

# 2<sup>nd</sup> Barnehurst Guides present

## The History Heroes Challenge

Can you become a History Hero?



All proceeds raised will go  
towards Kent International  
Jamboree Fundraising efforts

# Welcome to our Historical Heroes Challenge pack!

Firstly we would like to thank you for downloading the challenge pack and we hope that you find it interesting and are able to complete the challenge either individually or within your unit setting.

## Requirements for the Challenge

If you are a **Rainbow** you are required to complete 2 clauses from each section PLUS the future history clause.

If you are a **Brownie** you are required to complete 3 clauses from each section PLUS the future history clause.

If you are a **Guide/Senior Section** you are required to complete 4 clauses from each section PLUS the future history clause.

**Leaders** can award themselves a badge for either organising the activities for their unit or by completing 4 clauses from each section PLUS the future history clause.

## Other Information

Please remember that by purchasing the related badge you are supporting 2<sup>nd</sup> Barnehurst Guides and their fundraising efforts for the Kent International Jamboree 2013 and other international trips the unit has planned for the future.

If you require any extra information or help with the challenge and its resources then please contact us at: [barnehurstguides2@hotmail.co.uk](mailto:barnehurstguides2@hotmail.co.uk) or check out our website at: [www.barnehurstguides2.btck.co.uk](http://www.barnehurstguides2.btck.co.uk)

## The Pack

The challenge is divided into the following sections:

- 1) Pre-Historic
- 2) Ancient History
- 3) Middle Ages
- 4) British History
- 5) The World Wars

PLUS

The Future History Challenge

Please feel free to supplement our activities with some of your own if you feel they would be more suitable.

## Section 1

### Pre-Historic

#### Dinosaur Age

- 1) **Design-a-Dino.** Make a poster or a collage of your new dinosaur. What does it eat? Would it be a Herbivore or Carnivore? What colour would it be? What habitat would it live in? Does it have any special strengths/features?
- 2) **Modelosaurus!** Create your own Dinosaur or replicate a Dinosaur out of Junk Modelling. You could have a prize for the best one.
- 3) **Dinosaur hunting.** Hold a dinosaur hunt using the templates. Send each group looking for a different dinosaur or colour family of dinosaur. How many can they find within 1 minute?
- 4) **Dino-games.** Play a Dinosaur Game. How about... dino-fruitbowl, dinosaur corners, hide the dinosaur egg, or make up one of your own!

#### Ice Age

- 5) **Ice-age ice-cream!** Make Ice cream in a bag using ice and salt to freeze it.
- 6) **Hold an Ice night.** Become penguins or polar bears, use a parachute to make an igloo and play games, sing icy songs (e.g. 10 years on an iceberg).
- 7) **Edible igloo.** Make an igloo out of mini marshmallows.
- 8) **Chopstick ice game.** How many ice cubes can you transfer from one bowl to another using chopsticks? Perhaps have a race.
- 9) **Dress an Eskimo.** Have a race - have two sets of hat/scarf/gloves/coat laid out along the race course. Which team can dress their eskimo first? Or create your own paper Eskimo dolls.

#### Stone Age

- 10) **Cave painting.** Pre-historic people used cave paintings to tell stories about their lives. Create your own cave paintings. Make them interesting and ensure they tell the readers a story.
- 11) **Caveman campfire.** Hold a campfire (indoor or outdoor) and sing some songs.
- 12) **Fun facts!** Learn about life in the Stone Age and share your fun facts.
- 13) **Stone-age games.** Play "Caveman's got a headache" [just like Queen's... !]

## Section 2

### Ancient History

#### Ancient Egypt

- 1) **Treasure tombs.** Why did the Egyptians build Pyramids? Make a Pyramid out of card and put some personal treasures inside to keep them safe.
- 2) **Mummy madness!** Dress one member of your group as a Mummy using [new!] toilet roll. Can they walk as a Mummy? Have a race to see who wins.
- 3) **Code-breaker.** Find out what hieroglyphics are and use them to write a message to a friend. How hard is it to tell what they are supposed to say? Learn to write your own name in hieroglyphics and make a cartouche.
- 4) **Kings & Queens.** Find out about a day in the life of an Egyptian Pharaoh; would you like to have been an Egyptian?

