

Keystone Heritage

LEARNING RESOURCES





Education Resources | Class Workshops | Online Workshops | History Films

CONTACT US

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Keystone Heritage

ABOUT US

Keystone Heritage's mission is all about championing heritage and bringing history to life both in Wales and the UK. Our workshops, resources and projects inspire people of all ages.

We use artefacts, buildings and real stories to explore and investigate thousands of years of history. We will encourage you to discover and explore the past yourself, becoming history detectives and to have pride and ownership of your own heritage and cynefin.

This portfolio shares some of our digital work and volunteer projects. We have worked with organisations such as Cadw, the Canal and River Trust and the Victoria Museum and Gallery in Liverpool.

We have also created bespoke films and have created and led volunteer projects making films, resources and podcasts.



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DESIGN AND CONTENT EXAMPLES

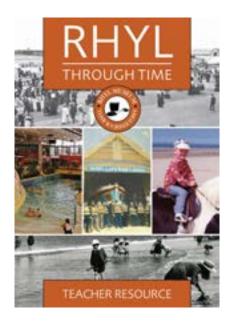




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RESOURCE EXAMPLES







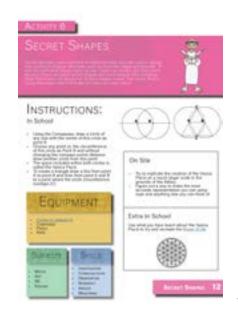








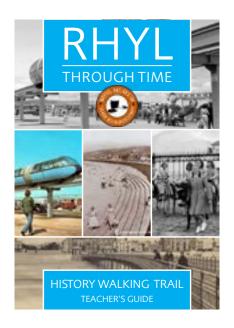




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RESOURCE EXAMPLES

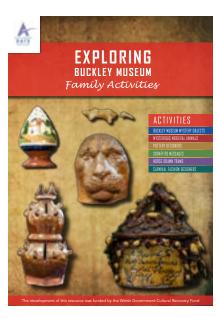




















Keystone Heritage

RESOURCES FOR TEACHERS





RHONDDA CYNON TAF LIBRARY SERVICE: OUR HISTORY, OUR HERITAGE



Activity 2

Prehistoric Rhondda Cynon Taf

Objective: This activity encourages pupils to investigate prehistoric Rhondda Cynon Taf and the Beaker People. The Beaker folk were thought to be a group of migrants from central Europe who arrived in Britain around 4,400 years ago and brought with them new customs, burial practices and unique pottery. Pupils will present their findings to class and have the opportunity to use artistic skills.

Pupils could:

- Investigate the prehistoric links within their local area and wider Rhondda Cynon Taf using the ancient monuments list in <u>Appendix 3</u> as a starting point.
- Use the research they find to create an individual, group or class PowerPoint, collage or presentation based on what they find most interesting. Pupils could think about:
 - What are the key points in Rhondda Cynon Taf's prehistory?
 - What do they find most interesting?
 - How will they agree as a group which are the most important/ interesting facts?
 - What do they think makes their local area special?
 - Was RCT similar to the rest of Wales (or the UK) at that time?
 - What else would they like to find out about?
- Make a clay pot and decorate using images inspired by Beaker People pots using the information and instructions in <u>Appendix 4</u>.
- Build their own Bronze Age miniature burial mound using the instructions in <u>Appendix 5</u>.
- Reflect on the strengths and weaknesses of their approaches to help them develop their investigation and creative skills for future work.

Equipment

- Internet
- Books
- A Brief Introduction to RCT
- RCT Timeline
- Appendix 3
- Appendix 4
- Appendix 5
- PowerPoint/collage materials

Skills

- Literacy
- Investigation
- Communication
- Digital competence
- Curiosity
- Creativity and innovation
- Critical thinking and problem-solving
- Personal effectiveness
- Planning and organising
- Cynefin



RHONDDA CYNON TAF LIBRARY SERVICE: OUR HISTORY, OUR HERITAGE



Section 2 Industry Through Time

These activities allow pupils to explore the industry in Rhondda Cynon Taf through time. They encourage pupils to develop their investigation and enquiry skills. They will take on the role of different workers as well as comparing the lives of rich and poor children, many who worked in these industries. The activities will also encourage investigation into being an industrialist and the debate around strikes and their impact on different people. The activities support group work and communication and offer an opportunity to reflect and evaluate their own process, strengths and weaknesses.

