



## Session summary:

The session begins with a 'beauty pageant' of bugs that irritated the Anglo-Saxons as much as they bother people today and a discussion of how we deal with them. The pupils then explore how the Anglo-Saxons coped without modern methods. The class performs an Anglo-Saxon ritual used whilst cutting medicinal herbs and then work in groups of 2-3 to make a simple herbal remedy for head lice. They next consider the role of faith in pre-Christian Anglo-Saxon medicine and the children make a simple amulet to take home. The plenary compares the understanding of the Anglo-Saxons to our own.



## Learning objectives:

Pupils should be able to:

- Describe some of the pests and diseases people suffered with during the Anglo Saxon period
- Compare how our understanding of how to treat such pests differs with those in the Anglo Saxon period
- Consider the importance of religion in the understanding of illness and medicine
- Make an Anglo Saxon remedy for lice

## Curriculum links-

### KS2 History-

- The Anglo-Saxons

### English - Spoken language-

- Listen and respond appropriately to adults and their peers
- Participate actively in conversation
- Articulate and justify answers
- Speak audibly and fluently.

## SMSC-

- Spiritual - sense of enjoyment and fascination in learning about themselves, others and the world around them
- Social - participate in a variety of social settings
- Cultural - appreciate cultural influences that shaped their own heritage
- Cultural—willingness to participate in, and respond to cultural opportunities.

## Learning outcomes:

At the end of this session children will be able to recall some of the pests and diseases that affected our ancestors. They will be aware that they did not have doctors in the same way that we did, but that some of their cures may still have worked. They will know that in the past religion played an important part in the understanding of illness.



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# Anglo Saxons— Don't Let The Bed Bugs Bite

KS2

Venue: Stockwood Discovery Centre (75 minutes)

## Additional information:

Please be aware that we use herbs and butter during this session.

It is useful to know if any members of your class have learning, physical or sensory difficulties or illnesses that may affect their enjoyment of the session.

## Suggested activities:

### Before the visit

Although this session can be used as an introduction to the Anglo-Saxons however it is beneficial for the children to have some basic knowledge before they come. For example they should know a little bit about Anglo-Saxon life.

### After the visit

Can the children find out about any more Saxon cures? Can they invent their own cure, explaining what it is supposed to cure and why it might work.

Find out more about Anglo-Saxons beliefs before they became Christian. Discover more of their superstitions and the gods they believed in.

## Useful resources

Anglo-Saxon pages on BBC Primary History

[www.bbc.co.uk/schools/primaryhistory/anglo\\_saxons/](http://www.bbc.co.uk/schools/primaryhistory/anglo_saxons/)



To plan a visit, book a session, or for more information please get in touch:

Email: [culture4schools@culturetrust.com](mailto:culture4schools@culturetrust.com)  
Website: [www.culturetrust.com/take-part/learning](http://www.culturetrust.com/take-part/learning)  
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