#### Greeks

- 5) **Olympic Games.** Greece was the first country to hold a Modern Olympics. Find out about the different events that they had. How do they compare to current events? Hold your own Olympics evening.
- 6) **Greek Gods.** Learn about the Gods/Goddesses which Grecians worshipped. Design your own; what are their magic powers, what do they look like?
- 7) **Togarrific!** Create a Toga out of white bin bags. Hold a Greek themed evening - create a wreath each, try Greek foods such as olives, figs, Pitta bread, tzatziki, feta cheese and greek yoghurt; play greek games.
- 8) **Chariots of fire!** Make a Chariot and hold a chariot race. During this find out about the origins of chariot racing. Was this the beginning of Formula One?

#### Romans

- 9) **Tesserae.** The floors of Roman buildings were often richly decorated with mosaics - tiny coloured stones (tesserae). Make your own mosaic picture using squares of card, foam or ceramic tiles.
- 10) **Money, money, money!** Take some coin rubbings; What about if you took some rubbings of other things? Can you make a picture from them?
- 11) **Centurians.** Create a Shield and Roman Helmet out of papier-mâché or card.
- 12) **Roman Numerals.** The Romans used a different method to record numbers. Can you write today's date using Roman numerals?

## Section 3

### The Middle Ages

#### Medieval

- 1) **Castle defences.** Learn about a medieval castle, what methods of security did they have? Try making your own castles from shoeboxes.
- 2) **Castle capers!** Visit a medieval castle or its ruins. Try the national trust website to find your nearest castle.
- 3) **Stained glass windows.** Medieval churches had stained glass windows. Create a stained glass window using tissue paper and black card.

#### Vikings

- 4) **Banana boats!** Make an edible Viking long boat.
- 5) **Sail away!** Try open boating or another type of aquatic activity.
- 6) **Spinning a yarn.** The Vikings made their clothes from wool and linen. Try your hand at weaving, perhaps you could make a mug rug.

#### Normans

- 7) **1066...** The Norman invasion of England in 1066 is described through the images of the Bayeux Tapestry. Create your own Bayeux tapestry pictures to describe one of your unit activities. Put all your pictures together to make one long tapestry.
- 8) **Ooh-la-la!** The Normans came from Normandy in Northern France. Hold a French evening; try French foods such as Baguettes, brie, crêpes, paté, croissants; wear red, white and blue, learn about some French landmarks, or think of some of your own French activities.
- 9) **Archery attack!** The Normans used bows and arrows in battle. Have a go at Archery.

## Section 4

### British History

#### Tudors

- 1) **Tudor Rose.** The rose was the emblem of the House of Tudor. Make a Tudor Rose badge.
- 2) **Tudor Neckers.** The Tudors wore large collars called Ruffs. Make a Ruff out of Doilies.
- 3) **A feast fit for a king!** The Tudors ate a varied and very salty menu. They used salt to preserve their meat as there was no other way to stop it rotting. Also, water was unfit for drinking so they had to drink beer or wine. Create a Tudor menu. Would you eat it today?
- 4) **Become an explorer.** Find out about either Sir Walter Raleigh or Sir Francis Drake and their discoveries. What did they find? Create a poster or newspaper report about their exciting explorations. Or, If there had been television at the time, imagine you are news reporters and perform your report with your six/patrol to the rest of the unit.
- 5) **Catholic vs. Protestant.** Learn about the changes to religion in the UK over the Tudor period. Why did it change?
- 6) **The Bard.** During the reign of Elizabeth I the first real theatres were built in England, including the Globe in London, where many Shakespeare plays were performed. Go and see a show at a local theatre, or put on a play in your unit.

#### Victorians

- 7) **Spud-wrap!** During the Victorian era there was a potato famine in Ireland. Use a potato to create some patterned wrapping paper.
- 8) **Tube-travel.** The first underground railways were built in 1855. Travel on the Underground.
- 9) **What the Dickens?!** Watch or read a Charles Dickens film/book.
- 10) **Victorian playground games.** Play marbles or another Victorian Era game, such as hula-hoops, or hopscotch.

## Section 5

### The World Wars

#### World War 1

- 1) **We will remember them...** make a poppy to remember those who have been lost.
- 2) **War poetry.** Lots of Soldiers wrote poetry about their experiences during the war. Find out about the poetry of Wilfred Owen or Siegfried Sassoon. Write a War poem about life in the trenches. Do you really think a soldier feels like that?
- 3) **Trenchfoot.** After months as a soldier in the trenches, do you think you would like some pampering? Have a pamper night, give each other manicures/pedicures and relax!
- 4) **Welcome home!** Get out the bunting and have a welcome home party for the troops. Perhaps you could combine it with GFI Parties or your Hostess badge.

