A Guide to Children's Activities

For use at

Society Events

and

Mundane Demonstrations



By:

Lady Liadan of Patrin-Or

Introduction

Greetings!

As MoCs, we fill a unique niche in Society much like our medieval counterparts did. We are the child-minders. We are the teachers and care-givers. We are the ones who help to guide the future of the SCA. We are also the ones who show to the mundane world that the SCA isn't just an adults only club.

The histories I have provided are more for the mundane children than for SCA smalls.

You have but three seconds to grab their attention at a demo and a concise intro is all you need to get them thinking and wondering. The histories will help you ask the open-ended questions, draw the children into your activity, and spark their curiosity.

This book is a compilation of medieval projects for children that I have used over the years as Minister of Children for the Barony of Wiesenfeuer. Any of these can be used for SCA events, however there are some that are too cost prohibitive to use for public demo. Those projects will have a note in boldface on their supply list. Each project has a list of supplies, instructions, and a brief history for the project. I keep these stored in a tub with the supplies so I can "grab and go".

This book also contains information on running contests and championships for events as well as a project planning sheet. There are sample event schedules and sign-in sheets also.

Whether you have others come and teach a class using these projects or you do it all yourself, I hope this book proves to be a useful tool.

Yours, in service to the children and the Kingdom of Ansteorra

Lady Liadan of Patrin-Or

Why Should I use a Tub System?

My answer, quite simply, is, "Why not?" I have managed to survive for several years searching through the inherited supply tubs of my predecessors for pieces to whatever project I wanted to do with the children. Even arranging the supplies into something that was a little more coherent didn't seem to help as I was often looking for something that I remembered seeing...elsewhere...in a tub...at home. Often home was an hour or more away. I couldn't take it anymore.

Mundanely, I am a professional seamstress, so project organization is very important to me. I use a tub for each of my sewing projects so I don't lose bits to the clutter of sewing room. I do the same for the vacation scrapbooks too. By using clear tubs, I can readily see what is in each and grab what I need quickly. Why not use the same system for my MoC activities?

I use clear, locking tubs for each project. The locking ones are best so that if they should fall off my cart when taking things out to site, materials don't go flying everywhere.

Each tub gets a clear plastic file pocket that holds all the information about the project. This is taped to the inside so that if the tub is left outside, moisture won't get to it. The tub is labeled on all sides and top as to what it is and what events it is mostly used for. That way all I have to do is pull, check supplies, and go.

The past couple of events that I have used the tubs, have been much less stressful because I have everything I need in one place and that an important component isn't elsewhere...in a disorganized supply tub...at home...an hour's drive away.

Project Table of Contents

Masks

Pysanki Eggs

Basket Weaving

Catapults

Stained Glass

Illumination / Scribal

Textile Arts

Wind Chimes

Kites

Musical Instruments

Telescope

Astrolabe

Subtlety (Graham Cracker Houses)

Mosaics

Ojos de Dios (God's Eyes)

Brigid's Cross

Games

Origami

Sewing / Embroidery

Bibliograpy

Appendix

- **Basic Supplies List**
- **Event planning and Budget**
- **sheet Event Scheduling**
- **Worksheet**
- **Sample Schedules**
- **MoC Sign-in sheet**
- **Project Budget Worksheet**
- **Sample Project Budget**
- **Contest / Championship Worksheet**

Masks

Supply list:

Dowel rods

Mask bases (Print out masks template onto cardstock)

