

# Anglo Saxons at Stanwick Lakes (950AD-1154AD) and the Vikings

It is not known whether or not the Stanwick Lakes site has been continuously occupied over the past 5,000 years but archaeological excavations have identified settlements that can be dated using the finds.

**Anglo Saxon – Viking Periods: 850-1100AD**  
**Stanwick Settlement: 950-1100 AD**

Over the past 5,000 years, the Nene Valley has been home for Neolithic, Bronze and Iron Age, Roman, Saxon and Medieval Settlers.

*Artwork by Andrew Hinchcliffe*

*© Rockingham Forest Trust (Settlers of the Nene Valley)*



# Anglo Saxons at Stanwick Lakes

Settlers of the  
Nene Valley



Anglo Saxon Stan

"This is the site of the Anglo-Saxon excavation at Stanwick Lakes, at the north end towards a village now called Ringstead. The dig revealed the remains of a late Saxon water mill. The original Saxon buildings were dated as being built around 950AD."



"And this is an Anglo-Saxon pin found at the dig. It was used on clothing to attach help secure capes or shoulder straps as you can see on my tunic."



Anglo Saxon Willow

# Anglo Saxon Period



## Word Search: Food and Animals

**Wheat and rye** were used for bread.

**Barley** was used for brewing beer.  
**Oats** were made into porridge.

**Carrots, parsnips, cabbages, peas, beans and onions** were grown in fields and gardens.

**Apple, pear, plum and cherry trees** were grown.



C H Y Z O S O B O P  
H A A R N A A K E F  
S O B A R R T A C P  
P E E B L E R S A P  
E B Y E A E H V R T  
A C Y R D G L C R A  
S N O I N O E M O E  
A A P P L E I S T H  
M U L P N R I N S W  
P A R S N I P S O Z

**Pigs** were reared for their meat.

**Cows** were mainly kept for milk which also made cheese.

**Chickens** supplied eggs.

**Sheep** provided wool as well as milk for cheese.

There was no sugar in this period so **Bees** were kept for their **Honey** which was very precious.

Most meals were very basic: bread, porridge and vegetables sometimes served with eggs, cheese, milk or with a little meat or fish.



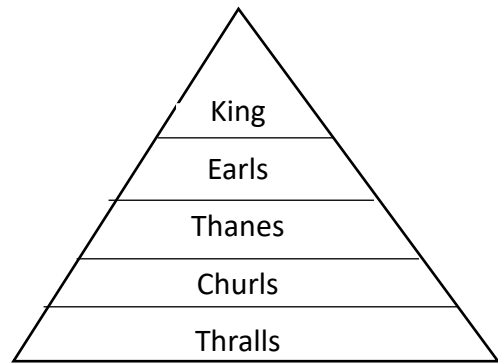
H P T Y J F U S J P  
F O S E E B N B C D  
X P N J H E G T Z L  
R I D E K S R Y C H  
E G I C Y A I H O C  
E S I R O E B F O O  
D H V B L F L W O K  
C S H E E P S I I K  
V H U G S Q D C Q R  
R Y C M D G J I S H

# Anglo Saxon Period



## Word Search: The People

Anglo Saxon Society



“There are 5 main classes of society.

At the head was the **King**.

Under the king were the thanes. The **Thane** owned the **village** and lived in a large hall in the centre of it. Most Anglo Saxons lived in villages.

**Churls** were the largest group and worked on the thane’s land.

**Slaves** were owned by their masters or mistresses.

In 1017 King Cnut divided the country into 4 **earldoms** each governed by an **earl**.

The earldoms were split into **shires**

M Z G P S U O W A K  
 S F N R L H M Z F X  
 L N I O E O I A J Z  
 A L K S D A A R P T  
 V V I L L A G E E C  
 E O R P P R X B H S  
 S A M Y B C A U A J  
 E E N A H T R E T J  
 J J X L P L M S E K  
 G U V A S B U W B Q

“ There were lots of different jobs that people did.

**Blacksmiths** worked with metal.

**Carpenters** and **woodturners** worked with wood.

**Leatherworkers** with leather.

**Potters** worked with clay.

They hunted, fished and farmed.

They fed the animals, milked cows and made cheese. There were also jobs like **spinning, weaving** and **needlework** (embroidery) and **healers** (as there were no doctors).

E F S M P G E H U F V K F L  
 R Y T R J O E P I O R K E W  
 S I S U E A T C S O P A I E  
 R W L N L N I T W R T R Y A  
 E A F E M M R E E H W G P V  
 T Q R F H R L U E R G U I I  
 N S N X S D I R T P S U T N  
 E F B N E U W T O D S L M G  
 P U C E A O P A U V O P X U  
 R O N W R K Q W K M Q O P F  
 A G Z K S P I N N I N G W U  
 C L E S H T I M S K C A L B  
 F R F E I Y E V S T Y H O B  
 S Z O Z I U R F Q K I C P E

# Runes

"We Anglo Saxons write in runes. We think runes are lucky"



"Do you think you can help us with our homework?  
The runes we use to write are in the table below."