#### World War 2

- 5) **Feeble feast.** During WWII people had to survive on an allocated amount of food per person. Cook a meal on rations.
- 6) **Dig for victory!** Plant some vegetables. Perhaps you could use your produce to make something tasty for the unit to share.
- 7) **Keep the spirits up!** Have a wartime sing-song. Make some bluebirds, to fly over the white cliffs!
- 8) **Operation Pied Piper.** Have an evacuee night. Make name labels, gas mask boxes, have a rations tea and think about what it might be like to move away to the countryside.

## **Section 6**

### Future History...

Do you want to know what people in the future will think of you?

We would like you to create a time capsule about your unit to be opened in the future.

Find out if it can be buried at your unit meeting place, or ask a leader nicely to look after it for you.

What will you include in your time capsule? Here are some ideas:

Photos

Your names

Date that it is buried

Something that you have done this year

A container of small things from around the meeting place

Memorabilia from your unit

A current interest badge

Messages for Rainbows/Brownies/Guides/Rangers/Leaders of the future

## **What Else Can We Do?**

Visit a local history museum.

See if a local historian could come and talk with the girls about their favourite topic.

Complete the challenge again but doing different elements.



## Order Form

Please complete the order form below and return to:

2<sup>nd</sup> Barnehurst Guides  
40 Rudland Road  
Bexleyheath  
Kent  
DA7 6DD



Cheques payable to 2<sup>nd</sup> Barnehurst Guides

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2<sup>nd</sup> Barnehurst Guides – Historical Heroes Challenge

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Unit

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County

---

Country/Region

---

Contact Name

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Delivery Address

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Postcode

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Telephone

Email

Item

Number Ordered

Total Price

Embroidered Badge (£1 each)

Postage (1-30:£1; 31-100:£1.50; 100+:£2)

Cheque enclosed for (total amount):

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Please let us know which activities you have completed:

Section 1

Section 2

Section 3

Section 4

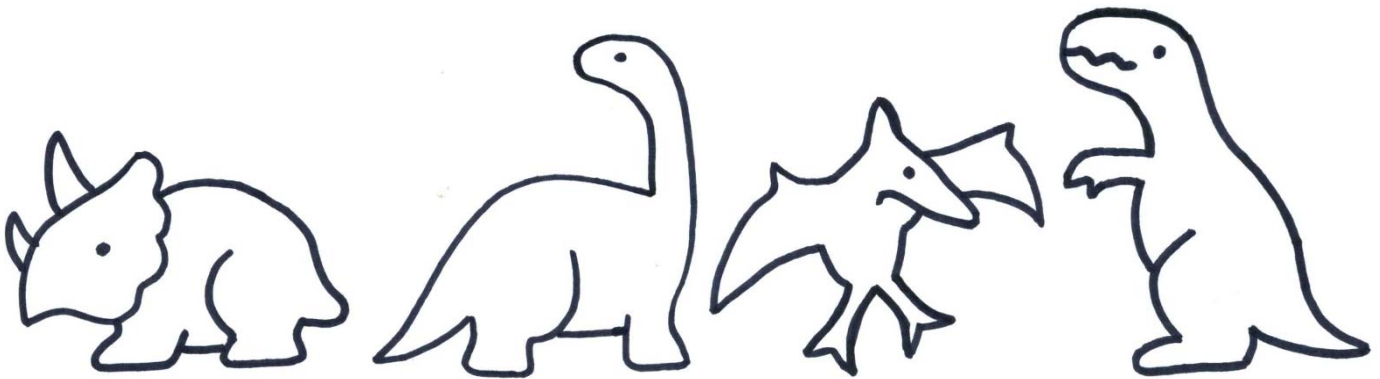
Section 5

Do you have any other comments that could help us to improve our challenge?

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## Resources

### Dinosaur Hunting



### Dino-games

- The dinosaur egg game. Give each patrol or group a hardboiled egg and ask them to look after it for the evening. Get them to do challenges such as:
  - Make a home for the egg
  - Give the egg a name
  - Throw and catch the egg (must be hardboiled)
  - Protect the egg from other animals
- Give one member of the unit a tennis ball (the egg) and ask one member to be the dinosaur hunting for its egg. When they come back in they have three guess at who has the egg. Make sure all girls have their arms behind their backs.

