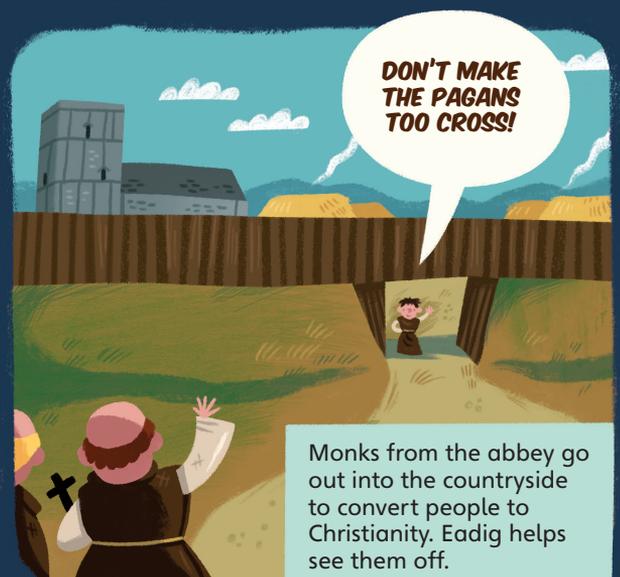
Eadig spends the morning being schooled with the other young servants. The abbey is one of the only places where children can learn to read and write so he's very lucky.



HOW MANY  
WORDS HAVE  
YOU WRITTEN  
TODAY?

ONLY THREE...  
BUT LOOK  
HOW PRETTY  
THEY ARE!

The monks spend most of the day making books, spending hours and hours copying religious texts. Eadig is still learning to read so peeks over a monk's shoulder to try and read his colourful writing.



DON'T MAKE  
THE PAGANS  
TOO CROSS!

Monks from the abbey go out into the countryside to convert people to Christianity. Eadig helps see them off.

There are a few houses outside the abbey where people live and work. Eadig has been sent out to pick up quills, pens made of feathers, and says hi to the blacksmith, who is making swords.



Eadig offers to help the blacksmith take his swords to the harbour. These boats will take the swords south to trade with the other Saxon kingdoms and even as far as mainland Europe.



A nun called Hild is in charge and she's very kind to Eadig, especially when he brings her fresh quills for her to write with. But now she has an even more important task for Eadig.

Today is a special day as Oswiu, king of Northumbria, has come to the abbey to have a very important talk with the nuns and monks. Eadig is very nervous.



It is a very important day, as the king decides when people should celebrate Easter. He also says that the monks should shave the tops of their heads. This is called a tonsure.

# LAND OF

Tintagel Castle is associated with the legend of King Arthur. But, beyond the myths, here's what we know about life here after the Romans

Tintagel was a trading town in the 5th to 7th centuries – a time when other parts of southern Britain saw the arrival of Anglo-Saxon people, ideas and language. In south-west Britain, people probably continued to speak the same language (Celtic) and continued to practise Christian faith. We don't have many historical records from this time, and so sometimes it's referred to as the Dark Ages. But this isn't a good name because archaeology has shown us this wasn't a 'dark' age at all! People were writing in Latin, trading with people in the Mediterranean, and had interesting lives. We just have to dig a bit deeper to find out about them.

**LOL!**  
Why did the king leave Tintagel to go to the dentist? To get his teeth crowned!

## FIT FOR A KING

In the 5th and 6th centuries there was a large town at Tintagel. It was probably where the kings of south-west Britain sometimes stayed because many fine objects, such as glass drinking cups and decorated plates, as well as evidence for feasts, have been found here.



**Sea view**  
From AD450 to AD650 Tintagel did a lot of trade with the Mediterranean

## 'ARTOGNUOU WAS HERE'

When archaeologists were working at Tintagel in 1998, a piece of slate was found with Latin writing on it. Some people with the names Artognou, Coliavus and Paternus had scratched their names, probably graffiti from the 6th century! The stone had been later used as a cover for a drain.



## TIN TRADERS

Traders may have come in their boats to the harbour, bringing fine dining plates, glass vessels and exotic foods. They came via ports in Portugal and southern France, probably exchanging their goods for local goods such as tin, furs and maybe even slaves.



