

Medieval Maidens Badge

For Girl Scout Juniors

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 period.

To earn this badge, complete four activities from the Discover section, one activity from Connect and one Take Action project.



Discover:

Medieval Maidens: The Medieval times are also referred to as the Middle Ages. Find out where this time falls in history. Learn 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?

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 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).

Music: Find out about the music of medieval times. What types of instruments were used? What kinds of songs were sung? Listen to some medieval music. Or you might try making a medieval musical instrument, or locate a reproduction, to use to play a song of your own.

Art: What were some of the characteristics of medieval art? Look at 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 as the sculptures, paintings, mosaics or stained glass of the time.

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.

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 were popular? Choose a form of medieval entertainment and, by yourself or in a small group, put together a performance to entertain your troop or other audience.

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, apprenticeships and what skills girls may have learned.

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.

Connect:

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 your questions in advance to learn as much as you can during your visit.

SCA: The Society for Creative Anachronism is an international organization dedicated to researching and recreating the arts and skills of pre-17th-century Europe. Invite a member to your meeting to learn more about medieval times. You can find your local Massachusetts chapter here: <http://www.eastkingdom.org/branches.html>

Interview: 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.

Interpreters: Medieval fairs and festivals are just one type of opportunity for historical interpreters. Find out what kind of training, research and preparation goes into becoming an interpreter at a living history museum such as Old Sturbridge Village or Plimoth Plantation.

Take Action: Complete one of the following projects, or design your own Take Action project based on the things you learned while earning this badge.

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!

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.

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>