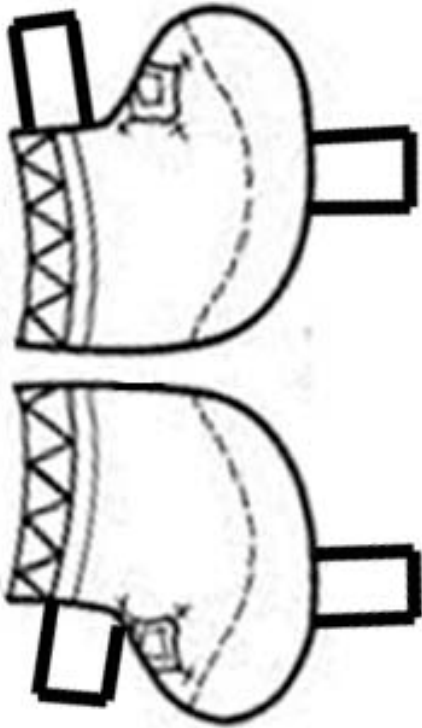
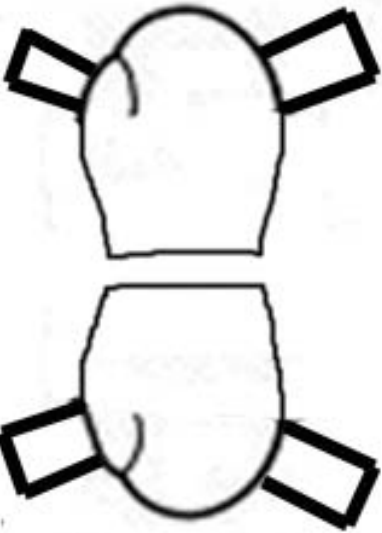
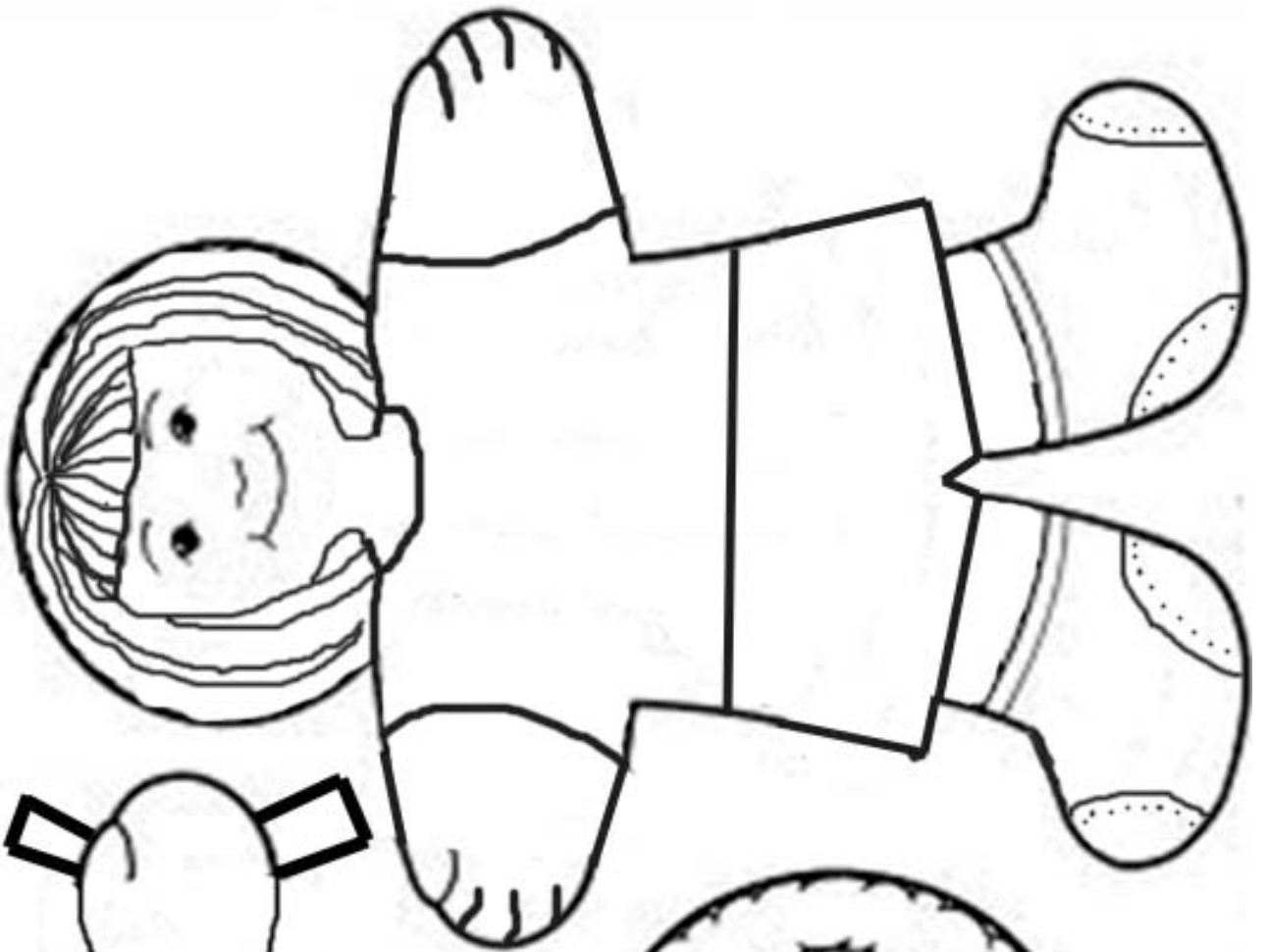
### Ice-Age Ice-Cream

