

## To make a Viking or Anglo Saxon shield



You will need:

- Stiff cardboard, (e.g. corrugated packaging)
- A pencil
- Scissors
- A plastic pot (yoghurt, Muller rice or coleslaw are ideal), paper or foil pie case
- Two paper fasteners
- Glue and sticky tape
- Paints

Cut out a large circle of cardboard to be the basic shape of the shield. Two layers can be glued together to make it stronger. The diameter should be roughly the measurement from the knuckles to elbow doubled, but smaller is acceptable if materials are limited.

Take the shallow plastic pot, and draw a circle round it at the centre of your shield. Draw a circle approx. 1cm smaller inside that one and cut round it. This will form a lip for the pot to sit on. If the pot is plastic, now is a good time to paint it silver, before you glue it onto the shield. Glue it in place with PVA or similar to form the 'boss' of the shield where your hand will be.

Glue a strip of stiff card to form a handgrip across the hole behind the 'boss'. To strengthen, push paper fasteners through from front; tape at back. DO NOT rely on tape alone to keep the handle on, or you will constantly be making running repairs on broken handles all day!

Paint the boss silver and design the rest of the shield directly on to the cardboard - choose a bright design that will help identify you on the battlefield!



*With thanks to Cathy Murphy at Gripping History who came up with the plan for making these with children.*