# LEGENDS

## Building blocks

In the 6th century, the island was covered with many small rectangular buildings. Some are still visible today

## FIRE FIRE!

The remains of the early medieval town at Tintagel have been mapped by looking carefully at the humps and bumps, or earthworks, of the buildings. In summer 1983 there was a fire on the headland, which burned the grass off part of the site, revealing more of the building walls.

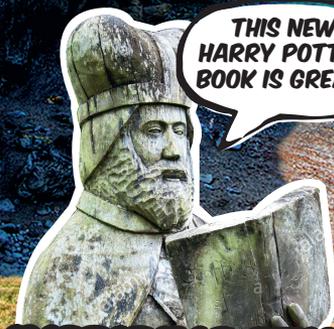


## EXOTIC TASTES

The people living at Tintagel were trading with far-flung places around the Mediterranean Sea, places we know today as Tunisia, Greece and Turkey. We know this because hundreds of pieces of large storage jars made in these places, called amphorae, have been found. They probably contained olive oil, wine and fish sauce!



THIS NEW  
HARRY POTTER  
BOOK IS GREAT!



## INSPIRING STUFF

Geoffrey of Monmouth, who lived in the 12th century, wrote a book called *The History of the Kings of Britain*. It was a mixture of facts and things he made up! He was probably inspired by the stories and ruins of the royal site at Tintagel to place King Arthur here – starting the association with the famous legend.

## WAS KING ARTHUR REAL?

Separating fact from fiction

For a long time, Tintagel Castle has been associated with the legend of King Arthur and his round table. No one knows whether he was real or simply a fictional character. There are only a couple of historical records that refer to an Arthur who was a battle leader in the 5th or 6th century. In the 12th century Geoffrey of Monmouth wrote a book featuring King Arthur and later versions of the story became very popular.





ENGLISH HERITAGE



**ENGLAND  
THROUGH  
THE AGES**

**COLLECT  
ALL 12  
POSTERS!**

It's AD750 at an Anglo-Saxon village. The settlers are living in farming communities with simple buildings. People survive by growing vegetables and keeping domesticated animals.



# Quiz time...

# COULD YOU SURVIVE A VIKING RAID?

It's 1,200 years ago and your Saxon village is about to be invaded by fierce warriors from Scandinavia known as the Vikings. Take our quiz to see if you can make it!



**1** A ship lands with a carved dragon at the front and men holding up swords, spears and axes. What do they want?

- A) To trade
- B) To ask for directions
- C) To burn your village and steal your valuables
- D) To bring you gifts

**2** The Vikings scream their war cries. You only have gardening tools. Do you?

- A) Try and reason with them
- B) Fight them
- C) Hide in the church
- D) Run to the woods as fast as you can

**3** You only have time to take one thing with you. What do you take?

- A) Your family
- B) Your treasure
- C) Your cow
- D) Your ale

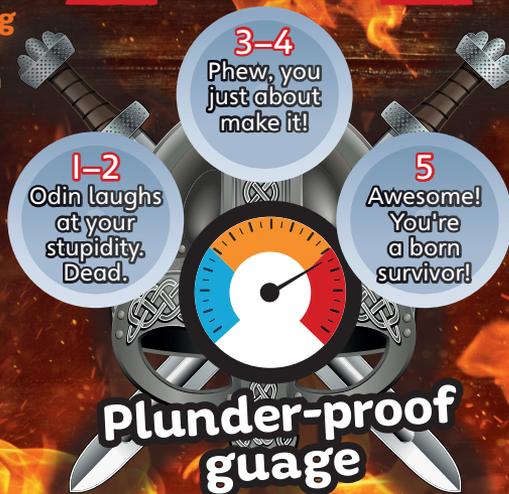
**4** The Vikings celebrate in your ransacked village. Do you?

- A) Congratulate them
- B) Attack them while they're all drunk
- C) Ask to join them
- D) Wait until they've gone in the morning

**5** Your village has been totally destroyed and you're afraid. Do you?

- A) Rebuild the village
- B) Build a ship and take revenge
- C) Move to a fortified town inland
- D) Plunder a nearby village

## HOW DID YOU DO?



## Plunder-proof guage

## Viking for a day?

Test your Saxon and Viking skills to see which side you're on

**1** Obey the law  
The Saxons made lots of laws in their kingdoms. See if you can find out what rules we live by now were started by them.

