

# FANTASY ADVENTURES

## CHALLENGE KIT



This kit was created to assist you in completing the *Fantasy Adventures* program. Included are facts, stories, crafts, games, recipes and information.



**E-Patches & Crests**  
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# FANTASY ADVENTURES

## CHALLENGE KIT

This kit was created to assist you or your group in completing the *Fantasy Adventures* patch program. Kits are written specifically to meet the requirements for the program and help individuals earn the associated patch. All of the information has been researched for you and compiled into one place. Included are facts, crafts, games, recipes and other educational information. These materials can be reproduced and distributed to the individuals completing the program. Any other use of this program and materials contained in them is in direct violation of copyright laws.

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## CHALLENGE KIT

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## Detailed Outline

**5: PATCH REQUIREMENTS** is the section of the booklet that details what needs to be accomplished in order to earn each patch.

**6: FASCINATING FACTS** are facts that entertain or give insight about the Challenge Kit that is being discussed.

**7-15: TEACHING PAGES** contain information that can be used to teach the subject being discussed. In this case the topics are:

- Medieval Times
- Fantasy and the Medieval Ages
- Castle Secrets

**16-30: CRAFTS** detail ideas for crafts that pertain to the Challenge Kit. Includes:

- Knight Crafts
- Princess Crafts
- Common Crafts
- Fantasy Crafts

**31-34: RECIPES** give suggestions about what kind of food would go well with the theme. Some recipes included are:

- BBQ Ribs
- Oven Roasted Potatoes
- Grilled Corn on the Cob
- Bread Pudding

**35-63: GAMES AND ACTIVITIES** are pages filled with fun events for any Scout or Guiding group to do. The games are:

- Run from the Dragon
- Invade the Keep
- Scour the Castle
- Dragon, Dragon, Who has the Dragon?
- Dragon Dash

**64-69: PUZZLES** test your mind's skill and endurance with:

- Word Searches
- Crosswords
- Memory game
- Medieval Maze

### **70: HELPFUL WEBSITES**

### **71: CREDITS**

### **72: BIBLIOGRAPHY**

### **73: FEEDBACK FORM**

**74-75: PATCH ORDER FORM** and Company Shipping Information

# Patch Requirements

## TO EARN THE PATCH:

- Sparks (5-6 yrs) need to complete 2 requirements from the list.
- Brownies (7-8 yrs) need to complete 3 requirements from the list.
- Guides (9-11 yrs) need to complete 4 requirements from the list.
- Pathfinders (12-14 yrs) need to complete 6 requirements from the list.
- Rangers (15-17 yrs) need to complete 6 requirements from the list.

## FANTASY ADVENTURES PATCH

1. Discover what the Medieval Ages are and how the people of the Middle Ages lived.
2. Take the time to learn about two of the following: how the Commoners lived, how the Exalted lived, how Knights lived, or how Princesses lived.
3. Learn about Fantasy and the Medieval Ages. Choose your favourite creature and write a brief story about you and your creature to share with your group.
4. Discover the Castle Secrets by learning about the Castle Layout, Secret Passages, or Deadly Stairs.
5. Research your family's coat of arms and then design your own by following the instructions in the Create your own Coat of Arms craft.
6. Complete one Knight craft, two Princess crafts, two Commoners craft and one Fantasy craft of your choosing.
7. Become a Knight or a Princess by completing the whole Knight or Princess craft section.
8. Prepare a medieval feast by using two or more out of the four recipes provided.
9. Search online and find a medieval themed recipe. Try it out and serve your creation to your group, your family, or a member of your community.
10. Gather a group together and play either Run from the Dragon and Dragon, Dragon, who had the Dragon or Invade the Keep and Scour the Castle.
11. Play Dragon Dash and win against the ferocious dragon.
12. Solve the winding Maze and complete one other medieval puzzle.

## Fascinating Facts

### MEDIEVAL FACTS

It probably doesn't surprise you to know that the rich, the noble, and the royal had massive banquets almost every evening. Tables would be heaping with food of all sorts as the guests feasted and the entertainers danced, juggled, or joked. But what might surprise you is that the exalted would have no vegetables and almost no fruit on the tables. Food that grew in or out of the ground was considered "commoner's food" while gamey meats and exotic spices were only for the rich.

The saying, "a meal fit for a king" is still sometimes used in today's society to describe a great and delicious meal, but what kind of meal was fit for a king in the Middle Ages? King Richard II of England sometimes gave feasts for as many as 10,000 people at once. One of these required 140 hogs, 14 oxen, 12 calves, 12 boars, and 3 tons of salted venison.

