



NORFOLK COUNTY COUNCIL

AVENUE JUNIOR SCHOOL
AVENUE ROAD, NORWICH, NORFOLK, NR2 3HP

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Monday 23rd May 2016

Dear Parents/Carers,

We will be holding a Vikings day here in school for all children in Year 4 on **Monday 20th June**.

The children will take part in three activities during the morning: a Vikings quiz; learning about Viking home life and handling artefacts with special visitor Thorulf Hammrsson; and playing 'Fox and Geese' – a Viking board game. In the afternoon there will be a weapons and armour display followed by Viking spear wrestling and the children taking part in a battle!

To get into the spirit of the day we will be asking children to come dressed as a Viking. Below you will find some ideas for a Vikings costume, however please don't feel that the costumes need to be done in exactly the way outlined below, this is for ideas only.

Kind regards,

Lewis Peck
Year 4 Leader

VIKING WARRIORS

Dressing as Viking warriors is easy! Use a brightly coloured adult "T" Shirt as an overshirt 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.

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

Vikings put decoration on everything, even the handles of swords. If making your sword from cardboard, see if you can make a handgrip. 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.

OTHER IDEAS

You will need a long underdress and calf-length pinafore dress. You could wear beads. A Viking comb and girdle hangers (nobody knows whether they were just for decoration or had some practical use) can be worn hanging from a broche on long lengths of cord. Viking women always wore headscarves. They would wear a cloak if it was very cold.