

Medieval Maidens Interest Project

For Girl Scout Cadettes, Seniors and Ambassadors

Purpose: Learn about medieval times beyond the tales of adventure and make-believe. Find out about the real lives of girls and women during this time of hardship and endurance.

To earn this Interest Project, complete the REQUIRED activity. Do ONE activity of your choice from each of the THREE categories (Learn, Do, Share). Design and do [ONE activity of YOUR OWN](#). After you've completed all of the above requirements, [create a short REFLECTION](#).



REQUIRED

The medieval times are also referred to as the Middle Ages. Find out where this time falls in history and what the three smaller periods within the Middle Ages are called. Create a timeline to illustrate important events in history which occurred during these times.

In addition, find out how girls and women lived during the Middle Ages and how they were treated. For example, what kind of work did girls and women perform, what kind of education did they receive, and how did their lives differ depending on what class they were born into?

LEARN

Famous Women: Joan of Arc is just one famous woman of the Middle Ages. Who were some other famous medieval women? Find out about the lives and contributions of Joan of Arc and at least two other women of the time.

Coats of Arms: What is heraldry? Find out why a knight would use a coat of arms to identify himself in battle. Find out what the different parts of a coat of arms are called and research their symbolism. How would a coat of arms change once a person married? Design one for you or your family.

Fabrics and Fashion: 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. See how fashion changed throughout the time period. What fabrics were available? What kinds of dyes did they use? Make an article of medieval-styled clothing or an accessory such as a hat, pouch, veil, or piece of jewelry.

Art: Research some of the different types of art produced in the Middle Ages during two different periods (such as Byzantine, Romanesque and Gothic). Compare the styles. Try creating a piece of your own in the same style as the sculptures, paintings, mosaics or stained glass which were produced at the time.

Interview: Interview a docent or other educator who works in a medieval museum, such as Higgins Armory in Worcester, Hammond Castle in Gloucester, or another historical museum. Find out what training and education is required to perform their job. Or interview a person who works in a career centered on women's history or medieval history, such as a librarian, teacher or other educator. Prepare your questions in advance and be sure to ask about education and training, why they chose this field, and about other related careers.

DO

Cookery: Find out what kinds of food people ate during medieval times and what ingredients were available to them. What were some of the problems people encountered which affected the way they ate? Find a recipe written during medieval times and see if you can translate it to modern day language. Here is a good place to start: www.godecookery.com/mtrans/mtrans.htm. With your troop or group, or on your own, prepare some different medieval recipes to sample (feel free to use modern adaptations).

Armor: People who were involved in combat would have worn mail and armor. Find out about the different types of armor that were worn and what types of weapons were used during the Middle Ages. What kind of technology went into crafting armor and weapons of the time?

Museum Visit: Take a guided tour of a medieval museum such as Higgins Armory in Worcester or Hammond Castle in Gloucester to learn even more about the Middle Ages. Prepare questions in advance to learn as much as you can during your visit. In addition to the tour, find out about the history of the museum itself, how the museum items are cared for and stored, and where they were obtained.

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 would participate 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!

SHARE

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

Display: Develop a display about medieval women for your local library or school. Present the information to a younger group in a fun and interactive way.

Create and share: Create hands-on activity sheets which younger girls can use to learn more about girls and women in medieval times. Share your sheets with a younger troop to help them earn their Medieval Maidens age-level award.

Volunteer: Volunteer at a Medieval Faire or Festival to help attendees learn more about women of the Middle Ages. Or attend another public type event where you could host your own information table or entertain as a troubadour, jester, minstrel, mime or other medieval entertainer.

[Design and do YOUR OWN activity](#)

[Create a REFLECTION](#)

[Interest Project Overview](#)

The Middle Ages was the era of knights, fair ladies, princesses and castles.

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 and Resources:

<http://www.higgins.org>

<http://www.hammondcastle.org>

<http://sca.org>

<http://www.eastkingdom.org>

Local Faires:

<http://www.renfaire.com/Sites/>

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

<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/team6c/midages/>

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

Toys and Games:

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

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