**2** Viking maths  
The Vikings have an army of 2,800 men and you need to fight them. Each town can supply 120 men. How many towns do you need to build an army of 3,000 men?

**3** Tell your tale  
The Anglo-Saxons loved to tell epic stories. Why not turn something you've done recently into an epic tale? Don't be afraid to add in some brave warriors and monsters!

**4** Design a Viking ship's head  
The Vikings had fearsome dragon sculptures on the front of their ships to ward off evil spirits. Draw a sculpture for the front of your ship.

Answers: 1. C) An armed raid meant they wanted plunder. 2. D) The woods are the only safe option. 3. A) Family has to come first (your cow is too slow anyway). 4. D) Stop trying to be a hero! 5. C) The Vikings avoided safe towns known as burghs.

# WRITE LIKE A VIKING!

HI, I'M WAYNE RUNEY!

**LOL!**  
How did the Vikings communicate with each other? Norse code!

Vikings had their own way of writing, using symbols called runes, which they carved on stone. Here's how you can do it too!



## Make your own secret Viking runes

- 1 Get a packet of air-drying modelling clay.
- 2 Break off a piece of clay (about the size of a pebble), knead the design of a rune into the clay – look at the chart above to see what shape each rune is.
- 3 Using a lollipop stick or the point of a pencil, carve the design of a rune into the clay – look at the chart above to see what shape each rune is.
- 4 Repeat this for all the different runes.
- 5 Once you've made all your runes, leave them to dry for 24 hours in a cool, dry area.
- 6 After your runes have dried, you could also try colouring in the symbols with acrylic or watercolour paint.
- 7 Now try writing top secret messages with your runes!



## CAN YOU WORK OUT WHAT THESE RUNES MEAN?

This is the name of the sky world where Viking gods and goddesses lived:



This is where Vikings believed they went after they died in battle:



This is the name of Odin's magical horse, which had eight legs:



# INSIDE OFFA'S

## BORDER CONTROL

The Mercia/Wales border was really long, and Offa didn't have enough stone to build a wall. Instead, thousands of men made mounds out of earth and mud, with a ditch on the Welsh side.

## FIGHTING THE WELSH

Anglo-Saxon England was divided into kingdoms who fought each other and people living in northern Britain and Wales. The word 'Welsh' means 'foreigner' in Anglo-Saxon.

## WHO BUILT IT?

Offa must have been a great ruler to have ordered so many men make something so big. It is thought his men also kept the Welsh at bay by manning the earthworks.

**Border patrol**  
Even though it's very old, Offa's Dyke still roughly follows the border between Wales and England

## OFFA HAS ENOUGH

Offa became king of Mercia (the area east of Wales) in AD747. He got so tired of fighting the Welsh he decided to build a barrier to keep them out, which became known as Offa's Dyke.

## UNFINISHED BUSINESS

Offa was killed fighting the Welsh in battle before his dyke was finished. This amazing structure is still in place 1,200 years later.

## Introducing the Anglo-Saxon kings

For hundreds of years different kings ruled the Saxon kingdoms...



**1** Offa was king of Mercia, in the middle of England. He made Mercia bigger.



**2** Alfred the Great of Wessex was the most famous Anglo-Saxon king, and he stood up to the Vikings.



**3** Not all the great rulers were kings. Æthelflæd was wife of the king of Mercia and ruled when he died.



**4** Athelstan was Alfred's grandson. When he defeated the Vikings he became the first king of all England.



**5** Æthelred II was called the 'Unready' and actually ran away to France!

# DYKE

Discover the extraordinary barrier King Offa built to defend his kingdom from the Welsh

## Interview with a real Saxon warrior

We sent young Members Hana and Tom Ellingham to Offa's Dyke to meet a Saxon warrior on patrol

**T: How long is Offa's Dyke?**

It's 177 miles long from the south coast of Wales all the way up to the north coast!

**H: How did the Saxons make their weapons?**

They were made by specialists in forges. The blades were made by mixing different pieces of iron and welding them together.

**H: Did the Saxons believe in magic and monsters?**

Oh, yes! They believed you could become sick by being shot by tiny elven arrows!

**T: How did they send messages to each other?**

They might have used beacons allowing them to get a warning signal from one end to the other in half an hour!