Activity Suggestions

- Activity 4: Jobs Through Time
- Activity 5: Comparing Children's Lives in Industrial RCT
- Activity 6: Becoming an Industrialist

Curriculum Links

The activities all help support Progression Steps 1 to 3 within the below Areas of Learning and Statements of What Matters.

Activity	Area of Learning	Statements of What Matters
 Activity 4: Jobs Through Time Activity 5: Comparing Children's Lives in Industrial RCT Activity 6: Becoming an Industrialist 	Humanities	Enquiry, exploration and investigation inspire curiosity about the world, its past, present and future. Events and human experiences are complex, and are perceived, interpreted and represented in different ways. Human societies are complex and diverse, and shaped by human actions and beliefs.

RHONDDA CYNON TAF LIBRARY SERVICE: OUR HISTORY, OUR HERITAGE



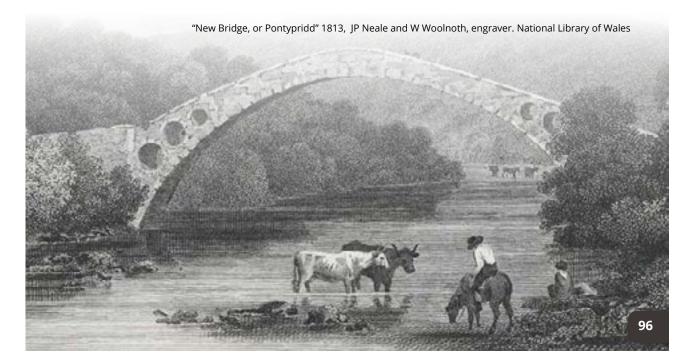
Activity 8

RCT Map and Population Exploration

Objective: This activity encourages pupils to compare old and new maps of the area to investigate the changes over time as well as what has stayed the same. Pupils will also be encouraged to investigate the changes in population in RCT through time and the impact this has had on the local area including the Welsh language, jobs, population growth, housing and expansion of businesses.

Pupils could:

- Use the old and new maps in <u>Appendix 28</u> to compare the similarities and differences in some of the areas in Rhondda Cynon Taf.
- Use the National Library of Scotland link (https://maps.nls.uk/) to find their own area and compare an old map with a modern map. (Appendix 29 has instructions on how to do this). Pupils could use the table in Appendix 30 to record their findings.
- Use the information in <u>Appendix 31</u> to investigate the movement in population to RCT and map where people have come from.
- Discuss in groups and record the contributions people have made when moving to the area as well as the impact on the Welsh language, jobs, shops and housing.



Equipment

- Internet
- Books
- Appendix 28
- Appendix 29
- Appendix 30Appendix 31
- Appendix 3

Skills

- Literacy
- Numeracy
- Digital competence
- Investigation
- Communication
- Curiosity
- Critical thinking and problem-solving
- Personal effectiveness
- Cynefin

RHONDDA CYNON TAF LIBRARY SERVICE: OUR HISTORY, OUR HERITAGE

Appendix 36

Heart Rate Experiment Activity Sheet

Your heart is a pump that circulates blood around your body. The heart rate is the number of times your heart beats per minute (bpm). Your heart rate can be measured by taking your pulse, which is the little thump you can feel on your wrist and your neck each time your heart beats as it pushes blood through your arteries.

Do you think exercise will make your heart beat faster or slower?

Equipment Needed

- Pencils Stopwatches/timers Suitable clothing and footwear for exercise
- Clipboards Heart Rate Experiment Activity Sheet

Instructions

You will need to work with a partner. You are going to measure your heart rate before and after exercise, or your Nos Galan race designed in Activity 10.

- Check you can both find your own pulse your teacher can help you to do this.
- Measure your resting heart rate by taking your pulse while sitting down. Using the timer, ask your partner to take your pulse for 15 seconds. Multiply the result by 4 to get your heart rate and record it. Now do the same for your partner.
- Now it is time to carry out the race. Set a timer so you know how long you took to finish the race
- As soon as you finish the race, take your pulse again for 15 seconds with help from your partner. Multiply the result by 4 to get your heart rate and record it on the sheet. Once they have also finished, help your partner to take their pulse and record it.
- Compare the results. Was your heart rate quicker or slower after the race? If you took part in different races that took different amounts of time, compare your heart rates for these races also. What do the results show?

