

Girl Scouts of Central and Western Massachusetts Council
Medieval Maidens Badge
For Junior Girl Scouts

Purpose: The Middle Ages was the era of knights, fair ladies, princesses and castles. Learn about medieval times beyond the tales of adventure and make-believe and find out about the lives of girls and women during this time. Complete at least six activities to earn this badge.

1. Medieval Maidens - The Medieval times are also referred to as the Middle Ages. Find out where this time falls in history. Find out how girls and women lived during the Middle Ages and how they were treated. What kind of work did they do? What were some of their daily responsibilities? What did they do for fun?



2. Cookery

Find out what types of food people ate during medieval times. Did rich people eat differently than poor? In general, did they have a healthy, well-balanced diet? Find out why or why not. With your troop or group, or on your own, prepare some different medieval recipes to sample. Here is a good place to start: www.godecookery.com (feel free to use modern adaptations of the recipes).

3. Music

Find out about the music of medieval times. What kinds of instruments were used? What kinds of songs were sung? Try making a medieval musical instrument, or locate a reproduction to use to play a song of your own.

4. Art

What were some of the characteristics of medieval art? Look at some pictures of art produced during different time frames within the Middle Ages and try to reproduce a piece of your own in the same style of the sculptures, paintings, mosaics or stained glass that was produced at the time.

5. Clothing

Women's fashion during medieval times varied depending on what class they were born into. Compare the clothing of peasant women to that of nobles. Make an article of medieval clothing or an accessory such as a hat, pouch, veil or piece of jewelry.

6. Entertainers

Entertainment was important to people of the medieval era and was popular during many events and celebrations. Find out what type of entertainment was provided by the following: jester, mummer, minstrel, troubadour and mime. What other types of entertainment was popular? Choose a form of medieval entertainment and, by yourself or in small groups, put together a performance in that form to entertain your troop or other audience.

7. Education

Formal education was unusual during the Middle Ages and hardly anyone went to school, but by the 15th century, there were more schooling options for children. Some children became apprentices and learned skills like weaving or blacksmithing. Find out more about medieval schooling, apprenticeship and what skills girls may have had to learn during medieval times.

8. Armor

People who were involved in combat would have worn mail and armor. Find out what types of armor they would have worn, and what type of weapons would have been used during the Middle Ages.

9. Museum Visit

Take a guided tour of a medieval museum such as Higgins Armory in Worcester, Mass. or Hammond Castle in Gloucester to learn even more about the Middle Ages. Prepare your questions in advance to learn as much as you can during your visit.

10. Medieval Faire

People worked very hard during the Middle Ages, so social activities and celebrations were very important to them. Find out what activities people participated in when they attended fairs and celebrations. Visit a Medieval Faire or Festival, or hold your own medieval party with your troop complete with food, entertainment and games!

11. Share

Visit a younger troop or group and share with them what you've learned about medieval times, or host a party where they can enjoy the fun of a Medieval Faire.

Resources

Books

Women and Girls in the Middle Ages, by Kay Eastwood (2003)

Medieval Women, by Eileen Power (2007)

How Would you Survive in the Middle Ages, by Fiona MacDonald and David Salariya (1997)

Knights & Castles: 50 Hands-on Activities to Experience the Middle Ages, by Avery Hart & Paul Mantell (1998)

Medieval Life, (DK Eyewitness books 2004)

Websites

Warning: *An adult should double check each of the following websites before giving the web addresses to the girls. Sites often change their content with no notice, and we wouldn't want them to come upon any surprises!*

Local Museums:

<http://www.higgins.org>

<http://www.hammondcastle.org>

Local Faires:

<http://www.kingrichardsfaire.net/>

<http://www.festivalofthelion.com/>

<http://www.ctfaire.com>

General Info:

<http://www.historyforkids.org/learn/medieval/>

<http://www.kathimitchell.com/middleages.htm>

<http://www.medieval-life.net>

<http://www.medievalmaidens.net/>

<http://www.palos118.org/South/curriculum/teamóc/midages/>

<http://mw.mcmaster.ca/intro.html>

Toys and Games:

<http://www2.kumc.edu/itc/staff/rknight/Games.htm>

<http://www.sca.org.au/stow/toys.pdf>

Recipes:

<http://www.godecookery.com>

<http://www.medievalcookery.com>

Art:

<http://www.storyboardtoys.com/gallery/childrens-medieval-style-art.htm>

http://www.metmuseum.org/Works_of_Art/department.asp?dep=17

http://www.metmuseum.org/toah/hd/best/hd_best.htm

http://historylink101.com/lessons/art_history_lessons/ma/

Clothing/Fashion:

http://en.wikipedia.org/wiki/1300-1400_in_fashion

<http://www.virtue.to/articles/>

http://www.carillion.eastkingdom.org/basic_garb.html

<http://www.lothene.org/crafts6.html>

<http://www.virtue.to/articles/girdlebook.html>

Education:

<http://educ.queensu.ca/~fmc/march2005/education.html>

<http://historymedren.about.com/library/weekly/aa033001b.htm>