Around 700 C.E. (Common Era) an important invention reached Europe that changed the Middle Ages forever. The invention was the stirrup for a saddle. Without it knights in their heavy armor and their cumbersome lances couldn't have rode on horseback without falling off. But with the extra support mounted warriors gained more control of their steeds allowing them to easily maneuver their horses and carry heavier armor and weapons.

Have you ever wondered who invented the piggy bank? It wasn't a person, but rather the evolution of language which did. "Pygg," a middle English term, refers to a type of clay that was used in Medieval times to make jars or pots for people to keep coins in. These were called "pygg jars." By the 18th century these jars came to be known as a "pig bank" or "piggy bank."

**Did you know** that in Medieval England animals could be put on trial for committing crimes?

They could!

Records show that farm animals were tried for injuring or killing people. Also a few mice were taken to court for stealing part of the collective harvest.

**Have you ever wondered** how a person knew what time it was back when there were no clocks? Well, back in the early Middle Ages the Europeans broke up their days into seven hours of equal length. A bell would ring in the church signaling the seven times of prayer: Ladus (at 3 am or dawn), Prime (around 6 am), Tierce (around 9 am), Sext (at midday), None (around 3 pm), Vespers (around 6 pm or after dinner), and Compline (around 9 pm or before bed). It was only in the late 1300s that mechanical clocks were installed in towers of churches and town halls.

# Teaching Overview

## **MEDIEVAL TIMES**

- What are the Medieval Ages?
- The people of the Middle Ages
- Life of a Commoner
- Life of the Exalted
- Life of a Knight
- Life of a Princess

## **FANTASY AND THE MEDIEVAL AGES**

- Magic, Monsters, and Extraordinary Creatures

## **CASTLE SECRETS**

- Castle Layout
- Secret Passages
- Deadly Stairs

# Teachings: Medieval Times

## WHAT ARE THE MEDIEVAL AGES?

The medieval ages are actually recorded in the histories of time as the Middle Ages which started around 400 C.E. and lasted till 1400 C.E (common era). The Middle Ages follows the fall of the Western Roman Empire and precedes to the Early Modern Era. When people hear “medieval ages” most immediately begin to picture commanding kings and beautiful queens, courageous knights and fair princesses. Although these images do have roots in the Middle Ages, it is not exactly like we imagine it.

The Middle Ages is broken into three parts:

1. The Early Middle Ages, also known as the Dark Ages, was where the arts all but ceased to exist and barbarians roamed the lands. People of this time were uneducated and looked to the Church and the many kings for guidance.
2. The High Middle Ages brought with it a sort of stabilization as people once again started reading and writing. Military powers expanded as kings sought to protect the people under their rule and expand their reign. The crusades were held in this time.
3. The Late Middle Ages was a period initiated by calamities and upheavals. Famines, the Black Death, and the Western Schism (when the Catholic Church was divided against itself) characterized this time. Strong, royalty-based nation-states rose and many long conflicts, like the 100 year war, occurred.

In this booklet we are going to take a look the High and Late Middle Ages around England while mostly ignoring the crumbling of the Roman Empire.

## THE PEOPLE OF THE MIDDLE AGES

The medieval age is one of the most exciting and romanticized ages, but not everything was wonderful. Life in the medieval ages was hard for most people. For the kings, queen, and noble families life was extravagant and filled with feasts and tournaments. For the commoners life was filled with hard work and threat.

### LIFE OF A COMMONER

Each day a peasant would wake up at the break of dawn, in the summer this meant that their day would start at 3:00 AM! His wife would immediately make a breakfast, which was usually porridge or bread and water. He would leave his thatched-roofed, one room house for the noble’s castle or manor. There he worked the land, tilling, plowing, reaping, sowing, thatching, threshing, hedging, or any other manual work the noble needed done. During harvest times his wife would accompany him and help out with these tasks, but most days she spent her time preparing the daily meals, feeding and tending to the small animals, such as chickens, weaving and mending clothes, making preserves for food, collecting berries and herbs, taking care of the garden, and raising children. At dusk the peasant man would return to his home and eat supper which could consist of eggs, poultry, and vegetables such as turnips and cabbage. After supper there was a small amount of time for leisure activities before his wife tucked the kids in and they climbed into bed. The next morning they would have to wake up and do the routine all over again.