Name	Heart Rate before exercise (beats/minute)	Heart Rate after exercise (beats/minute)	Time taken to complete exercise

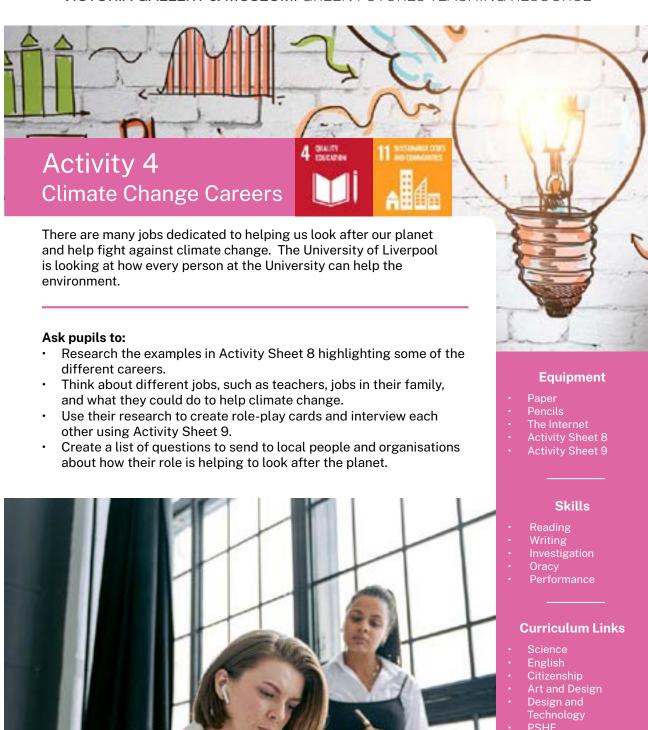
From my results I can see:	
I conclude that:	

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VICTORIA GALLERY & MUSEUM: GREEN FUTURES TEACHING RESOURCE -



VICTORIA GALLERY & MUSEUM: GREEN FUTURES TEACHING RESOURCE .



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Online Links
University of

Education and Skills

VICTORIA GALLERY & MUSEUM: GREEN FUTURES TEACHING RESOURCE _

Activity Sheet 7

Mindfulness Activities





Balloon Breathing





Step 1:

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top. As you do, feel your belly, abdomen and chest expanding out like a big balloon.

Step 2:

Now breathe out slowly through your mouth and blow all the air back out of your lungs. Let your belly sink down flat, as if deflating like an imaginary balloon.

Repeat the whole exercise 5 times.



Sit or lie down on the ground. Breathe in and out as you watch the clouds move through the sky. What shape are the clouds? Do they look like anything else?



Hug a Tree

Find a tree you would like to hug. Carefully lean your head against the trunk and wrap your arms around the tree. Is it moving with the wind? Is it making any sounds? What does it smell like?

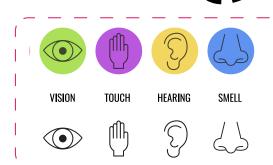
Pick a leaf. Trace the outline of the leaf with your eyes as slowly as you can. Move from one edge of the leaf, all the way around and back to where you started. This exercise is an excellent way to slow down your thoughts.



Notice your Senses

Take a moment and use your senses to explore the world around you. When you are done, write or draw the things that you could smell, hear, see and feel.

- · What could you smell?
- What could you hear?
- · What could you see?
- What could you feel?



VICTORIA GALLERY & MUSEUM: GREEN FUTURES TEACHING RESOURCE .

Activity Sheet 8 Role Descriptions





Recycling Operative

They work in a recycling plant managing and processing recyclable materials. They sort and separate recyclable materials and dispose of nonrecyclable waste. They



have to work as a team and be physically fit to lift materials. They have to be organised and know about health and safety. They help create a more sustainable environment by recycling materials rather than creating more waste. Using recycled materials means that less energy is used to create new materials which helps fight climate change.

Sustainable Transport Planner

They create improvements to transport that have less environmental impact and are less wasteful. They create ideas for cycling, walking and air quality projects. They use



their skills to help plan and design public spaces, road systems and buildings around greener types of transport. They have to be a good planner and understand planning law. Improving air quality by reducing petrol cars on the roads helps fight climate change.

Wind Farm Control Engineer

They work on an offshore windfarm and look after the electricity production. They communicate with workers from the national electricity system, the National Grid. They can switch



the wind farms on and off depending on when more or less electricity is needed from the wind farm. They also work in a control room and look after a computer system that controls the wind turbines. They work out at sea for days at a time. They have to know about electrical systems and know about how the National Grid works. Wind turbines are a renewable source of energy and so the Wind Farm Control Engineer helps to reduce the impact energy production has on climate change.

