

Vikings



The activities in this Programme link to the Squirrel Smile Awards – I'm Active by making a healthy Viking themed snack!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a 'joining-in' style game, such as 'The farmer wants a wife' or 'Duck, duck, goose' or a circle format ball game. Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>GAME: Row, Run, Rest</p> <ul style="list-style-type: none"> ○ <i>The Vikings lived many years ago and sailed across the seas to find new lands. This meant that then had to row in boats, run across the land and rest to give them lots of energy!</i> ○ <i>The Squirrels spread out round the room and do the appropriate actions when a Leader calls them out at random</i> ○ <i>'Row' – crouch down on the floor and move along pretending to row a boat</i> ○ <i>'Run' – run!</i> ○ <i>'Rest' – lie down on the floor and pretend to sleep while the Leader counts for a certain length of time!</i> 	None
10	<p>ACTIVITY: Ratatosk</p> <p>Read the story about Ratatosk, a squirrel from Norse mythology. The story is an adaptation of a 13th century tale based on traditional folklore. Perhaps the Squirrels could think of what kind of stories Ratatosk told the eagle and the snake!</p>	Story
10	<p>GAME: Eagle and Snake</p> <ul style="list-style-type: none"> ○ <i>Designate one end of the hall to be 'eagle' and the other to be 'snake'</i> ○ <i>When a Leader calls out 'eagle' or 'snake' at random the Squirrel run to the appropriate area</i> ○ <i>Add other methods to move from end to the other – star jumps, hopping, jumping, slow motion, etc.</i> 	None
10	<p>ACTIVITY: Edible Viking Helmets</p> <p>Vikings needed to eat lots of nourishing food to stay healthy – so do the Squirrels to have lots of energy! Have fun making these tasty Viking helmets!</p> <p>Give each Squirrel a slice of wholemeal bread – they cut off the top corners to make a 'helmet' shape and then cover with spread. Either cut the banana in half to make 2 horns or cut the ½ banana lengthways to make horns. Decorate with dried fruit!</p> <p>Did you know that Vikings didn't actually wear helmets with horns! This idea started in the 19th century and has continued ever since!</p>	<p>Per helmet – 1 slice wholemeal bread, a small peeled banana or ½ peeled banana, spread, dried fruit (raisins, sultanas, apricots, etc.)</p> <p>Plastic knives</p> <p>Wipes, kitchen roll</p>



10	<p>GAME: Vikings Loved to Eat.....</p> <ul style="list-style-type: none"> ○ <i>Divide the Drey into small groups seated on the floor in a circle format. Each group should have a member of the Leadership team with them</i> ○ <i>Start the game by saying, 'Vikings loved to eat – Apples'</i> ○ <i>The next in the circle says, 'Vikings loved to eat Bananas' and the next, 'Vikings loved to eat Chips!' and so on using the letters of the alphabet</i> ○ <i>If a Squirrel gets stuck the rest of the group could help with suggestions! A sheet with the letters of the alphabet might be helpful!</i> ○ <i>This game can be played simply as an alphabet game or as a memory game with each squirrel trying to remember what items have been said before!</i> 	Letters of the alphabet, if wished
5	Closing, Home	

Ratatosk

The Vikings had lots of stories about monsters, gods and fierce warriors.

This is a story that Viking boys and girls loved to hear!!

The Vikings believed that the world was like a great ash tree (called Yggdrasil).

At the top of the tree lived a huge eagle with a hawk on its head, it was always perched among the branches ready to do evil things.

At the bottom of the tree lived a mighty serpent, it would have gnawed through the roots of the tree and killed it.

Neither, the eagle or the snake ever did these bad things. It wasn't because of the monsters or the gods or the fierce warriors - it was because of a brave little squirrel called Ratatosk.

Ratatosk climbed up and down the tree all day long carrying stories between the eagle and the snake and they were so busy listening to the stories that they forgot all about doing bad things!!



Squirrel mascot dressed as a Viking!