W	A	R	R
X	B	S	S
Y	C	T	T
Z	D	U	U
AA	E	V	V
BB	F	W	W
CC	G	X	X
DD	H	Y	Y
EE	I	Y	Z
FF	J	Y	EA
GG	K	Y	EE
HH	L	Y	EO
II	M	Y	NG
JJ	N	Y	OO
KK	O	Y	ST
LL	P	Y	TH
MM	Q	Y	
NN		Y	
OO		Y	
PP		Y	
QQ		Y	
RR		Y	
SS		Y	
TT		Y	
UU		Y	
VV		Y	
WW		Y	
XX		Y	
YY		Y	
ZZ		Y	
		Y	

[use CW]

# Willow and Stan's Homework

Settlers of the  
Nene Valley

Can you write these words in Runes?

SPECIAL

EXPERIENCE

MONTH

GODS

FOUGHT

OFFERING

FIST

PRECIOUS

Make up your own runes for the alphabet?  
Try using them to write on the next page.

A

J

S

B

K

T

C

L

U

D

M

V

E

N

W

F

O

X

G

P

Y

H

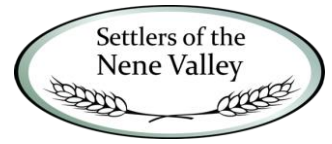
Q

Z

I

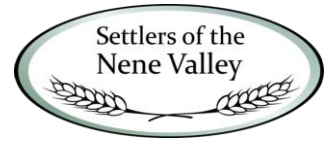
