



Parent Guide

How can I use this with my children?

Simply print this resource, grab some colours and get designing! The Vikings were fascinating. Why not use this resource to inspire your child to learn more about these interesting people?

How does this help my children's learning?

This is a great resource to keep your little historian or art fanatic entertained. It can develop their fine motor and art skills, as well as inspiring learning about the Vikings and both British and world history.

Ideas for further learning:

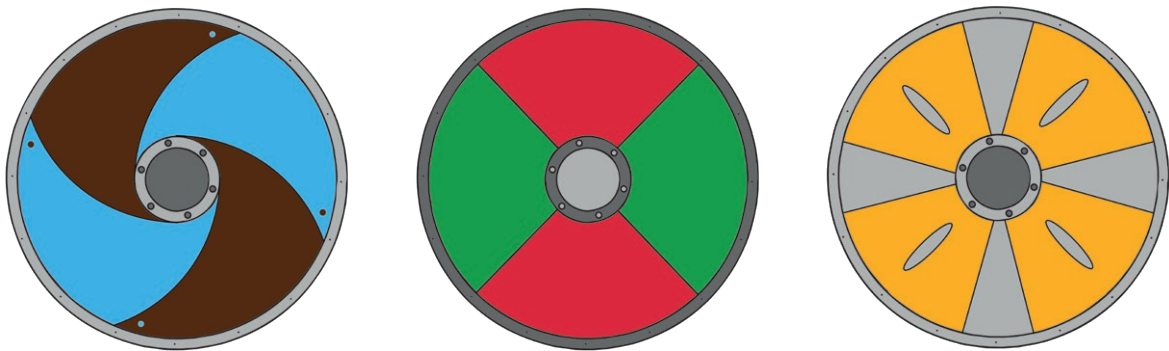
Head to our [Vikings](#) section of the Parents' Hub for loads more historical fun!



Design a Viking Shield

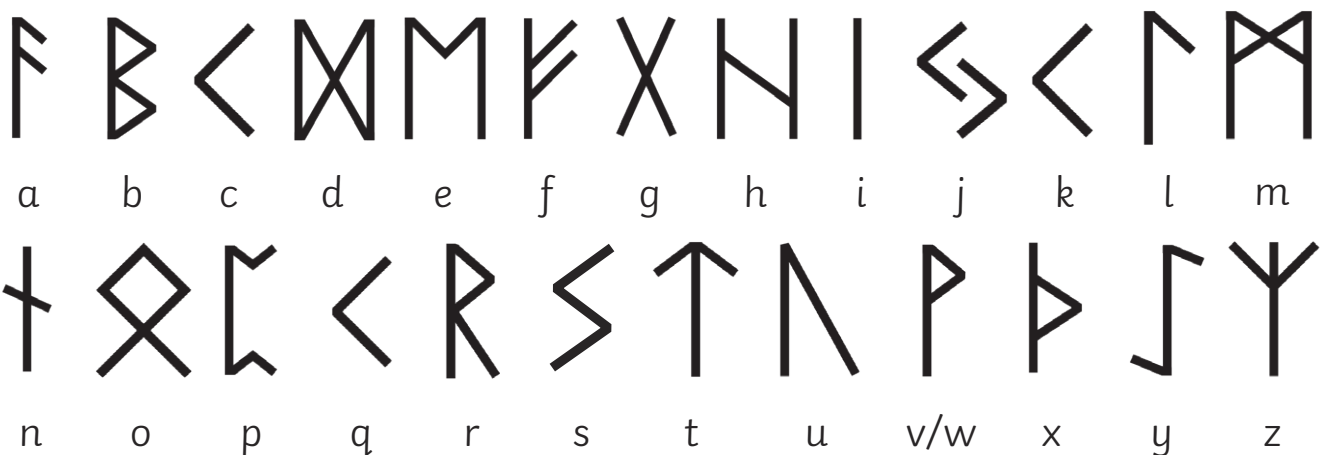
Viking Shields

Vikings used shields to protect themselves in battle. Their shields were made of **wood**, **metal** and **leather**. In the middle of the shield, there was a circle (an **iron boss**) made of metal which **protected** their hands. **Decorating** their shields was a huge part of the Vikings' culture. They used **colours** and **intricate** designs. Here are some examples of what they might have looked like:



Viking Runes

The Vikings use special **pictures** to write **messages** and label things. These were called runes. Look carefully at the runes below. Can you write your name in **runes**? Why not add some runes to your shield design?