Urban Garden Project

They help to run garden projects for local people to grow vegetables and help the area be more self-sufficient. They run educational workshops about growing food and



events such as craft making to bring local people together and help improve people's health and wellbeing. They promote ideas like composting food waste to make gas. Green spaces in towns and cities help reduce air pollution and improve the health of local people. As well as growing vegetables, spending time in gardens is good for people's health, which is also good for the environment and battling climate change.

CADW: TUDOR RESOURCE

4– <u>Tudor Medicine</u>

Activity 3: Tudor Medicine Investigators



Courtesy of Norton Priory

Objective:

This activity encourages pupils to use their enquiry and investigation skills to find out more about medicine in the Tudor period. This includes researching the types of people the Tudors could visit and the importance of plants and herbs used in healing people.

Pupils could:

- Research Tudor medicine and the different options Tudor people had
 if they were sick, using Appendix 4 as a starting point. These would
 have included the physician, the apothecary, the barber surgeon, the
 wise woman and the plague doctor.
- Research the different types of cures from the Tudor period, list as many as they can find and if they think they worked. How are these similar and different to today?
- Create role-play cards based on these people and interview each other using Appendix 5.
- Research the different types of plants people might have used when treating illnesses and what they were used for using Appendix 6 as a starting point.

Skills

- Investigation
- Reading
- Writing
- Communication
- Oracy
- Digital Competence
- Creativity and Innovation

Equipment

- The Internet
- Pencils
- Colouring pencils/pens
- Appendix 4
- Appendix 5
- Appendix 6

Areas of Learning



CADW: TUDOR RESOURCE

Appendix 4 Tudor Medicine

Tudor Medicine

Medicine had not advanced very much by the Tudor period and most people relied on herbal medicines to heal them. If you were poor you could only afford to visit your local wise woman in the village. Herbs such as lavender and marjoram were recommended to treat a headache, chamomile to help ease a stomach ache, and feverfew to help with colds and high-temperatures. Most Tudor women would know how to make 'simples', herbal remedies.

The Tudors believed in the ancient Greek theory of the four humours, which was based on the four elements of fire, earth, water and air. These corresponded with elements or "humours" in the body; blood, black bile, phlegm and yellow bile. If one of these was out of balance then it meant that the person had too much or too little of that humour and they would become ill. Bleeding was a common treatment if it was believed that the patient had too much blood.

There were different medical services on offer although there was no National Health Service so who you visited depended on how much money you had. If you were rich you would have a Tudor physician visit you, however what your treatment was could depend on what star sign you were and the colour of your urine.

The Tudor world was rife with plague and contagious diseases such as dysentery and influenza. The most feared was the sweating sickness, a mysterious illness that could kill within 24 hours. Tudor people believed the plague was spread by bad smells and so strong smelling flowers were carried around as a way to ward off the illness. Plague doctors stuffed herbs into their plague masks to protect them.

Medicine did start to advance in the Tudor period with anatomists producing accurate diagrams of the muscles and books were written about children's medicine and the circulation of blood.

As most of those treating illnesses relied in some way on herbs, what was planted in the garden was important and was seen as a Tudor person's medicine chest. Those who lived in a town would visit an apothecary for their herbs but those lucky enough to have space for a garden would plant specific herbs they knew would help them if they were sick.



Copper engraving of a plague doctor Public Domain

CADW: TUDOR RESOURCE

Appendix 6 Examples of Plants for Healing

- Feverfew 'Fever chaser' cures headaches, vertigo, catarrh and melancholy.
- Woundwort Dries up cuts. Made into poultices with grease and applied to open wounds.
- Ground Ivy Heals sore eyes, ulcers and stomach pains.
- Rosemary Helps sore throats, bað breath, bað ðreams, bað memory anð anxiety.
- Meadowsweet Cures malaria and fevers.
- Comfrey Used for bruises, wounds, settling diarrhoea and knitting broken bones.
- Dandelion Helping with bladder infections.
- Borage Helps as a herbal treatment of skin disorders.
- Fennel Used as an antidote to poisonous mushrooms and the bites of mad dogs and snakes, for lung and stomach disorders, jaundice and gout.
- Yarrow Used for treating injured soldiers. Generally used to stop bleeding.