- What you'll need:
  - 1 tablespoon sugar
  - 1/2 cup milk or half & half
  - 1/4 teaspoon vanilla
  - 6 tablespoons rock salt
  - 1 pint-size plastic food storage bag (e.g., Ziploc)
  - 1 gallon-size plastic food storage bag
  - Ice cubes
- How to make it:
  - Fill the large bag half full of ice, and add the rock salt. Seal the bag.
  - Put milk, vanilla, and sugar into the small bag, and seal it.
  - Place the small bag inside the large one, and seal it again carefully.
  - Shake until the mixture is ice cream, which takes about 5 minutes.
  - Wipe off the top of the small bag, then open it carefully. Enjoy!



### Roman Numerals

1 = I	8 = VIII	60 = LX
2 = II	9 = IX	70 = LXX
3 = III	10 = X	80 = LXXX
4 = IV	20 = XX	90 = XC
5 = V	30 = XXX	100 = C
6 = VI	40 = XL	500 = D
7 = VII	50 = L	1000 = M

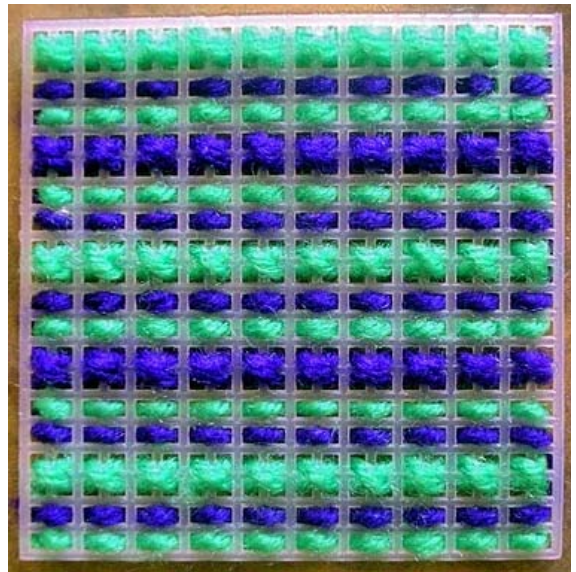






## Mug Rug

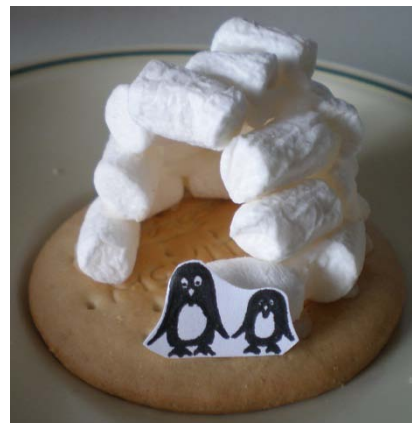
Use plastic canvas and wool to make your mug rug as simple or as complicated as you like!



