



## POST-VISIT: VIKINGS

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**DAY IN THE LIFE OF A VIKING:** *What was it like to be a Viking and what was important to them?*

Vikings valued wheat, silver, wine and cloth; they loved to trade, travel and had many gods that were important to them. Many of the women and children stayed home and took care of the farm while men went out to sea, traveling, making discoveries and trading. They wore wool tunics, leather shoes and metal brooches. Most Vikings were active farmers, hunters and gatherers—known to raise goats, sheep, cows, pigs and horses. Vikings harvested wheat and hunt rabbit, duck and seal and gathered berries and tree nuts. Because of their lifestyle, most vikings were known to have only two meals a day consisting of mainly bread and meat.

**After students have a basic understanding of Viking Culture and practice, ask students to travel back in time and pretend they are Vikings:**

*What do I wear?*

*What I hunt?*

*What does my home look like?*

*What do I make or trade?*

*What do I grow on my farm?*

*What do I bring on my voyage?*

*What is the name of my ship?*



*You may also want to have students create a Viking-travel route on a map!*