

## Objective

By the end of this lesson, you will have a better understanding of who the Vikings were, how they lived, and their impact on history.

## Materials and Prep

- Pen and paper for notes
- Computer or books for research
- Imagination and curiosity

No prior knowledge needed, just an interest in learning about the Vikings!

## Activities

- **Viking Name Quest:** Come up with your own Viking name and create a shield with your name and a symbol that represents you.
- **Viking Voyage Map:** Draw a map showing the Viking's explorations and trade routes.
- **Build a Viking Longship:** Use household items to create a model of a Viking longship.

## Talking Points

- **Who were the Vikings?**  
"The Vikings were fierce warriors and skilled sailors who came from Scandinavia, a region in Northern Europe."
- **What did the Vikings eat?**  
"The Vikings ate a variety of foods like meat, fish, bread, and vegetables. They also enjoyed drinking mead, a type of honey wine."
- **Where did the Vikings explore?**  
"The Vikings explored and settled in many places, including England, Iceland, Greenland, and even reached North America around the year 1000."
- **How did the Vikings influence culture?**  
"The Vikings left a lasting impact on language, art, and architecture in the regions they settled. They also had unique traditions and beliefs."