## Tudor Rose



## Edible Igloo



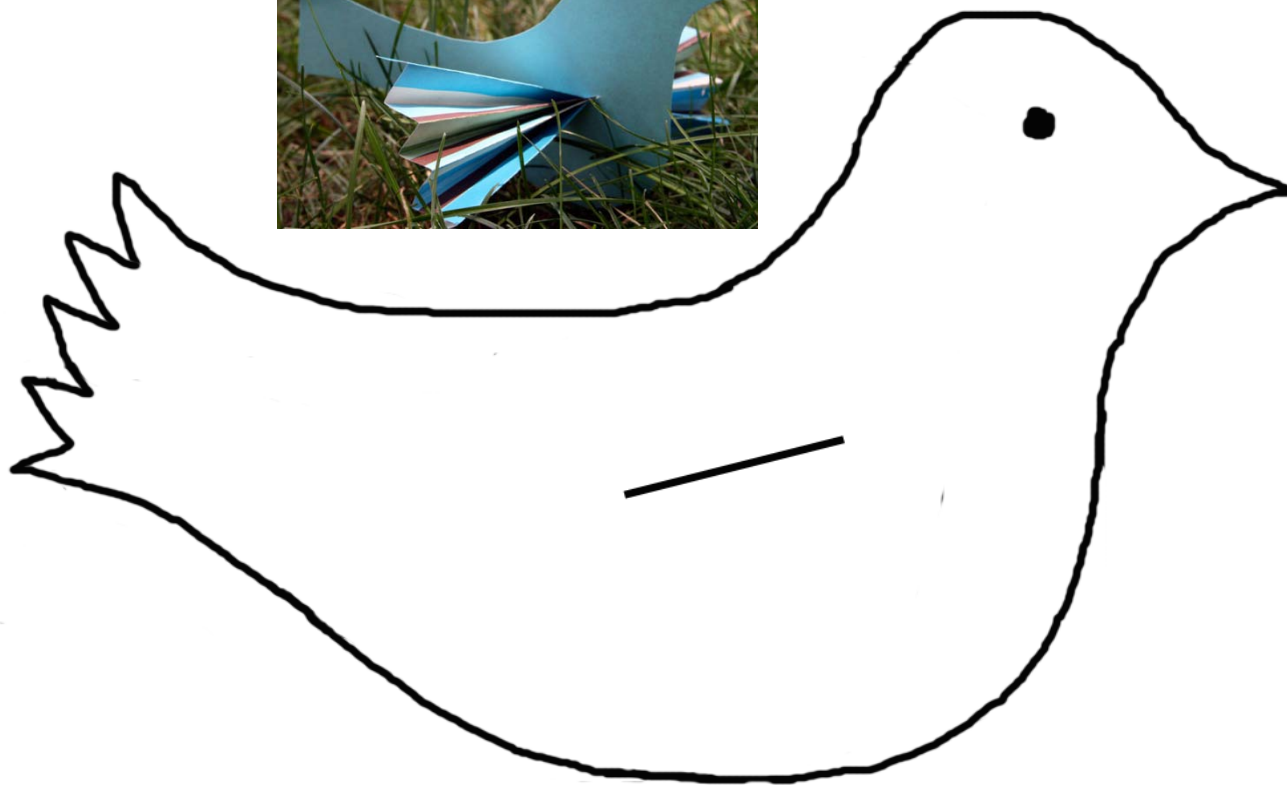
## Doily Ruff

Cut the doilies in half and fold in a concertina shape, like a fan. Make a hole punch at the straight edge, going through all layers of the fan. Thread the fans onto a piece of ribbon and tie your collar in a bow round your neck. About 3 or 4 fans per child is enough to make a collar. Pretend to be Tudor kings and queens!

