

Practical activity ideas

Notes for the teacher - If your children need to review their learning, you can use these activities to support them.

Neolithic bread baking (see additional recipe sheet)

The resources required for this activity can be found on the recipe resource sheet.

Activity: This bread baking activity would be a great opportunity to explore making bread from scratch, as they would have in the Neolithic period. The recipe can be simplified even further if required.

Plant your own wheat (or grass)

The resources required for this activity include pots, trays, soil and wheat seeds (or grass seeds).

Activity: Children are to plant their seeds in the soil and watch them grow over time. This introduces the concept of growing food, patience and the farming process.

Grain grinding exploration

The resources required for this activity include whole wheat grains or oats, stones, pestle and mortar and rolling pins.

Activity: Let the children crush the grains with stones (under supervision) and grind with pestle and mortar and rolling pins. This will create a hands-on feel for how early people made flour without machines.

Flour painting, or dough play

The resources required for this activity include the flour the children helped to grind in the previous activity (or some ready made flour if you haven't done that activity) and water.

Activity: Children can mix the flour with water and make paint. They can also mix with water and make dough to either bake or play with. This will connect the process from farm to food in a sensory way.

Build your own mini stone circle

The resources required for this activity include blocks, small stones or cardboard tubes. You could do this activity in a sandpit or a grassy area.

Activity: Children can create their own stone circles, they can create their own design or copy existing ones like Stonehenge. This will help them to understand the layout and structure of a stone circle.