Feathers

Glue (Fabri-tac by Beacon) or hot glue

Ribbon

Acrylic gems

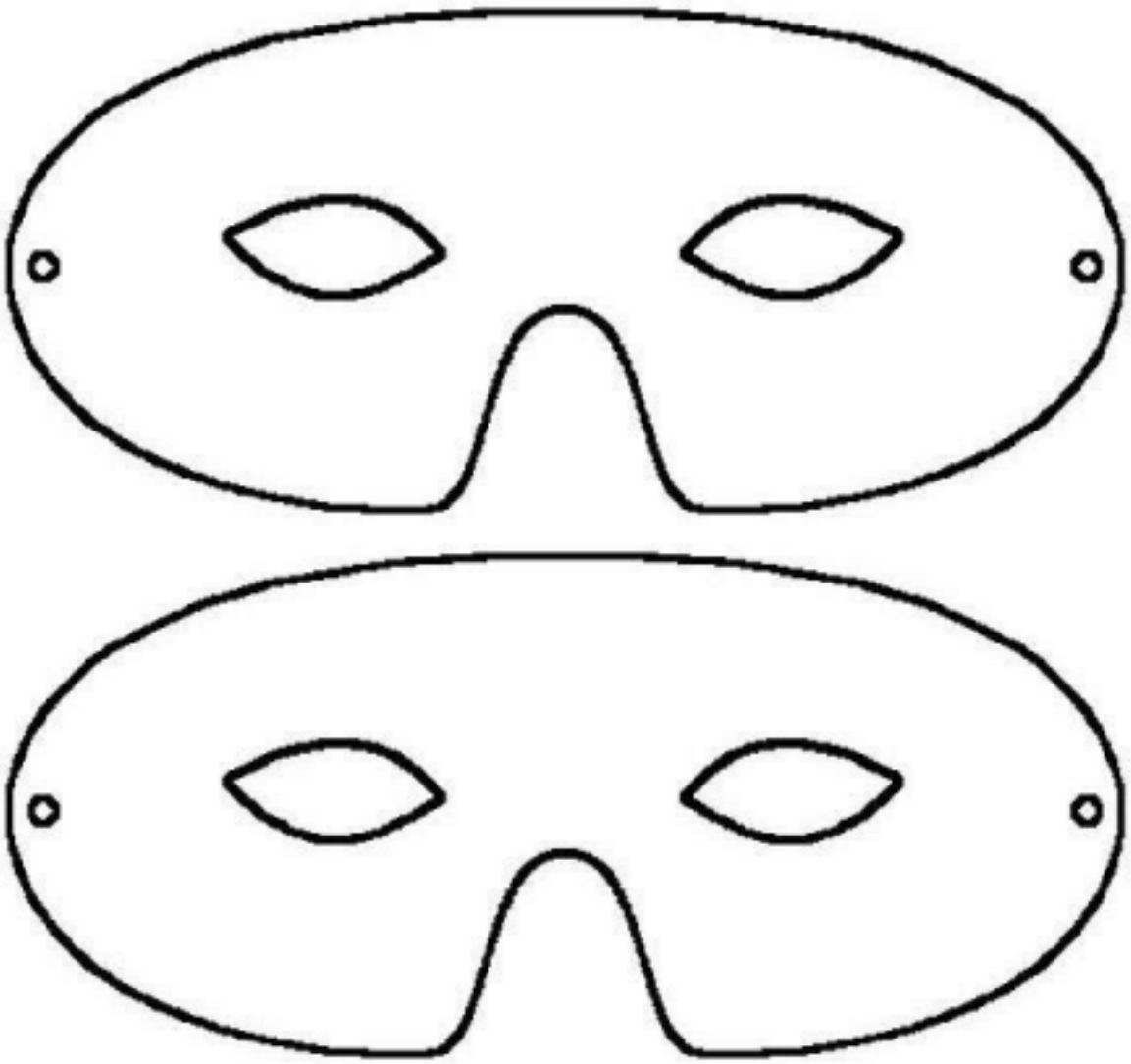
Glitter Glue

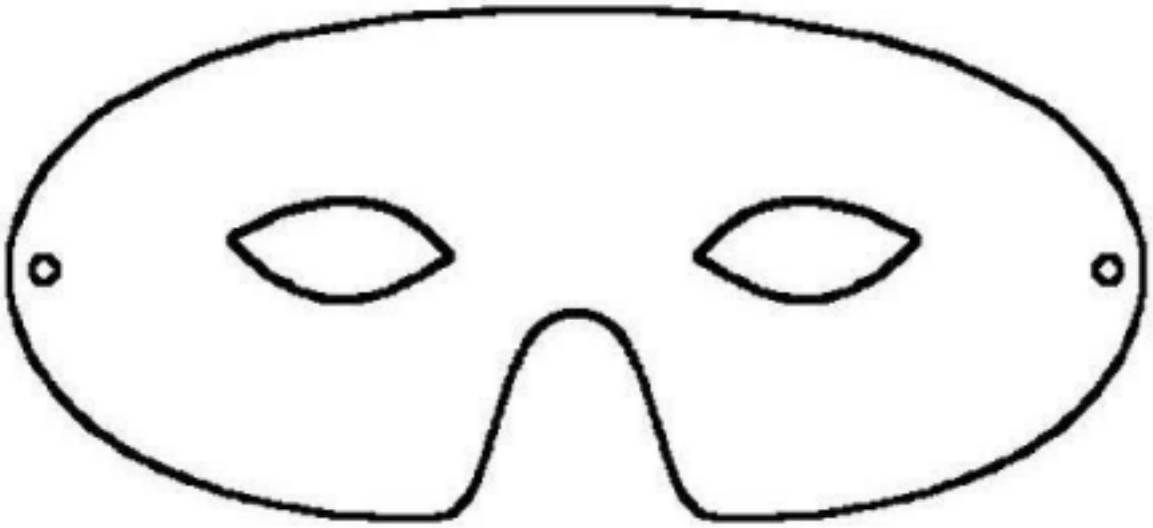
History of Masks overview

Instructions

1. Set out feathers, gems, beads, and other decorating supplies on a table
2. Give each child a blank mask and a dowel rod.
3. Let each child decorate their mask to their liking.
4. Supervise glue usage/ hot glue with younger children, help as needed.

Mask template:





History of Masks

Masks have many uses, both in ancient times and today. When do you wear a mask? Why?

Masks have been used all over the world since ancient time and have been used for many different purposes. Think of a mask you have seen in a museum or your history book. Where was it from? What was it used for?

Universally, masks have been used in the theatre to represent characters in a performance as a dramatic device. Examples are seen in the Ancient Greek theatres, Medieval religious plays, Renaissance Commedia dell' Arte, as well as the Noh theatre in Japan. The mask allows the actor to take on the personae of the character and change character at will with the change of the costume and mask.

Have you ever seen the golden mask of the Pharaoh Tutankhamun? How about the tomb of a king or a knight? These masks are called Death Masks. These masks were used to cover the face of the deceased to honor them as well as establish a relationship with the spirit world.

The physicians during the Plague wore masks. They believed that the frightening mask would scare away the evil humors of the disease.

Native peoples have used masks not only for healing but for communing with the Creator spirit.

Festival masks are still in use today.

Pysanki Eggs

(This is an EVENT ONLY project)

Supply list:

Dye-able plastic eggs (1 per child) (found at Walmart around Easter)

Fine line Markers

Colored pencils

Crayons

Glitter glue

History of Pysanki Eggs overview

Instructions for younger children:

1. Give each child an egg.
2. Let child decorate as they please. Helping where needed.

Instructions for older children:

1. Give each child an egg.
2. Let them select a Pysanki pattern they would like to copy.
3. Let them decorate; helping as needed.

I don't use dyes since they will stain the children's clothing and aren't as portable as markers. Crayola fine line markers work best for this project.

History of Pysanky

What is your favorite thing about Easter? Decorating the eggs, right? It's always fun to see what cool color combinations you can get by mixing colors. Did you know that egg decorating has been around for more than 3000 years? Many cultures have decorated eggs as a part of the spring festivals but none are as fascinating as the eggs produced in the Rus/Ukrainian cultures.

Pysanky eggs are some of the most unique in the world and have a long history. Pysanky has been found on ceramics dating 1300 B.C. The symbolism of the art has been linked to the Trypillian culture that lived in the Ukraine six-thousand years ago. The colors, designs, and the symbolism echoed the culture's close relationship with the natural world around them. Trees, horses, stags, bears, stars, and circles are some of the motifs used in the designs.

When Christianity spread to the Ukraine in 988 A.D. the Pysanky eggs found new life in the new traditions of Eastertide. The old Pagan symbolism merged with the new Christian symbolism so that it is impossible to see where the old ends and the new begins.

Pysanky is a woman's art. The cultural traditions, designs, and symbols are handed down from mother to daughter to preserve their heritage.

Basket weaving

Supplies:

Newspaper

Skewers

Scissors

Glue

2" cardboard circles

Mod-Podge or other sealer

Instructions:

1. You need to cut long strips of newspaper to about 4in. wide. Fold the newspaper horizontally in half and then half again, and use a sharp knife to cut into sections. Place the skewer on a corner of the newspaper at an acute angle. This will give you a long tube.
2. Tuck under the corner edge and then roll with your fingers. There are various methods of rolling the paper tubes, and after a couple of paper tubes you will work out which one works best for you. I start off rolling with my fingers and then carefully lift the tube, holding the end of the skewer in my right hand and rolling the paper around with my left.
3. When you reach the end, smear on a small amount of glue to secure in place. 4. You will notice once you have made a few tubes that one end is ever so slightly narrower than the other. Don't worry about this and you will find out why later on.
5. Take two 4-inch cardboard circles and glue an odd number of newspaper reeds to one so they look like wheel spokes.
6. Glue the other cardboard circle on top so that the spokes are sandwiched in between the two cardboard circles.
7. Fold the reed spokes from the base. Weave the remaining newspaper reeds around the spokes. Every time you add a new reed, attach it to the previous one with a little dab of glue.
8. When your basket is finished, you can seal it with Mod-Podge or other sealer.

History of Baskets

Imagine you live in medieval times. How do you think you would carry a bunch of things, say items you purchased at the Faire? Look around. Do you see people carrying around a basket?

Baskets have been around for a very long time, probably since we have needed to carry a large amount of things. They can be found in every culture and in every corner of the world. It is the oldest art form that man has created. Baskets can be made out of just about anything; reeds, tree needles, wood, cane, and even paper.

Over time, baskets have been used for many different things. Did you know that baskets were used as pottery molds? Can you think of some uses for a basket? How would you use a basket today?