**T: How did the Saxons wash?**

They probably didn't bother! They would have been exceedingly smelly with horrible breath too!

Osmond the Anglo-Saxon warrior



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

# What's for dinner?

You've been invited to an Anglo-Saxon king's hall for a grand feast. Let's see what's on the menu...

After the Romans left with their exotic food, the Anglo-Saxons came to Britain and enjoyed the food that was native to the land. Although ordinary Saxon people would make do with bread and stews made from wheat, oats and vegetables, feasts were an opportunity for guests to eat and drink their fill of the very best food on offer.

## Fish

Anglo-Saxon ports and villages by rivers and seas would have been full of the smells of fish being smoked. Smoked and salted fish could be stored for months.

## Beer and mead

The Anglo-Saxons drank weak beer in the day but enjoyed stronger stuff at dinner. Mead, made from honey, was also a favourite and was drunk from horns and goblets.

## Fruit and vegetables

Poorer Saxons would have eaten cabbages, parsnips and onions in their stew. In summer they would have picked berries and apples.

## Bread and oats

The Anglo-Saxons came to Britain because there was plenty of land for farming.

Wheat was made into bread, their main food, while oats were used as a base in stews.

**LOL!**

What was the Anglo-Saxons' favourite instrument?  
A Saxonphone!

## Meat

Boars and deer were a rare treat. Pigs were farmed for their meat and were roasted on fires in the middle of the lord's hall.

## Dairy

Though wealthy people ate beef, cows were mainly used for milking. No feast was complete without cheese, maybe some butter and chicken eggs too.

**OVER TO YOU**

What would the Anglo-Saxons eat if there was a bad harvest?

**Make an Anglo-Saxon treat!**

The Anglo-Saxons loved a sweet treat as much as we do. Head to our website at [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) to download a recipe for delicious Saxon honey and oat spice cakes!

# SAXON SHOWDOWN

Cool stuff to do, make and test your knowledge



## ODD ONE OUT

Can you guess which of these isn't Anglo-Saxon treasure?



ANSWER: The coin is Roman

## Name that king

Many of the Anglo-Saxon kings were given nicknames, such as Alfred the Great, but which two of these weren't real rulers?

**ALGAR THE STUPID**

**EDGAR THE PEACEFUL**

**EDDIE THE EAGLE**

**EDWARD THE ELDER**

**EDWARD THE CONFESSOR**

**ALFRED THE UNREADY**

ANSWER: Algar the Stupid and Eddie the Eagle

## CREATE AN ILLUMINATED LETTER



The Anglo-Saxons created manuscripts

filled with beautiful 'illuminated' letters. The most famous is the Lindisfarne Gospels. Why not try making your own, using the first letter of your name? Draw the outline and add leaves and plants around the outside. Fill in the spaces with some of your favourite things and colour it in using greens, blues, reds and yellows.



## MAKE A BROOCH

Both Anglo-Saxons and Vikings wore brooches, which are a lot like fancy badges. But can you design and make your own? All you need is some card, a safety pin, some Sellotape, PVA glue, scissors and some pens or paint to decorate it.

**1** Decide what you want to make. Here's some inspiration, whether it's a simple design or an elaborate pattern.



**2** Draw the shape of your design in the corner of the card and colour it in.

**3** Once it's dried, paint a layer of PVA glue on top to make it shiny.

**4** Ask an adult to help you carefully cut out your brooch.

**5** Attach a safety pin to the back with a piece of Sellotape.

**6** Wear your brooch to your next feast (also known as dinner!)

MAKE SURE YOU ASK AN ADULT TO HELP!



# INSTANT DRESS-UP KIT

Dress up as Anglo-Saxon hero Alfred the Great or a vicious Viking

## 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 on to card

## STEP 3

Cut them out to create your props

## STEP 4

Attach string or elastic on to the masks. Choose from King Alfred the Great or a Viking

## STEP 5

Strike a pose and ask a grown-up to share a photo of you in your cool costume! Use #EHmembership and tag @EnglishHeritage.

## COOL EXTRAS!

We've got a Viking axe, a Saxon sword and a brooch for your cloaks!

## DESIGN A VIKING SHIELD

Go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) to enter our competition!