My name in runes: _____

Extra Tip:

Bring your shield to life using a spare piece of cardboard and some paints. Use string or paper (or leather straps if you have them) to make a handle for your arm. Use tinfoil to add some metal sections.

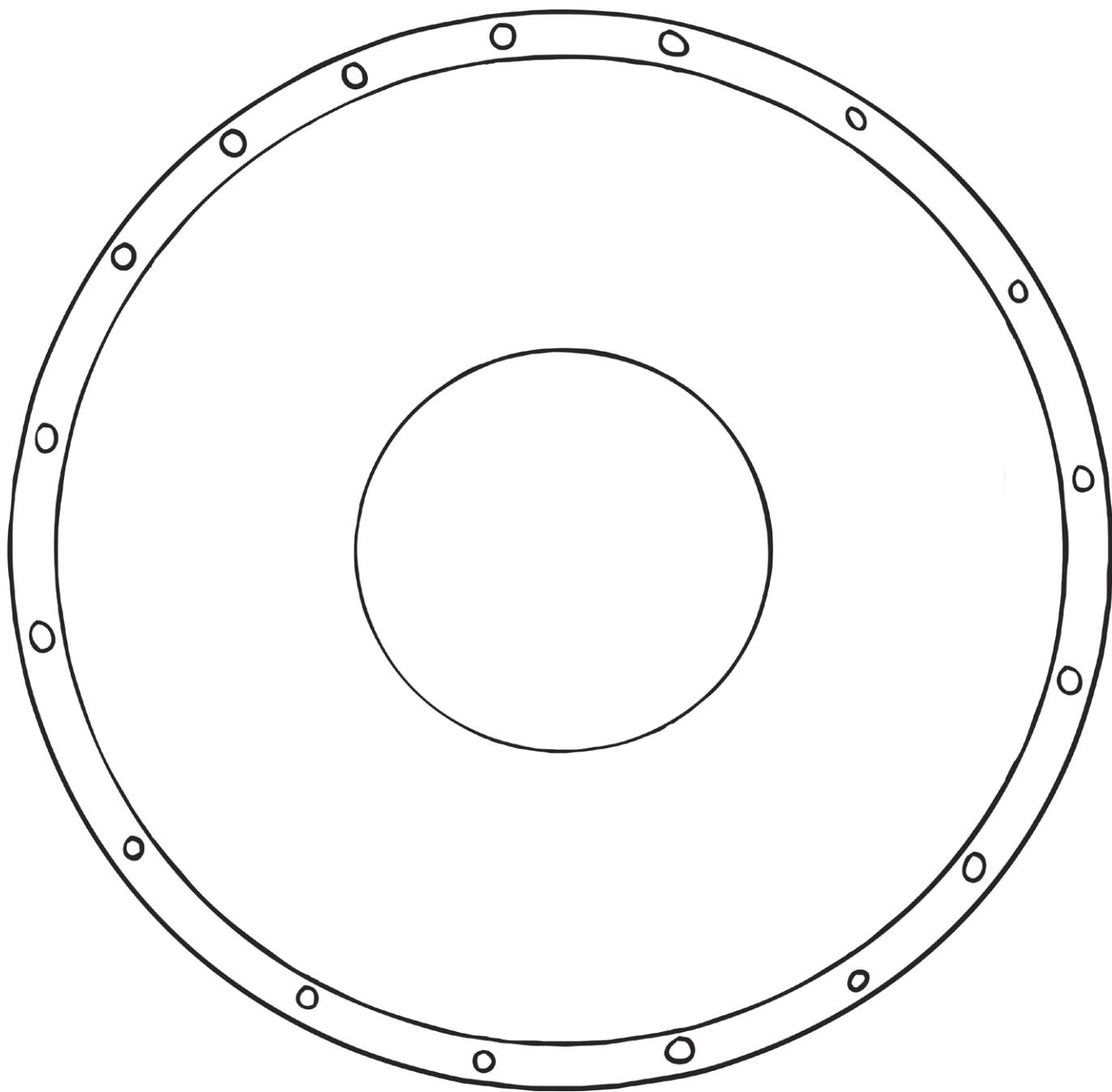


We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.

Design Your Viking Shield

Choose **four** colours (one must be a colour for the metal parts) and design your own Viking shield!



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