Catapults

Supply list:

Mini marshmallows

Fabri-Tac glue/double-sided sticky tape (optional)

Jumbo Craft Sticks

Plastic poppers/bottle caps (optional)

Rubber bands

History of Catapults overview

Catapult instructions

Each zippy bag should include:

9 jumbo craft sticks

4 rubber bands

1 Plastic popper/bottle cap (optional)

Instructions:

1. Stack 7 sticks together and wrap a rubber band around each end.
2. Take the remaining 2 sticks and wrap a rubber band around only one end.
3. Slide the stack of 7 sticks between the 2 sticks.
4. Crisscross wrap the last rubber band around where the two bundles meet to hold the catapult together.
5. Glue or tape the popper/bottle cap to the top stick.
6. Begin launching marshmallows!

Catapult History

Who doesn't like to fling things? Catapults have been part of warfare since ancient times and were one of the most effective weapons used in a siege. The Chinese, Romans, and Greeks all used different types of catapults. They were largely designed as an attempt to increase the range of the crossbow. The first documented use of an arrow-throwing catapult was in 399 B.C.

The Catapult as we know it was introduced in 1216 A.D. during the French siege at Dover,

England. They were designed to launch missiles at or over fortified castle walls.

Catapults are categorized into 3 types: the Ballista, which is like a giant crossbow: the Mangonel, which is what we generally think about when we think of a catapult: and the Trebuchet which is a counter-weighted arm with a launching sling at the other end.

Stained Glass

Supply list:

Vellum

Stained Glass templates

Markers

History of Stained Glass overview

Instructions:

1. Scan stained glass templates and print onto sheets of vellum
2. Cut apart
3. Let children chose their stained glass to color

You can also use sheets of plastic and Gallery Glass paints for older children. This is much more expensive and **used only for events** but more creative for the older kids.

Stained Glass History

Have you ever painted a suncatcher? Have you ever been fascinated by how the light shines through it? What do you think of when you see stained glass? How do you think glass is colored?

Colored or stained glass has been around since ancient times. Its origins are a bit of a mystery. The likely beginning is in ancient Mesopotamia or possibly Egypt. Accidents can happen when firing pots so it's possible that ancient potters happen on glass when firing their pots. Colored glass beads have been found to exist as early as 2750 B.C. Colored glass windows can be dated to the Roman period. Blown glass was beginning to replace molded because it could be made

thin enough for a myriad of purposes.

By the medieval period, colored glass was being used to make beautiful windows in churches. The oldest known stained window dates from 686 AD. The remains of it were found in the ruins of a monastery in England. A complete window from the same time period sits in Augsburg Cathedral.

Stained glass began appearing in the Byzantine Empire around the tenth century and by the thirteenth century it began showing up in Arabia.

Stained glass can be found all over the world. Can you name a famous piece of stained glass?

Illumination/Scribal

Supply list:

4x5 card stock (white or parchment)

Fine-line Markers

Colored pencils

Graphite pencils

Pencil sharpeners

Letter stencils

Object stencils

History of Illumination overview

Illumination examples : Book of Kells, riddles and enigmas, Scrolls

Instructions:

1. Give each child a 4x5 card and a pencil
2. Let them choose a letter and/or object stencil to trace onto card
3. After stencil is traced, show/help child how to make designs inside and around the letter to make it pretty
4. Have child color his/her letter

EVENTS ONLY: Older children can use Gouache if you have it available or the craft acrylic paints work well. Have older ones illuminate words if you have the time built in to your schedule for this.

History of Illumination

What is illumination? Have you ever doodled in your notebooks as you were taking notes? What you were doing was illuminating your notes! That's exactly how illuminations began. Before the printing press was invented by Johannes Guttenberg in the 1450's, books were copied by hand. This was a long process and often took years to complete one book. Most of the books in the Middle Ages were used by the clergy and since it took so long to complete one book often the scribes who were doing the copying got bored. Like you they began doodling in the margins and around letters. These doodles eventually became part of the work itself.

The earliest known illuminated manuscript dates back to the 5th century. However the best known is the Book of Kells which was discovered in Kells, Ireland in the 12th century.

Textile Arts

Supply list:

<u>Kumihimo</u>

Fill the gap Kumi wheels (pattern provided with instructions. I use 2 pieces of sticky back foam stuck together to make it thicker)

Floss

Floss bobbins

Zippy bags

History of Kumihimo

<u>Weaving</u>

Bookmark loom/pot holder loom

Yarn

Weaving loops

Shed sticks **(these can be tongue depressors/popsicle sticks that you weave through the warp stings to help create a space to move the weaving yarn from side to side.)**

Crochet hooks

History of weaving

Fill the Gap instructions

All you need to know is how to count to three, so it is the easiest braided cord for small children or beginner cord-makers to learn. This simple but effective octagonal braiding technique is also called Viking 7-strand plaiting, dating back to at least 900 AD. It was originally used for straw plaiting but the adaptation to kumihimo cards gives you the most fun variation ever! Even small children can produce colorful cord in no time!

1. Each child gets an octagonal Kumi-wheel and 7 strands of floss or ribbon (about 1yd in length)
2. Help/show child how to knot the strands together and set up the wheel
3. Help/show them how to start by counting to 3

Older children or more experienced children can use the round kumi-wheels to make more complex braids like the square or round braids:

Square Kumihimo braid

Basic Set-upp Instructions

A. Choose two colors of floss

B. Cut (2) 36" strands of each color. You will have a total of (4) strands.

C. Slide all strands through the opening of a jump ring.

E. Tie a basic knot.

F. With knot end first, take the jump ring and put it through the hole in the middle of the Kumi-Wheel. Make sure the numbers are facing you.

You are now ready to begin making a bookmark!

Kumi-Wheel Square Braid

1. Set up Kumi-Wheel using the Basic Set-upp Instructions, using 36" as length for floss strands. 2.

Hold Kumi-Wheel with the #32 on top. Make sure to keep tension on the lanyard to secure project.

Step A:
1. Move floss between 32&1 and insert between 6&7.
2. Move floss between 16&17 and insert between 22&23.
3. Move floss between 23&24 and insert between 32&1
4. Move floss between 7&8 and insert between 16&17.

Step B:
1. Move Floss between 15&16 and insert between 9&10.
2. Move Floss between 31&32 and insert between 25&26.
3. Move floss between 24&25 and insert between 15&16.
4. Move floss between 8&9 and insert between 31&32.

Step C:
1. Move floss between 6&7 and insert between 7&8.
2. Move floss between 9&10 and insert between 8&9.
3. Move floss between 25&26 and insert between 24&25.
4. Move floss between 22&23 and insert between 23&24.

Repeat Step A, Step B and Step C until desired length is reached.

Round braid instructions

Instructions:

1. Set up Kumi wheel using the Basic Set-up Instructions.

2. Hold Kumi wheel with dot #32 on top. Make sure to keep tension on the lanyard to secure project.

1. Start with #32 on top and #16 on the bottom.

2. You will start with the strands on either side of #16.

3. Always start with the bottom left strand.

4. Pull out floss between 16 & 17 go straight across the wheel and insert between 30 & 31. You will now have three strands on top; left, middle and right.

5. Pull out floss between 1 & 32 and insert across the wheel between 14 & 15.

6. Turn the wheel counterclockwise to the next dot. When you turn the wheel, the top and bottom numbers will change. Dots indicate to and bottom of wheel. With your first turn #8 will be on top, #24 on the bottom.