Feverfew



Borage



Yarrov

CADW: CYNFFIN RESOURCE

Activity 6: **Mining Research**

Objective:

This activity encourages pupils to use the skills they have developed in section 1 to research, investigate, ask questions and compare changes through time linked to the history of mining. Pupils will be encouraged to focus on their local area as well as wider Wales. They will explore the lives of children and their role within mining history. They will also think about the positives and negatives of mining and discuss its impact today.

Pupils could:

- Use the skills they have learnt in Section 1 to investigate the history of mining in their area and Wales. They could use the information in the brief history section and the map to help them. The class could be split into groups (Iron Age and Roman miners, medieval miners, 18th and 19th century miners, miners today). They could investigate the different types of resources that were being mined.
- Use the images of miners through time in Appendix 11 and their research to create a display or collage about their chosen time period/s and highlight how mining has changed over time.
- Use Appendix 12 to investigate mines in their local area and fill in the table. They could use the National Library of Scotland maps link to compare their own area today with the past.
- Use their research to create an individual, group or class PowerPoint, collage or presentation based on what they have found most interesting.
- Take part in a discussion: What impact did the invention of mining have on Wales? What were the pros and cons?

Pupils could think about:

- Landscape and habitat changes
- Health and wellbeing of the population
- Impact today on the climate

National Library of Scotland Maps

Skills

- Investigation
- Literacy Communication
- Oracy
- Curiosity
- Creativity and Innovation
- Critical Thinking and Problem-Solving
- Personal Effectiveness
- Planning and Organising
- Digital Competence

Equipment

- Brief history of Mining
- Map of mines
- Appendix 11
- Appendix 12
- Scottish Library Map Instructions

Areas of Learning

- Humanities
- Language, Literacy and Communication



CADW: CYNEFIN RESOURCE

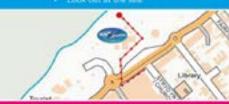
Appendix 5 Farmers Through Time

VA.	Hunter Gatherer
	Stone Age Farmer
W W	
O	Iron Age Farmer

19

RHYL MUSEUM: RHYL WAI KING TOUR

2. VICTORIAN PIER



ned for music and entertainment abows.



Show A3 Posters:

- Pictures of the Pier and Victorian Rhyl (2 and 3)
- Picture of Pier entertainment playbills (4)

Ask the children:

- To imagine the Pier
- What kind of entertainment might be on the Pier?
- To re-enact some of the types of entertainment shown on the playbills (4)



The Pier during the Victorian Era



Playbills from The Grand Pavilion

3. VICTORIAN LIFEBOAT

- Walk up the walkway behind you (with the red railings)



LIFEBOAT FACT

Rhyl's first lifeboat was established in 1852 by the Shipwrecked Fishermen and Mariners' Society. The R.N.L.I. took over in 1854 and as tourism increased a second lifeboat station was established in 1878. This station operated until 1899 and two years after a new main boathouse was built. The "Caroline Richardson" lifeboat, 1897-1939 was the 3rd in Rhyl and last of the tubular lifeboats (known as the "banana boat"). The boat had great stability, but meant the crew was easily soaked.



Show A3 Poster:

Picture of Victorian lifeboat (5)

Ask the children:

Why is it important to have lifeboats?



