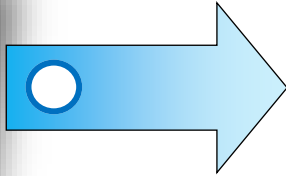


What was it like to live in Medieval times?



Discover : what it may have been like to live in Medieval Europe **Explore** : four parts of Medieval society **Skill**: knowledge and understanding.

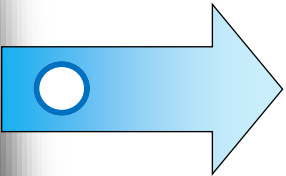
Task : 1: colour code or label (1-4) each of the four circles below. **2** : Read the sources provided categorising. **3** : Write a short summary of your findings / a few sentences about each in the space provided. **4** : Answer the questions asked.



Hygiene



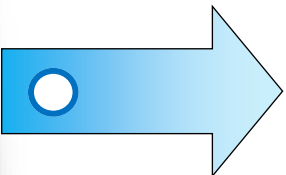
What did 'garde loo' mean?



Religion



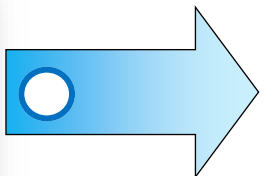
How were Medieval people able to stop themselves going to Hell?



Medicine



List the four humors



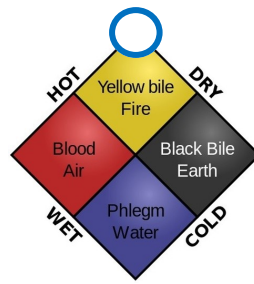
Sports and Leisure



Create a question of your own about Medieval football.

There were also many Jews in Europe at this time, a fair number of Muslims and many people in the countryside were still following the old Roman gods. Because Christians wanted everyone else to be Christian, they often got into fights with people of other faiths. Sometimes Christians tried to get rid of all the Jews living near them, either by converting them or by killing them. Sometimes Christians led crusades against the Muslims in Spain and in West Asia.

Historyforkids.org



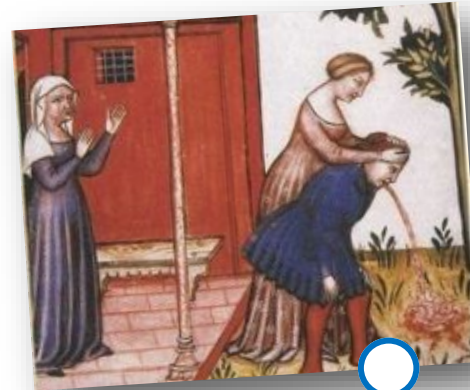
For curing mental illness surgeons used trepanning. This was where a surgeon cut a hole into the skull (head) to let out evil spirits trapped inside the brain. The operation might also include cutting out the part of the brain that had been infected (taken over) by these evil spirits. Incredibly, people are known to have lived after operations such as these. We know this as skulls have been found showing bone growth around the hole cut by a surgeon – a sign that someone did survive such an operation if only for awhile.

Historylearningsite.com

At some point it was realised that pig's bladders bounced well and were easy to kick so these were used in many games. The goal could be a rival village or town or river. There were no real rules with teams tearing through city streets being kicking, punching and generally forcing the ball towards their goal. A trail of battered and bleeding bodies was often left in the wake of the scrum. On one occasion, men drowned as they chased the ball into the sea during a game. In 1365, King Edward III decided to ban football for military reasons because the troops preferred it to fighting or even practising their archery.

FIFA.com

Medieval people believed that Heaven and Hell existed. People were taught that the only way they could get to Heaven was if the Roman Catholic Church let them. People would have been told of the horrors awaiting for them in Hell in the weekly services they attended. People could earn forgiveness by working for the church or paying tithes. This was 10% of what they earned. Often peasants paid in seed, produce. **Historylearningsite.**



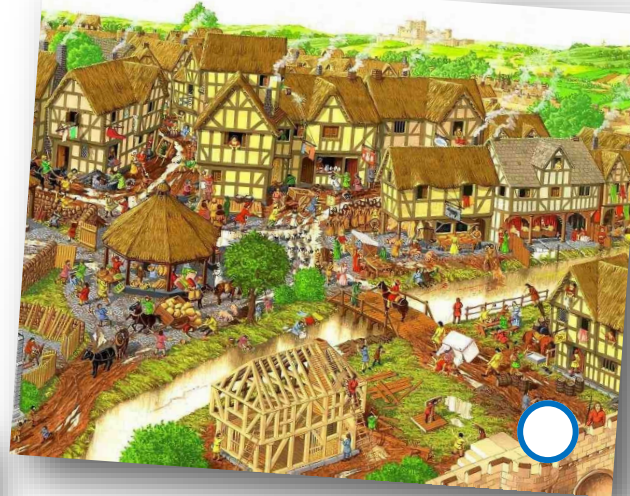
Most people wore the same clothes for months, often sleeping in them too.



Diseases and illnesses were thought to be the result of an imbalance of the four humors. Doctors would try to bring back a balance by removing one of the humors. The four humors are black bile, yellow bile, phlegm and blood.

Take a candle and burn it close to the tooth. The worms that are eating the tooth will fall out into a cup of water.

There was no toilet paper. Poor people used leaves or moss to wipe their bottoms while the rich used lamb's wool. Chamber pots were containers for collecting urine (pee) overnight. You always have to be alert for the shout of 'garde loo,' which is French for 'watch out for the water.' If not quick enough, a person could be being showered with the contents of chamber pots thrown from windows above.



"Because getting water was not easy many people used the same bath before the water was thrown out. In a family the oldest usually bathed first down to the youngest, hence the saying 'don't throw the baby out with the bath water...'"

People had fun singing and dancing. They also enjoyed, playing card and board games. Some of these games, like chess and backgammon are still played today.