7. Repeat* steps 4-7 until desired length is reached. *Always bring the furthest left bottom strand UP and across to the top of the wheel and insert it to the left of the two top strands. the top right strand will always come DOWN and across insert to the right of the bottom strand.

8. When you reach your desired length, remove your braid from the wheel. Tie a basic knot on the end of your braid and clip the tail to desired length.

Woven Bookmark instructions

Before you start weaving, wind the yarn into balls. This yarn is called weft, which is the term for all horizontal threads.

1. Warp the loom with cotton sting. Tie the string to the bottom of the loom, and wrap from bottom to top around the pegs in a figure eight, ending at the top right. Tie it to the top of the loom to secure it.
2. The shed stick is a long, thin piece of wood with rounded edges, and is a few inches wide. To start, weave the shed stick over and under all the warp threads. Then, rotate the shed stick 90 degrees. You have created an opening by raising and lowering the warp. This is called a shed. Now pass the shuttle through the shed, from left to right, leaving several inches of yarn on the side.
3. Now weave the stick again, this time going over the warp threads that are on top of the weft, and under warp threads that are under the weft. Make sure that you don't skip any threads. Rotate the stick 90 degrees and pass the shuttle through from right to left. Rotate the shed stick 90 degrees and use it to tamp the new yarn against the first row.

Making a Bookmark loom

Supplies: 12 small tacks or nails and a ¼” thick 2x12 piece of craft wood, hot glue or wood glue

1. Space and nail 6 tacks along each short end of the 2 x 12 piece of craft wood
2. Glue around each nail to secure it in place and let dry.

Potholder loom instructions

1. Design a color pattern for your potholder and gather the loops needed. A standard 7- by 7-inch loom requires 36 loops.
2. Warp the loom by stretching loops over every peg from the top to the bottom of the loom. The warp should look dense, with no spaces between the vertical loops.
3. Push the metal weaving hook through the warp loops, alternating over and under each loop. It does not matter whether you work left to right or right to left, but it is easiest to work from top to bottom.
4. Attach a loop to the metal weaving hook and pull it back through the warp. This is the weft, weaving in and out of the warp. Be sure to attach the loop to a loom peg as you pull. Attach the other end of the loop to the opposite loom peg.
5. Repeat the weft weaving, alternating the over and under moves on the first vertical loop for each row, until all horizontal pegs have loops attached. Now the weaving of the body of the potholder is done.
6. Finish the potholder and remove it from the loom by picking up and pulling one loop end through the next, starting in one corner and working all the way around the square. This is a basic crochet technique. The final loop becomes the potholder hanger, which should be stitched or knotted to prevent the weave from unraveling

History of Kumihimo

Have you ever made a friendship bracelet? How about a survival bracelet with Paracord? Did you know that braids held a Samurai's armor together? Those braids were very similar to the braid of a friendship bracelet. Braiding techniques are very old and have been used all over the world since ancient times. Braids can be beautiful as well as functional as in the Samurai's armor or the lacings on a dress

History of Weaving

Have you ever thought about how your clothes were made? Look at your shirt. What do you see? Can you make out the individual threads used to make the cloth? What do you think the

threads are made from? How do you think these fibers became the threads that make your shirt?

Long ago, if you wanted clothes you had to make them yourself. First the fiber was grown, then collected, spun into yarn then finally woven in to cloth so you could make garments. It was all done by hand. Today much of that process is automated but learning how to make your own cloth is as rewarding as it is soothing.

Weaving is very old. The oldest know textile, a linen burial cloth, dates from around 7000 BCE. Linen is made from the flax plant

Wind Chimes

Supply list:

4” rings/ grapevine wreath

Jingle bells

Twine

Jump rings

Pony beads

Zippy bags

History of Wind Chimes overview

Wind chimes instructions

Each zippy bag should include:

1 4” ring/ wreath

4 jingle bells

8 12” pieces of twine

2 6” pieces of twine

1 jump ring

16-20 pony beads

Instructions

1. Give each child a zippy bag
2. Take the 2 6” pieces of twine, fold in half, put the loop through the split ring, and then

pull the cut ends through the loop. Tie the ends to four opposite places on the ring/wreath.

3. Tie one jingle bell to one 12” piece of twine then tie to ring/wreath. 4. Tie pony beads to each of the other 4 12” pieces of twine then tie to ring/wreath

History of Wind Chimes

Do you like to hear the sound of the wind? What kind of sound does it make? Have you ever heard the tinkling of chimes on a windy day? Did you know that wind chimes have been around for almost 5,000 years? Archaeologists have found evidence of wind chimes that were made out of bone and wood. They date to around 3,000 B.C.! It is thought they were used to ward off evil spirits. They had a practical use too. The noise from the chimes would scare birds and other animals away from their fields, like a scarecrow. Chimes can be found all over the world and have many different uses.

Kites

Supply list:

Paper lunch bag (white or brown)

Hole punch

Yarn

Crepe paper

Markers

Double-sided sticky tape

Craft stick

scissors

History of kites overview

Paper bag kite instructions

1. Each child gets a paper bag. Have them decorate their bag with markers.
2. Once the bag is decorated, open the bag and use the hole-punch to make a hole in the center bottom of the bag.
3. Cut a piece of yarn about 36” long and tie it to the center of the popsicle-stick.
4. Gently insert the yarn through the hole from the inside of the bag and pull through.

5. Secure the popsicle-stick with tape.
6. Tape streamers to the inside of the opening
7. You are ready to fly your kite!

History of Kites

What do you think of when you see a kite? Why do you think kites were invented? Where did they come from?

Kites began appearing in China a little over 2000 years ago but their origin is surrounded by legend and mystery. Kites were first constructed from bamboo and paper or silk. Some were used in the military; large kites were reportedly capable of carrying a man in order to spy on an enemy. Smaller ones were used to judge distances and to send messages.

Kites were also used by some Eastern and Pacific cultures in religious ceremonies to communicate with the gods. Messages and prayers were written on the paper or silk so that as the kite was flown in the air the gods could read their intentions.

Musical Instruments

Supply list:

Straws Ribbon/yarn Scissors Small paper plates Hole punch beans/ rice/

corn Rubber bands (fat and skinny) Dixie/portion cups Jumbo craft sticks

Duct tape Jingle bells Zippy bags History of each instrument

Instructions for each instrument

Penny whistle supplies: Kazoo supplies: 1 Straw 2 Jumbo craft sticks Scissors 2

small straw pieces Hole punch 3 rubber bands Scissors

Tambourine Supplies: Shakers supplies: 1 paper plate 2 Dixie cups 6 jingle bells

1/8 cup of beans 1 yard of ribbon/yarn duct tape Markers/crayons

Hole punch

Straw Flute/Penny Whistle

(Refer to Supply list in Tub)

1. Remove straw from paper or plastic packaging. (if straws are in a box you may omit this step)

2. Cut one end of the straw in to a “V” shape to make the reed. (See fig. 1)

(fig.1)

3. Flatten the reed a little by biting down on the reed gently and pulling it between your teeth.
4. Use the hole-punch to create 6 finger holes down the length of the straw. (See fig. 2)

(fig.2)

Kazoo

1. Cut 2 pieces of straw, each about ¾ inches in length.
2. Wrap the flat, wider rubber band around one of the craft sticks so that it is stretched over both ends of the stick and lays flat against the stick.
3. Slide one straw piece between the rubber band and the craft stick. Slide it as far to one end of the stick as you can.
4. Place the second straw piece on top of the rubber band at the opposite end of the craft stick. While holding this straw in place, lay the second craft stick on top of the straw pieces so that the straws are sandwiched between the craft sticks.
5. Use the 2 small rubber bands to secure each end of your kazoo. Make sure they are on the outer edge of the craft sticks so that the straw pieces don’t slide out.
6. Slide the straw pieces all the way to the end so that they are right up against the rubber bands on the end. You should see the flat, wide rubber band making a diagonal line between the top and bottom craft stick.
7. Hold the kazoo lightly between your fingers. Press your lips to the craft sticks and blow.