Lifeboats Contact: 01745 344040



The Rhyl lifeboat station in Victorian times



Launching the Lifeboat



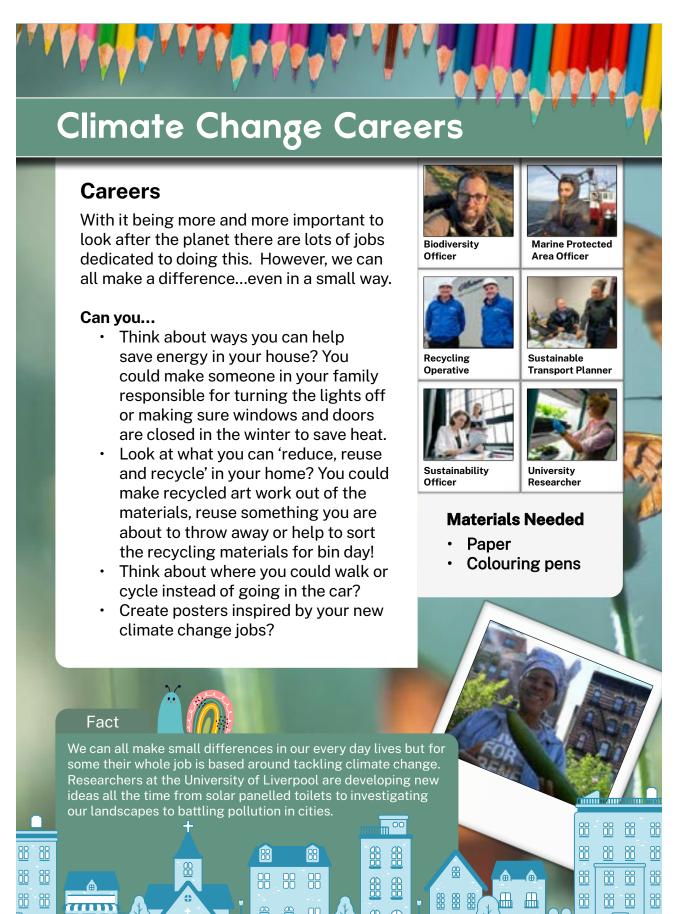
Keystone Heritage

RESOURCES FOR FAMILIES





VICTORIA GALLERY & MUSEUM: GREEN FUTURES FAMILY RESOURCE



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VICTORIA GALLERY & MUSEUM: GREEN FUTURES FAMILY RESOURCE

Mindfulness

Being Outside

Spending time outside and in nature is very important to our well-being and health.

Can you...

- Sit or lie down on the ground and watch the clouds? Breathe in and out as you watch the clouds move through the sky. What shape are the clouds? Do they look like anything else?
- Pick a leaf and trace its outline with your eyes as slowly as you can? Move from one edge of the leaf, all the way around and back to where you started. This exercise is an excellent way to slow down your thoughts.
- Find a tree you would like to hug?
 Carefully lean your head against the trunk and wrap your arms around the tree. Is it moving with the wind? Is it making any sounds? What does it smell like?
- Take a moment and use your senses to explore the world around you? When you are done, write or draw the things that you could smell, hear, see and feel.
 - What could you smell?
 - What could you hear?
 - What could you see?
 - What could you feel?

Materials Needed

- Paper
- Pencils

Fact



Spending time in nature helps reduce stress, makes us happier and is good for our mental health. It also helps us appreciate all the amazing plants, insects and animals that help make our world special and allows us to connect with nature.