R

# Your runes



Practice writing in your runes

# Colouring



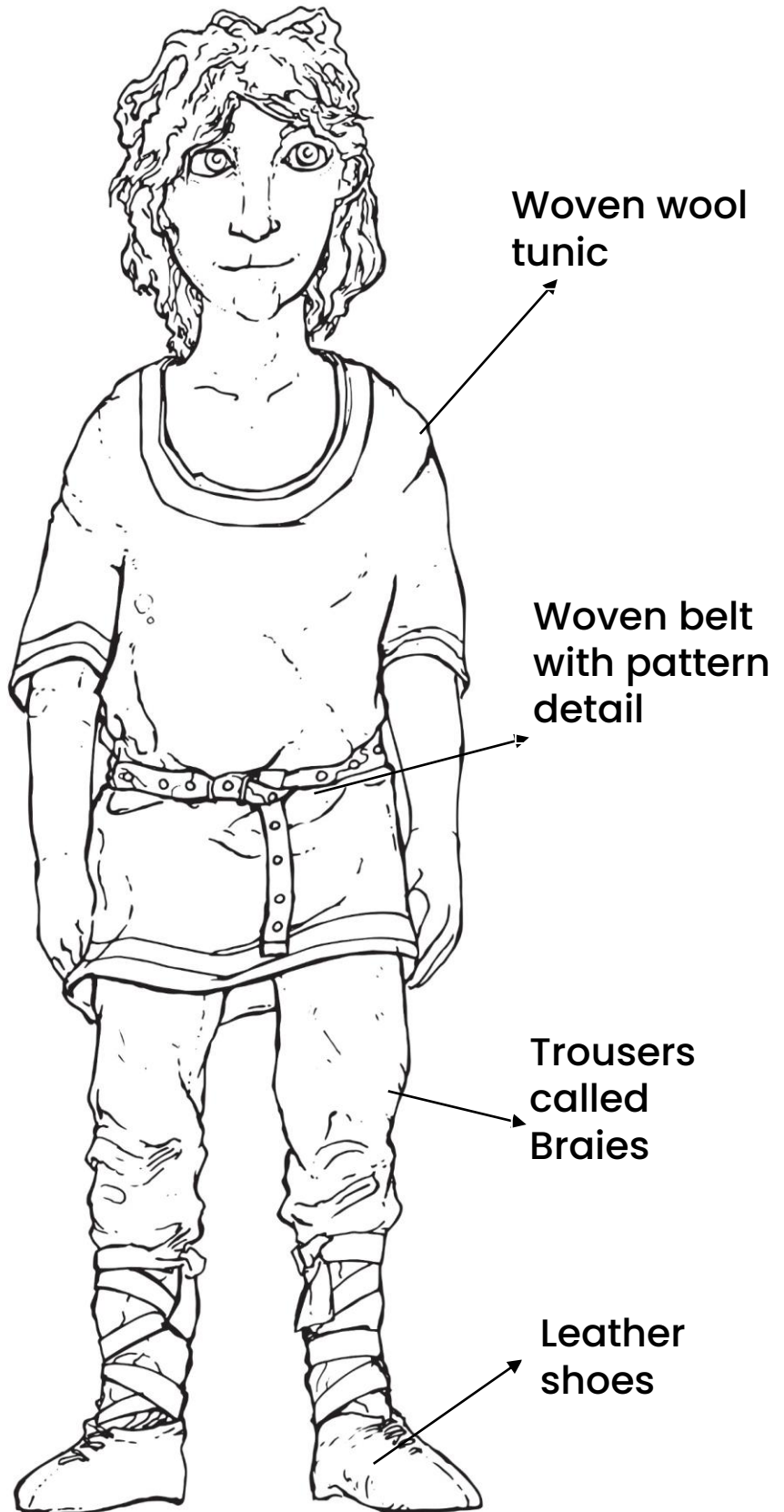
## Anglo Saxon Boy

Anglo-Saxon children dressed as their parents did.

Boys wore woolly tunics tied with a belt and woolly trousers or leggings.

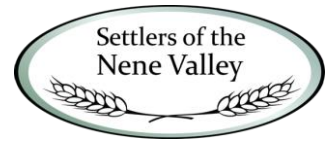
Girls wore a long linen dress covered with a woolly pinafore tied with a belt.

Poor people's clothes were often made from rough wool from sheep or goats. Rich people wore finer wool or linen sometimes decorated with embroidery or silk.

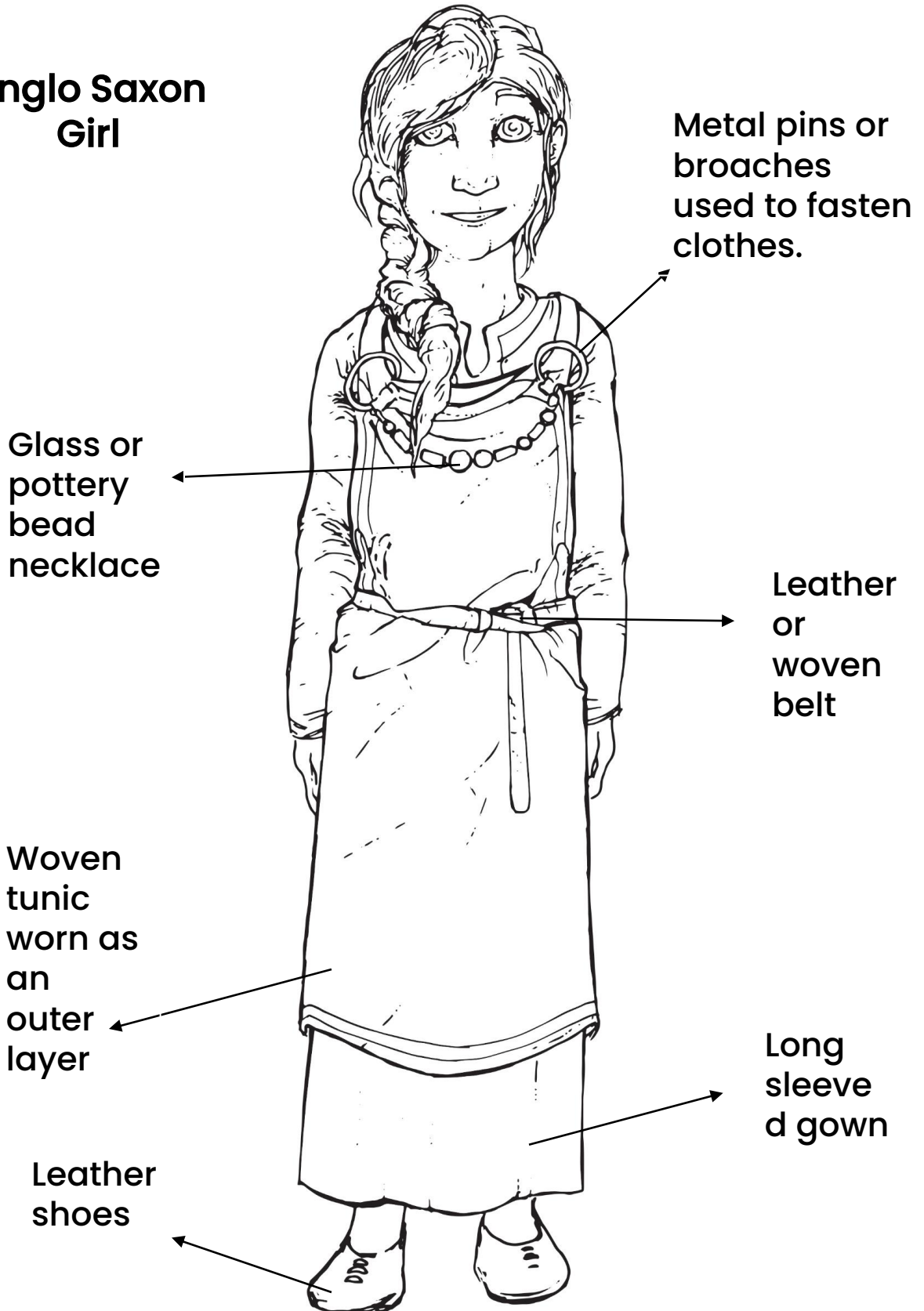




# Colouring



## Anglo Saxon Girl



Metal pins or broaches used to fasten clothes.