Tamborine

1. Have your child decorate the back of the paper plate using crayons or markers or whatever

else they would like to use.
2. While they are decorating the plate, cut small sections of yarn about 3 inches long. We used 7 bells for this craft, so you need 7 sections of yarn.
3. Thread one jingle bell onto each piece of yarn.
4. When your child is finished decorating the plate, use either your hole punch or a pencil to poke seven holes around the edge of the plate. Don't get too close to the edge or your jingle bell will rip through.
5. Tie each jingle bell to the plate and cut the excess yarn off.
6. Shake, shake, shake

Shakers

1. Give each child 2 Dixie cup or one portion cup and lid.
2. Fill half way with beans, corn, dried peas, or rice
3. Use duct tape to join the 2 cups together or secure the lid to the portion cup
4. Shake away!

History of Music

What do you think about when you hear the word Music? What is music? What kind of music do you like to listen to? What do you like about it?

Music has been with us since prehistoric times and will be with us long into the future. Over time it has changed from the first drum beat heard on the savannah to the cacophony of sound we hear today and yet it has remained very much the same.

Early music came primarily from anything you could beat on like a hollow log or by clapping your hands. Voices were an important part of that mix as well. Stories were the history of a civilization. Stories were told in a chant form to make it easier to remember.

Over time other instruments were discovered and other sounds were created. By about 3100 B.C. Egypt and Asia discovered wind instruments by hollowing out reeds or bamboo to create pipes or whistles. By putting holes in the reeds you could vary the pitch.

The earliest stringed instrument came from Sumeria in the form of a lyre around 3000 B.C.

Horns were originally made from an animal's horn but by about 1500 B.C. they had been cast in bronze.

It was the Greeks who discovered ways to write music down around 300 B.C. By the Medieval Period music notation had evolved into something close to what we see today. Music will

continue to grow and change just as we do.

Telescopes

Supplies:

Paper towel tube

Yellow/gold duct tape

Clear cellophane wrapping

Small rubber bands

Scissors

History of Telescopes

Instructions

1. Cut a small square of cellophane wrap and cover one end of paper tube and secure with small rubber band.
2. Wrap a piece of yellow or gold duct tape around the end of the tube to cover the ends of the plastic wrap.

You are now ready to go in search of new lands or to find new worlds in the Celestial realm.

Astrolabe

Supplies

stiff paper Scissors

dark string 12 inches long. Tape

small metal washers Hole punch

plastic drinking **straw**s sharp needle

copy of an **astrolabe drawing**

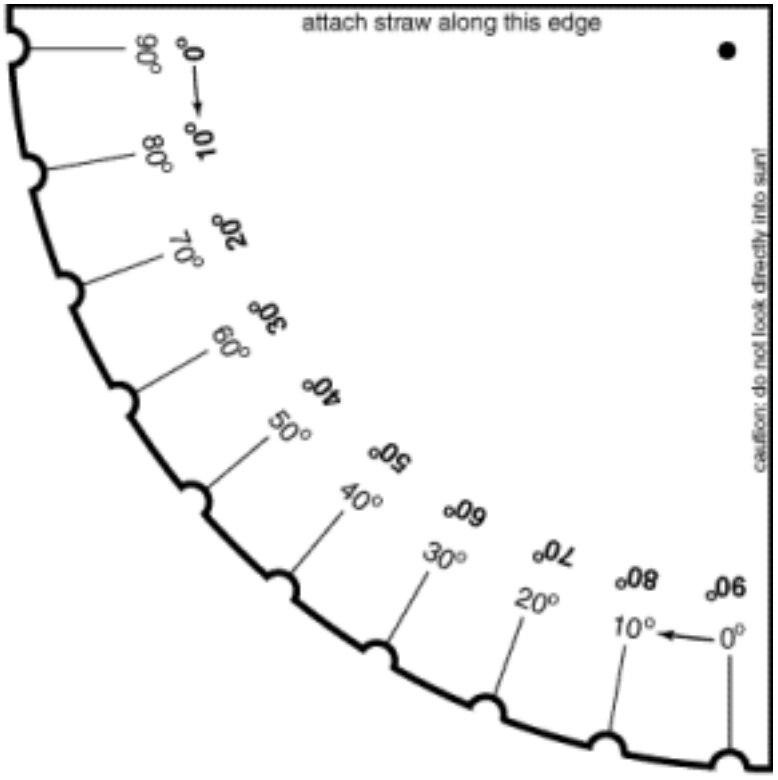
History of Astronomy

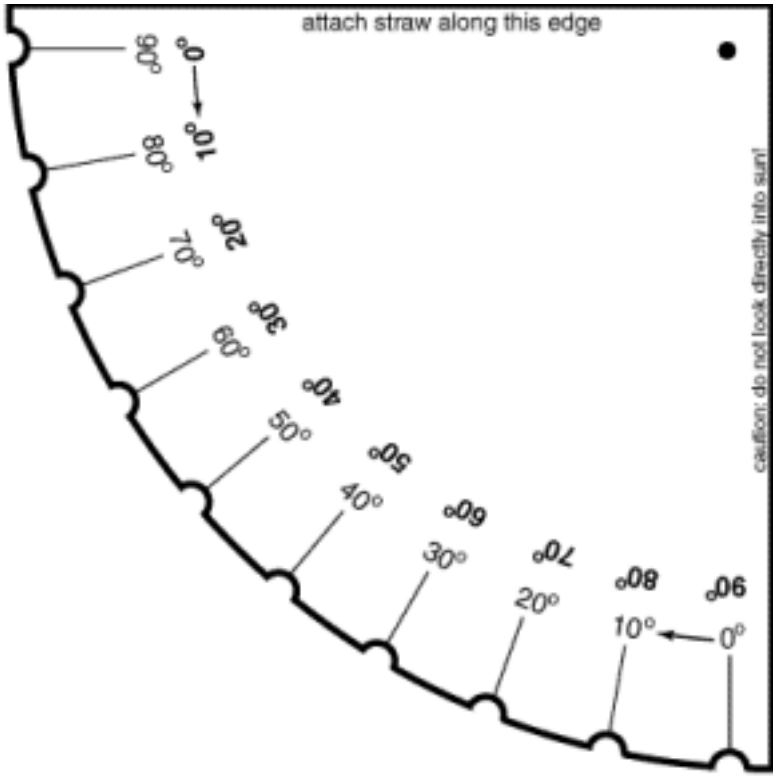
Instructions

1. Draw the astrolabe onto the heavy paper. Transfer all markings. Cut the astrolabe out with scissors.
2. Using scissors or a paper hole-puncher, carefully make a small notch at each of the lines marked along the curved edge of the astrolabe. These notches will come in handy when you're measuring the angle between two celestial objects and you have to hold the astrolabe horizontally.