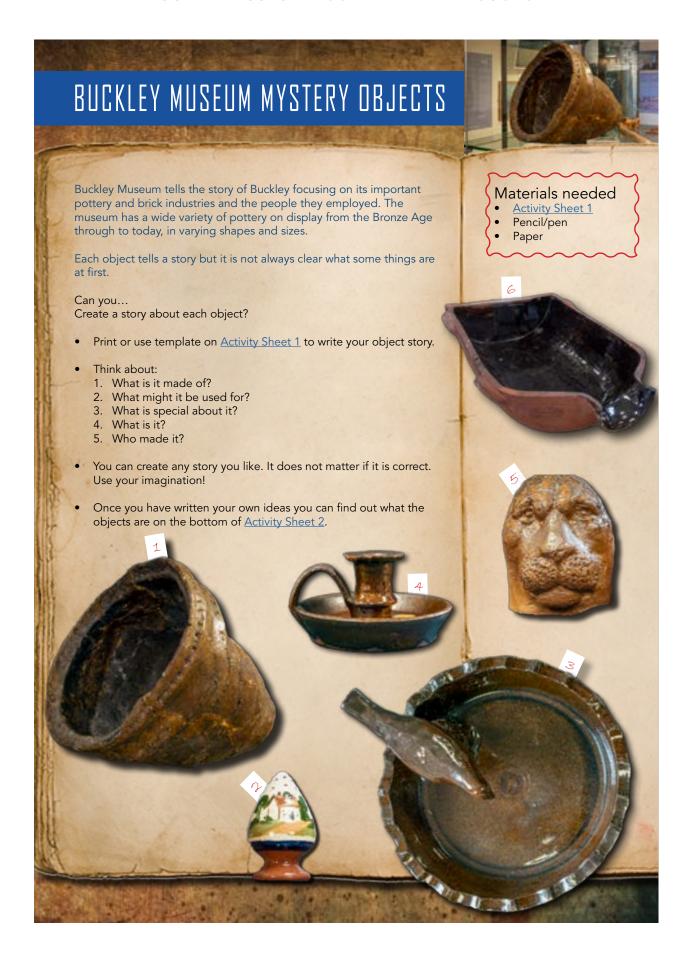
VICTORIA GALLERY & MUSEUM: GREEN FUTURES FAMILY RESOURCE



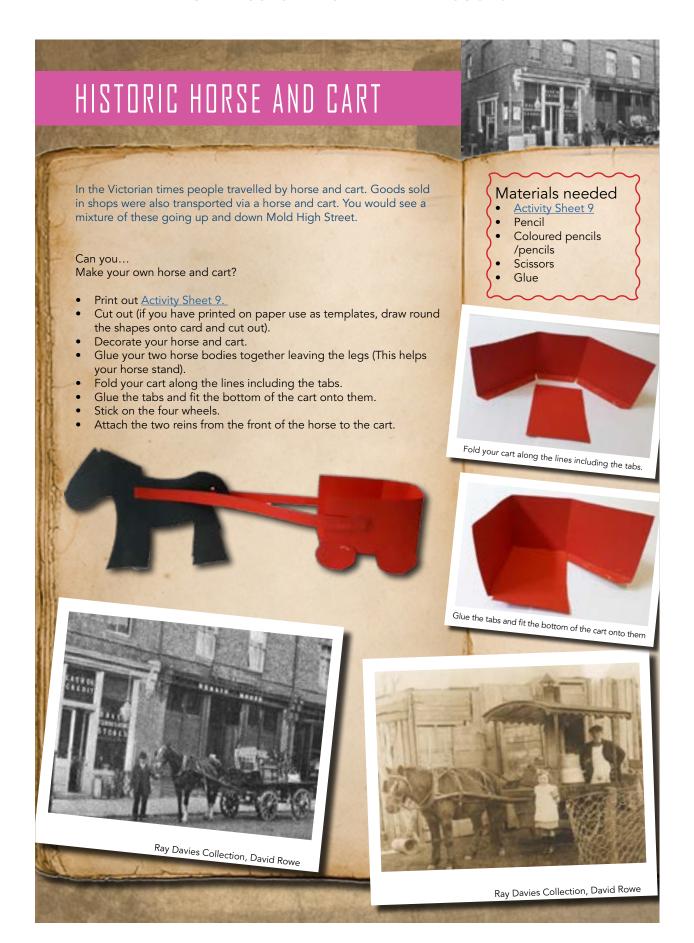
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BUCKLEY MUSEUM: BUCKLEY FAMILY RESOURCE