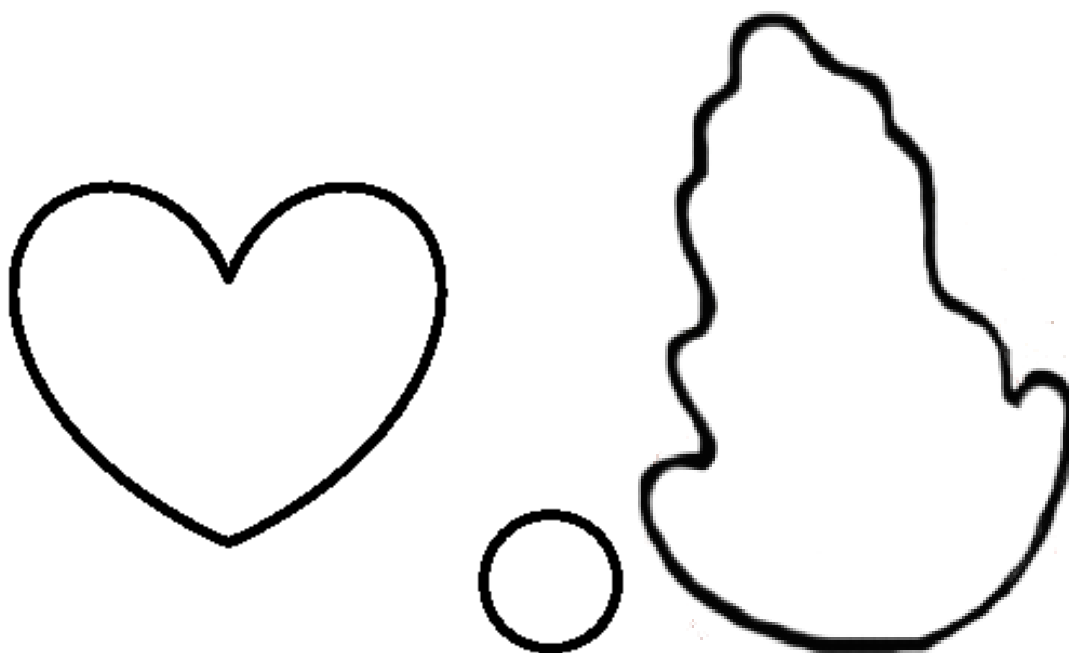


## Bluebirds

Cut out the bird template onto blue card. Cut a rectangle of blue paper, fold into a concertina shape and slot through the bird on the line to make 'fan' wings.



## Poppy



Cut 4 heart shaped petals from red card, a circular centre from black card and a leaf from green card. Connect them together with a split pin in the centre and wind a piece of green pipe cleaner around the back of the split pin for the stem.

## Wartime Songs

### It's a long way to Tipperrary

It's a long way to Tipperrary, It's a long way to go;  
It's a long way to Tipperrary To the sweetest girl I know!  
Goodbye Piccadilly, Farewell, Leicester Square,  
It's a long, long way to Tipperrary, But my heart's right there!

### Pack Up Your Troubles

Pack up your troubles in your old kit bag,  
And smile, smile, smile.  
While you've a lucifer to light your fag,  
Smile, boys, that's the style.  
What's the use of worrying,  
It never was worthwhile, so  
Pack up your troubles in your old kit bag,  
And smile, smile, smile.

### A Bicycle Built For Two

Daisy, Daisy, give me your answer, do.  
I'm half crazy all for the love of you.  
It won't be a stylish marriage,  
I can't afford a carriage;

But you'll look sweet upon the seat of a bicycle  
built for two.

Henry, Henry, this is my answer true:  
I'm not crazy over the likes of you.  
If you can't afford a carriage,

Forget about the marriage;  
I won't be jammed, I won't be crammed  
On a bicycle built for two.

### White Cliffs of Dover

There'll be bluebirds over the white cliffs of  
Dover  
Tomorrow, just you wait and see  
There'll be love and laughter and peace ever  
after  
Tomorrow when the world is free

The shepherd will tend his sheep  
The valley will bloom again  
And Jimmy will go to sleep  
In his own little room again

There'll be bluebirds over the white cliffs of  
Dover  
Tomorrow, just you wait and see

## Useful Websites

[www.ancientegypt.co.uk](http://www.ancientegypt.co.uk)

[www.primaryhomeworkhelp.co.uk](http://www.primaryhomeworkhelp.co.uk) (click on 'History')

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

[www.bbc.co.uk/history/worldwars/wwone/](http://www.bbc.co.uk/history/worldwars/wwone/)

[www.nhm.ac.uk/](http://www.nhm.ac.uk/)

[www.museumoflondon.org.uk/](http://www.museumoflondon.org.uk/)