3. Cut a drinking straw to the same length as the sides of the astrolabe. 4. Tape the drinking straw to the edge of the astrolabe marked "Attach straw to this edge." Be careful to not tape the straw on the astrolabe, but just on the edge.

5. Carefully poke a small hole with the needle through the astrolabe where the "X" is marked, pass the string through it, and either knot the string at the back of the cardboard or tape it there.
6. Tie the small weight to the opposite (front) end of the string as shown.





History of Astronomy

Have you ever looked up at the night sky? Have you ever wondered how the people long ago told time just by using the stars? In ancient times, people looked to the heavens. Astrologers studied the movements of the celestial bodies in order to predict the future and offer guidance to rulers. They did all this with the naked eye. And a little computer called an astrolabe. The Astrolabe looks very much like a pocket watch and was used to show how the sky looked at a given place and time. It was used in conjunctions with a table of recorded measurements.

Contrary to popular belief, Italian Astronomer Galileo Galilei was not the inventor of the Telescope in 1609. A year earlier a Spectacles maker in the Netherlands, named Hans Lippershey, discovered that if he put a convex lens and a concave lens a certain distance apart that he could see things that were far away as though they were close by. While in Venice, Galileo heard about Lippershey's idea and was inspired to improve upon the idea and turned the spyglass to the heavens.

Sotelties (Graham Cracker houses)

(This an EVENT ONLY project)

Supplies:

Icing (1 tub per 2-3 children)

Graham Crackers (3pkg per box)

Paper plates (square if possible)

Sharpie marker (to write names on plates)

Assorted small candies (m&m's, mints, sixlets, etc…)

Plastic knives

Dixie cups and glass beads (for voting)

History of Sotelties

Sotelties instructions

Each child receives: **Table receives:**

1 plastic knife 2-3 tubs of icing (depending on #of children) 1pkg of crackers assorted candies

1 paper plate

Instructions:

1. Hand out supplies to each child and to each table
2. Write child's name or have them write their name on their paper plate
3. Have children construct their subtlety, helping only as necessary.
4. As children finish, set their creations out on a table for populace to view and vote on.

A Brief History of Sotelties

Have you ever made a gingerbread house or decorated a cake to look like a robot or a doll? If so, you have made a Sotelty. Sotelty or Entremet is food stuffs that are made to look like something else. In Medieval period at High Feasts, food was often made up to look like peacocks, boars, and other animals or fantastical beasts. These were then presented to the Lord and Lady or other nobility at the beginning of each meal course.

Mosaics

Supply list:

Air dry clay

Paper plates

Small 2 part boxes

Mosaic tiles/floral gemstones/beads

Simple mosaic patterns

glue

Instructions

Brief history of mosaics

Instructions:

1. Give each child a small amount of clay and have them roll it into a flat tile. Older children can make a small box if they desire.
2. Give a small handful of mosaic tile/gems to each child and let them decorate their tile/box. They can follow a provided pattern or use their imagination
3. Put child's name on the tile/box and place in a place where it can dry.

History of Mosaics

What is a mosaic? Have you ever pushed pebbles or shells into mud or clay to create a picture?

Mosaics are found in most western countries. People have been decorating their buildings since antiquity. The earliest known examples date to around the 8th Century B. C. At this time though, the mosaics were only used as floor or footpath decorations.

What kind of materials do you think they used?

Early mosaics were primarily made from pebbles. Since rocks vary little in color, the mosaics of this period were often monochromatic. Before the fall of the Roman Empire Mosaics were at their height. The Use of glass tiles and precious gems gave rise to some stunning works of art. By Medieval period their use fell into decline, however they were still used primarily in religeous buildings.

Ojos de Dios (God's Eyes)

Supplies:

Popcicle sticks (2 for each child)

Yarn

Scissors

Instructions:

1. Cross the two sticks together at the center point of the sticks to make an "X" shape. Hold the sticks in this position with one hand.
2. Tie the sticks together in this shape by looping the yarn tightly around the sticks where they intersect. Criss cross the yarn into an "X" several times around the point where the sticks cross to tie the sticks tightly together. Tie the yarn into a tight knot. Cut off any excess yarn on the other side of the knot.
3. Tie the end of this yarn around one of the sticks at the center point of the crossed sticks (near where you tied the yarn around the sticks in the previous step).
4. Pull the yarn over to the next closest stick and loop the yarn tightly all the way around this stick near the center

where the sticks intersect. Pull the yarn over to the next closest stick and loop it around this stick in the same fashion. Loop the yarn around the last stick in the same way and then pull the yarn back around to the first stick.

5. Continue looping the yarn around each stick working your way around the sticks in a circular fashion. Make sure as you loop the yarn around the sticks, that the yarn loops lie snugly against the surrounding yarn loops. **6.** Select another yarn color and tie this yarn around the same stick you tied the previous yarn color off to finish the previous color.

History of God's Eyes

Have you ever made a God's Eye? Do you know where they come from? What do you think they were used for?

The Huichol (wet-chol) people of Mexico were making the God's Eyes long before the Spanish Conquistadores landed on their shores in the 15th and 16th centuries. They were made to watch over the people as they prayed. Fathers would make them at the birth of a child to ward off evil spirits.

After the Colonization of the Americas, God's eyes became apart of Christian tradition.

Bridgid's Cross

Supplies:

Long pliable reeds (14 for each child)

Raffia or twine to tie ends together

Instructions:

1. Take two reeds (or other material) and place them together in a cross pattern. Take another reed and fold it in half over the far right half of the horizontal reed (see Diagram 1). Keep the reed snug to the center of the cross.



Diagram 1

2. 2. Holding the junction tightly, turn the entire piece 90 degrees to the left. Fold another reed in the same fashion over the far right half the current horizontal reed (see Diagram 2). Keep holding it tightly and pushing each new addition on snugly. (Think: "Add to the right, turn to the left.")



Diagram 2

Continue on this way until you have one reed left to use. Start folding this reed over in the manner described above but pull out the folded end of the bottom reed just below and thread the ends of this last reed though it. Then, gently push that prior reed back in place, securing your work.

At this point, you should have wrapped three reeds around each of the four directions. Since the reeds are folded in half, this gives you 6 ends, plus the original reed, for a total of 7. In this way, the cross represents the month of February, with four weeks (the 4 radials), each with 7 days (the seven reeds).

History of Brigid's Cross

The history of Brigid's Cross spans both Celtic Pagan and Christian traditions. The Cross was traditionally made each year from rushes or reeds on the Feast of Imbolic or St. Brigid's day to mark the beginning of Spring. Last year's crosses are taken down and replaced by the new ones.

The cross is the symbol of Brighid, the life-giving goddess. It is a representation of the sun and it's return in the Spring. It represents the warming of the earth and the fertility of the crops.

With the rise of Christianity, many of the goddess' qualities were tranferred to St. Brigid of Kildare.