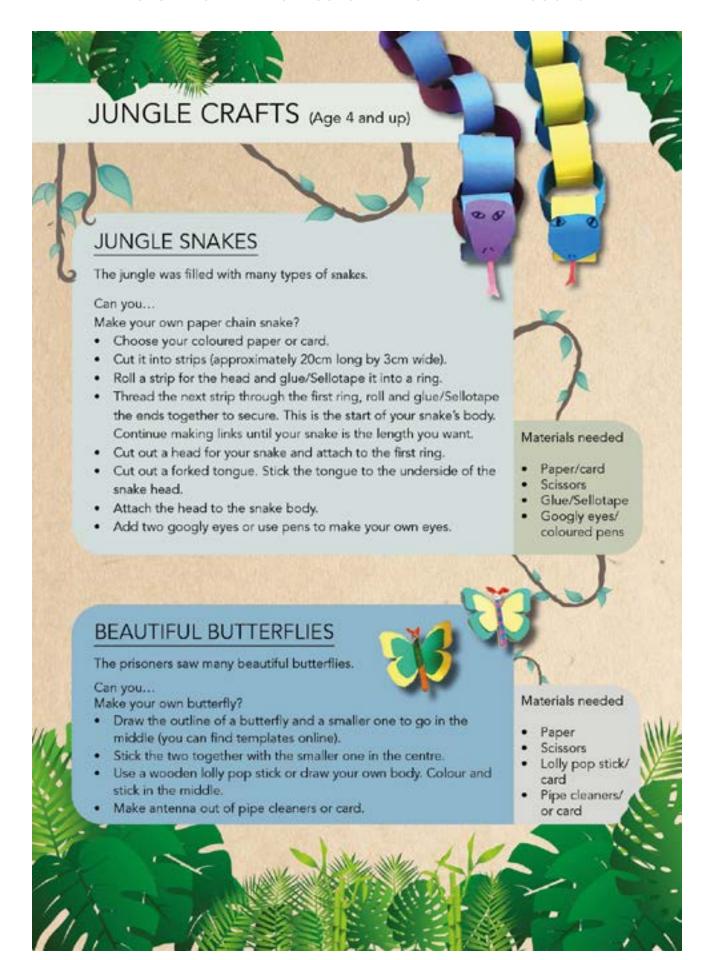


MOLD MUSEUM: MOLD FAMILY RESOURCE



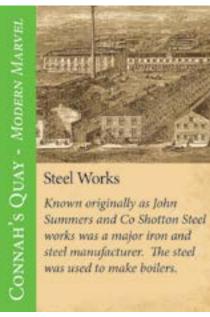
Family Home Craft Example

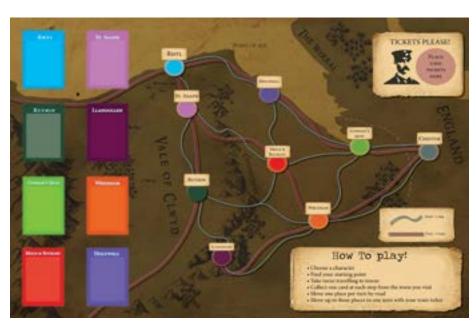
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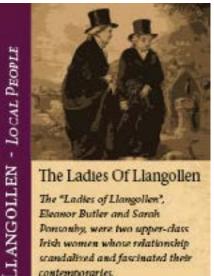


Board Game Examples

VICTORIAN BOARD GAME AND CARDS

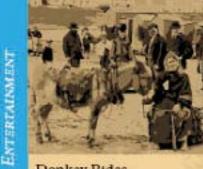






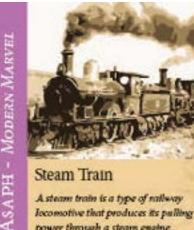
The Ladies Of Llangollen The "Ladies of Llangollen",

Eleanor Butler and Sarah Donconby, were two upper-class Irish women whose relationship scandalized and fascinated their contemporaries.



Donkey Rides

Children are allowed to ride donkeys on a sandy beach for a fee in summer months. Typically, the dankeys used to have their names on their harnesses so they could be identified by children and parents



Steam Train

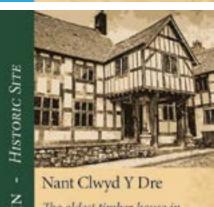
A steam train is a type of natiway locomotive that produces its pulling power through a steam engine. These locomotives are powered by hurning combustible material - usually coal, wood, or oil - to produce steam in a boiler.



Combs

Wrexham - Trinket

Before the beer and coal industry took over the town, Wrexham was a small market town which was well known for its leather industry. Why not pick up a comb made from the horns from cattle to take home?



The oldest timber house in Wales built in 1435. Ruthin was a centre for weaving at this time and the house belonged to a Welsh weaver. It is now a museum.

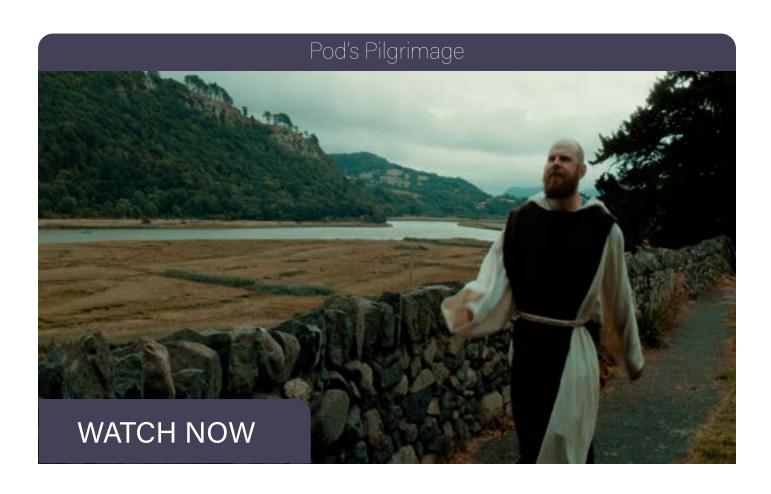


Fisherman

Connah's Quay was known for its docks, shipbuilding and fishing trade. The fishermen in Connah's Quay would sell their fish in barrows around the neighbouring streets.

Education Films

CADW: POD'S PILGRIMAGE





Online Session Film Examples

GODS AND GODDESSES & ROMAN SOLDIER _____





Educational Films

EXAMPLES







Educational Films

EXAMPLES







Working with Volunteers

EXAMPLES









Keystone Heritage

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