Glass or pottery bead necklace

Leather or woven belt

Woven tunic worn as an outer layer

Long sleeve d gown

Leather shoes

# Viking Mjolnir

Settlers of the  
Nene Valley



**“Do you want to make a Mjolnir?”**

Vikings often wore Mjolnir (Thor’s hammer) pendants.



They believed they gave them power and protection.”

**Here are the instructions:**

- Take a ball of clay, salt dough, playdough or plasticine
- Roll it ½ cm thick.
- Make the shape of your Mjolnir.



If using clay you can cut a small triangle of clay and attach it to the top of your Mjolnir and fold it over a pencil.

You can then wear it when it dries. Use any spare pieces to decorate the Mjolnir.



# Viking and Anglo-Saxon Beads

Settlers of the  
Nene Valley

"Viking and Anglo-Saxon women liked to wear beads just like mine."

**"Do you have some beads?"**

If you have beads maybe you could thread a lovely necklace like mine using string or wool.

**If you don't already have beads maybe you could make some?**

Have a look at the following two pages for guides on how to make salt dough to make your beads and also how to make beads from scrap paper.



# Salt dough recipe

Taken from –

<https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

Baking salt dough is a really fun and easy activity for kids and the chances are you will have all of the ingredients in the cupboard ready to go on a rainy day.

Do take care to remind little ones that the **salt dough is not edible**.

**Makes 1 ball**

**Prep 10 minutes**

**Cook 3 hours**

1 cupful of plain flour (about 250g)  
half a cupful of table salt (about 125g)  
half a cupful of water (about 125ml)

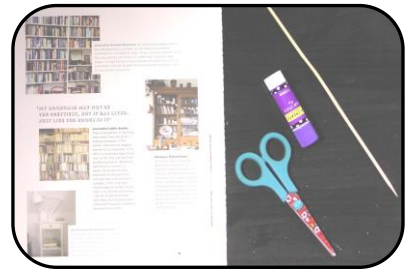
## Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model.
4. For beads ensure that you have made a hole through the centre so that when it is baked you can thread string or wool through it. This is best done with the help of an adult using either a pencil or other similar object.
5. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
6. Leave to cool and then paint.

# Make your own paper beads



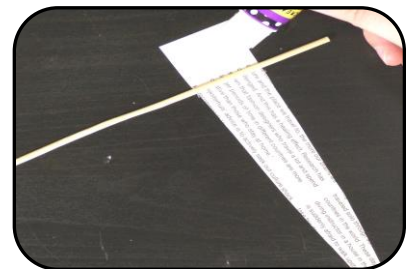
Have a go at making your own paper beads. You will need coloured paper or old magazine pages, scissors, glue and a wooden barbecue stick or a pencil. Remember to get an adult to help you when using anything sharp and please cover all surfaces before using glue!



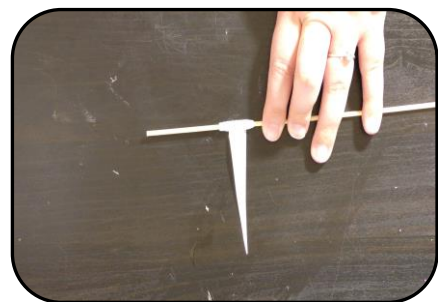
Cut out long thin triangles, remember to get an adult to help you when you use the scissors. Choose which side of the paper looks the nicest. Lay the paper on the table with the nice side facing down.



Put the stick or pencil across the top of the paper triangle, about two centimetres from the top edge. Add some glue to the paper above the stick and fold the paper over the stick so that the glued and unglued parts of the paper stick together. The paper and stick in front of you should now look like a little flag.



Add glue to the rest of the paper and roll it around the stick as tightly as you can. Allow the glue to dry before taking your beads off the stick. Once the beads have dried you can make your own jewellery! Perhaps you can experiment with different shapes and sizes of paper and see how the beads turn out?



If you need any more help with this craft project please watch the video at <https://youtu.be/nBFUi89ScmM>

The Settlers of the Nene Valley team would love to see your Settler's inspired craft projects. Ask an adult to send photos of them by email to [Settlers@rftrust.org.uk](mailto:Settlers@rftrust.org.uk)