Games

Some of these can be found at your local toy store, others are only available online. Online resources for games can be found in the Bibliography

Indoor games include:

Mancala

Chess

Nine Mens Morris

Fox and Geese

Tablero

Alquerques

Pachise or Parcheesi

Senet

Outdoor Games include:

Hoodman Blind (Blind Man's Bluff)

Tag (all variations)

Skittles

Bocce

Horseshoes

Hide and Seek (all variations)

Hopscotch

History of Games

What games do you like to play? How long do think that particular game has been around? Did you know that many of the games we play today have began in ancient times?

Games are an important part of human interaction. They pass on the ideas of the cultures to future generations. Many games were used as teaching tools. Can you think of a game that would teach something important? Some games had religious significance. What game do you know that had it's origins in Medieval times or earlier?

Origami

Supplies:

Origami instruction books:

- ***The Complete Book of Origami*** **by Robert Lang and Robin**
- **Macey *Origami in Action* by Robert Lang**
- **Absolute Beginner's Origami by Nick Robinson**

Origami papers or colored printer papers

History of Origami

History of Origami

Have you ever made a hat out of newspaper? What about a fortune teller/cootie catcher or a paper football? All of these are made by folding squares of paper in certain ways.

Paper was invented in China in the early part of the 2nd century AD, according to archaelogical evidence. Yet because paper degrades so fast there is almost no evidence.

By the 6th century, paper had made its way to Japan. Since it was so expensive to produce, paper and paperfolding was reserved for important ceremonies and rituals.

European Origami or Paperfolding is suggested to have developed independantly from Japanese Origami. A block print from the 1490 printing of the book *De Sphaera Mundi* shows what looks like the classic origami boat or hat. What do you think?

Sewing/Embroidery

Supplies for younger children: Supplies for older children:

Sewing cards Soda bottle caps

Small Hole punch Felt Squares (9”x 12”)

Yarn Embroidery floss

Yarn needles Embroidery needles

Poly fill stuffing

Fabri tac or other quick dry glue

Sewing card instructions:

1. Thread/ help thread needle with yarn
2. Help/show child how to weave the yarn and needle through the holes to create a design.

Sewing card templates can be found at these websites:

http://www.mrprintables.com/easy-sewing-patterns.html

http://www.handmadecharlotte.com/turn-printable-flash-cards-stitched-art/

http://www.activityvillage.co.uk/lacing-cards

Instuctions for embroidered pin cushion for older children:

1. Cut out a circle of felt the same size as the bottom of the cap and glue in place 2. Cut a rectangle of felt the width of the cap and long enough to fit around and glue in place 3. Cut a

circle of felt that is about a half inch larger than the diameter of the cap 4. Using a running stitch, stitch around the circle close to the edge .

5. Gather up the stitching, stuff with a small amount of stuffing, and tie off stitching to close gathering.
6. Glue stuffed circle to felt-covered cap.
7. Embroider around pin cushion using various stitches.

Embroidery stitches can be found at these websites:

http://www.craftandfabriclinks.com/stitches/free_embroidery_stitches.html

http://www.dmc-usa.com/Education/How-To/Learn-the-Stitches/Embroidery-Stitches.aspx

History of Sewing

How do you think people of the Middle Ages made clothes? What materials do you think they used?

People have been making clothing since ancient times. In order to put pieces of leather or cloth together they would have to stitch or tie the pieces together. Early needles were made from bone or wood. By the Medieval period needles could be made from iron but bone needles were still used. Thread was first made from sinew; later it was spun from plant fibers or animal hair.

Embroidery has developed alongside sewing as a way to decorate clothing. First it was just stitches but by the 1100s small beads were used to embellish items. Embroidery was not only a way for women to show off their sewing skills but it was also a display of wealth. Lower classes couldn't afford to waste precious thread on lavish embroidery but they did use sewing techniuqes that often displayed the joining stitches.

Bibliography

Astronomy:

http://kids.britannica.com/comptons/article-196849/astronomy

http://www.astronomy-kids.com/ancient-astronomy.html

Astrolabe history:

http://www.astrolabes.org/pages/history.htm

http://cse.ssl.berkeley.edu/AtHomeAstronomy/activity_07.html

Telescopes:

http://www.kidsastronomy.com/telescopesD.htm

http://www.antiquetelescopes.org/history.html

Masks:

http://www.historyofmasks.net/mask-facts/interesting-facts-about-masks/

http://familycrafts.about.com/od/freeprintablemasks/

http://www.kmop.gr/index.php?option=content&view=article&id=6&lang=e

n Games resouce:

http://modaruniversity.org/Games.htm

http://www.florilegium.org/files/CHILDREN/child-gam-msg.html

http://www.lordsandladies.org/entertainment-middle-ages.htm

http://www.thefinertimes.com/Middle-Ages/games-in-the-middle-ages.html

http://www.mastersgames.com/misc/faq/faq-games-medieval.htm

http://www.lscacamp.org/Portals/0/Medieval%20Games%20and%20Recreation.pdf

http://en.wikipedia.org/wiki/History_of_games

Textile Arts:

http://www.florilegium.org/?http%3A//www.florilegium.org/files/TEXTILES/Kumihimo-art.html

http://www.florilegium.org/files/TEXTILES/textiles-msg.html

http://www.florilegium.org/files/TEXTILES/weaving-msg.html

http://prumihimo.com/resources/kumihimo-history/

http://www.weavingtoday.com/blogs/beweave-it/archive/2013/08/28/kumihimo history.aspx

http://www.historyforkids.org/learn/clothing/weaving.htm

http://blog.needsupply.com/2013/01/30/a-brief-history-of-weaving/

http://womenshistory.about.com/od/artcrafts/tp/weaving.htm

Sotelty :

http://www.godecookery.com/incrd/incrd.htm

http://www.florilegium.org/files/entertaing-fds-art.html

http://**www.florilegium.org/files/**sotelties-msg.html

http://en.wikipedia.org/wiki/Entremet

Stained Glass:

http://stainedglass.org/?page_id=169

http://kids.britannica.com/comptons/article-208597/stained-glass

http://stainedglassmuseum.com/briefhistory.html

Mosaics:

http://www.aquilomosaics.com/a_brief_history_of_mosaic_a.html

http://www.thejoyofshards.co.uk/history/index.shtml

http://www.historyworld.net/wrldhis/PlainTextHistories.asp?historyid=ac36

http://mosaic.cc/mosaic.html

Music:

http://www.historyforkids.org/learn/arts/music/music.htm

http://www.oddmusic.com/gallery/om20100.html

http://www.alittlegiggledesigns.com/timbrelpraise/history

http://www.celtic-instruments.com/flutes-whistles/tinwhistle/history.html

Catapults:

http://sites.google.com/site/physicsofcatapults/home/history-of-catapults

http://www.stormthecastle.com/catapult/the-history-of-the-catapult.htm

http://www.lordsandladies.org/catapults.htm

Kites:

http://kites.com/history-of-kites.html

http://www.my-best-kite.com/history-of-kites.html

Scribal:

http://www.cyberkids.com/archive/Issue2/Illumination/Illumination.html

http://www.illuminatedpage.com/history.html

http://www.getty.edu/education/teachers/classroom_resources/curricula/manuscripts/index.html

http://www.profgracie.com/uploads/4/2/8/9/4289993/his_illum_man.getty.pdf

Pysanky:

http://www.incredibleart.org/lessons/high/Sue-Pysanky.htm

http://www.pysanky.info/History/Ancient.html

http://ukrainian-easter-eggs.net/pysanky-history-in-brief/

Origami:

http://www.origami-resource-center.com/history-of-origami.html

http://web-japan.org/kidsweb/virtual/origami/origami01.html

***The Complete Book of Origami* by Robert Lang and Robin Macey**

***Origami in Action* by Robert Lang**

Absolute Beginner's Origami by Nick Robinson

Ojos de Dios

http://www.layers-of-learning.com/ojo-de-dios/

http://printables.scholastic.com/printables/detail/?id=25024

Brigid's Cross

http://www.crizmac.com/artandsoul/index.php/2011/02/02/make-st-brigids-cross/

http://www.irelandcalling.ie/brigids-cross

Basket weaving:

http://www.life123.com/holidays/gifts/gift-basket-ideas/a-short-history-of baskets.shtml

http://www.encyclopedia.com/topic/Basket.aspx

http://www.instructables.com/id/Weaving-baskets-with-newspaper/?ALLSTEPS

http://website.lineone.net/~luichart.woollens/history.html

Wind Chimes:

http://www.outdora.com/brhiofwich.html

http://ezinearticles.com/?Wind-Chimes---Origin-and-History-of Windchimes&id=1147328

http://www.wilddivine.com/origins-of-wind-chimes/

Sewing/Embroidery

http://www.historyforkids.org/learn/clothing/sewing.htm

http://www.sewingmantra.com/index.php/sewing/origin-of-sewing-sewing-history/

http://www.fibre2fashion.com/industry-article/19/1891/history-of-embroidery1.asp

http://stitchusa.com/embroidery-history-to-modern-day.php

Basic supplies list

These are items that you should always have on hand. Some are covered in the projects but some are just a necessity of being an MoC

Clorox/Lysol wipes

Baby Wipes (Yes, they clean just about everything)

Crayons

Markers (Fine-line and Broad tip)

Colored pencils

Pens (for sign-in sheet)

Sharpie (for writing kids names on projects so they don't get lost)

Bubbles (everyone loves bubbles)

Hole punches

Tape

Duct tape (because invaribly you will be asked if you have some to spare or to control unruly children)

Quick dry glue (more expensive than hot glue but you don't have to worry about electricity) Scissors for paper and string (label these. Paper scissoes won't cut fabrics.)

Scissors for fabric (Label these. Fabric scissors should never cut paper.)

Exacto knife and blades

Self-healing cutting mat

ruler

Travel sewing kit

First aid kit (I recommend that anyone working with children be First Aid Certified and carry a kit)

Event Planning and Budget sheet

Event:_____

_ MoC Budget: $_____

Activities planned:

1._____ Cost: $ _____

2._____ Cost: $ _____

3._____ Cost: $ _____

4._____ Cost: $ _____

5._____ Cost: $ _____

Total Cost$_____

Contests Planned:

1._____ Prize Basket: Y or N

2._____ Prize Basket: Y or N

3._____ Prize Basket: Y or N

4._____ Prize Basket: Y or N

5._____ Prize Basket: Y or N

6._____ Prize Basket: Y or N

7._____ Prize Basket: Y or N

Gift Basket items:

Event Scheduling worksheet

Event MoC Budget Y or N if Yes, how much $_____ All day Y

or N

Half Day Y or N Morning or Afternoon Times _____ Contests Y or N

If Yes, list contests

_____ Do any of them

require a Marshal? Y or N

How many activities? 1 2 3 4

How many children do you think you will have? _____

Morning Activities

Afternoon Activities

Sample Schedules

These are schedules that I use for events since I plan for children's activities all day. These are only guidelines. There may be time constaints in the adult schedule or you may not be able to play all day due to mundane priorities. It's your schedule and your call. You create the schedule that works best for you.

Outdoor Event:

9:30am-11am Activity 1

11am-12pm Activity 2

12pm-1pm Break for Luncheon

1-2pm Competition 1

2-3pmCompetition 2

3-4pm Activity 3

Indoor Event:

9:30am-11am Activity 1

11am-12pm Activity 2

12pm-1pm Break for Luncheon

1-2pm Competition 1

2-3pm Activity 3

3-4pm Activity 4

MoC Sign-in Sheet

Child's Name	Age	Parent's Name	Contact Number	Time In	Pick Up Time & Signature

Project budget Worksheet

Project:_____

Supplies

Item	Quantity per Pkg.	How many it makes	Price	cost per craft

Total cost per project:_____

Sample Project budget

Project: Fill the Gap Kumihimo

Supplies

6mm thick 12x18 fun foam
7 colors of floss
7 floss bobbins

Item	Quantity per Pkg.	How many it makes	Price	total cost per craft
6mm thick 12x18 fun foam	1 sheet	8 wheels	$1.27 per sheet	$.15
floss	3 yds per skein	3 projects	$.40 per skein	$.13 per skein /$.93 per project

Floss bobbins	25 bobbins	3.5 projects	$.99 per pkg	$.03 each/$.27 per project

Total cost per project:___$1.35____

Running contests

Youth contests aren't hard. They want to be like the adults and do what they are doing within the limitations and creative realm of childhood. In Wisenfeuer I run contests and Championships so that not only do we have adult champions but youth champions as well. The children are very proud of their accomplishments and love to get to stand alongside their adult counterpart as a part of the Baronial Guard.

The main questions to ask when scheduling and running contests are:

What contests to have? (If you are strictly indoors or have no available Youth Martials, it's hard to have any of the Youth Martial competitions.)

Is it a contest or a Championship? (Contests are more "YAY, You won!"and often decided by Popular vote as opposed to Championships which are a little more formalized. A&S is about the only Championship that can be decided by pop vote.)

Are the contests going to conflict with any of the adult happenings? (This is especially important if your local Champions and Nobility are judging children's contests. Discuss timing with your Autocrat and Nobility.)

Who are your judges? Invite your Nobility and Adult Champions to be a part of the judging panel. This helps to make the children part of Society

What is the judging critiera? (Remember, to children this is play but also very serious work. They should be free to express themselves. Submitting research on how period something is will come as they mature and become adults.)

How will the winners be recognized? Will you hold a Children's Court? Or will you recognize them at the regular Court? (Again, it's very important to talk ideas over with your Nobility.)

Is there any regalia? (These should probably be made every year as children are apt to lose things. Not only that, being able to keep their regalia makes it special for them.)

What goes into a prize basket? (Games, Beads, Soap, Bubbles, sketch books, crayons, trim, contest medallions, candy, baked goods, root beer, cider. These are just some ideas. You can do some contest specific prizes too like dance belts, drumming pillows, and armor repair kits.)

Championship/ Contest Worksheet

Event: _____ Contest: _____

Time: _____

Contest or Championship Pop Vote or Judge panel

List of Judges (you will need at least 3 if you can't or aren't judging):

_____

_____

_____

_____

_____

Regalia:

_____

_____

_

Prize Basket: _____

_

Scroll? Y or N

Court or Children’s Court