

Costume Ideas: Viking Day

Clothing

Information



Most Viking men wore two basic garments—trousers that reached to the knee or ankle, and a long-sleeved tunic that reached below the waist. Trousers were held up by a sash or a leather belt with a buckle. Furs, hides, or woolen cloaks were worn over the top. A man would fasten his cloak with a brooch on one shoulder. If he were rich, his cloak might have a border of gold braid.

A Viking woman usually wore a pinafore held up by brooches over a loose-fitting dress made of linen or wool. Married women always covered their heads with a scarf. When a woman went out, she would wear a cloak or shawl for warmth.

Both women and men might have worn eye make-up. All the Vikings wore leather shoes that were usually made of goat skin.



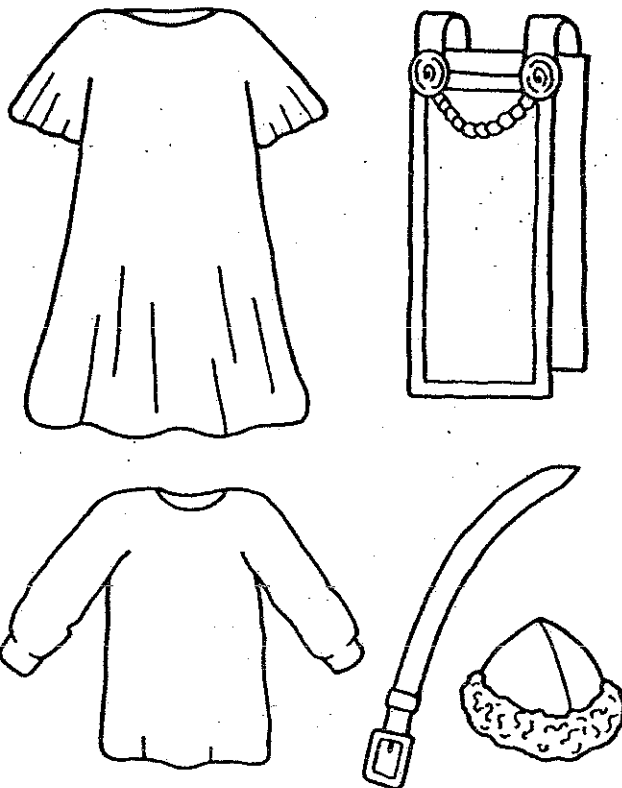
Project

Make a Viking costume.

Materials

• See costume lists, following

1. Follow the directions on the following page to create costumes.
2. Plan a Viking Day on the day the students wear their costumes.
 - Play board games (page 19)
 - Make drinking horns (page 14) and taste “mead,” cheese cubes, diced apples, rye bread squares
 - Present “Explorer” reports (page 28)
 - Color picture stone coloring page (page 48)

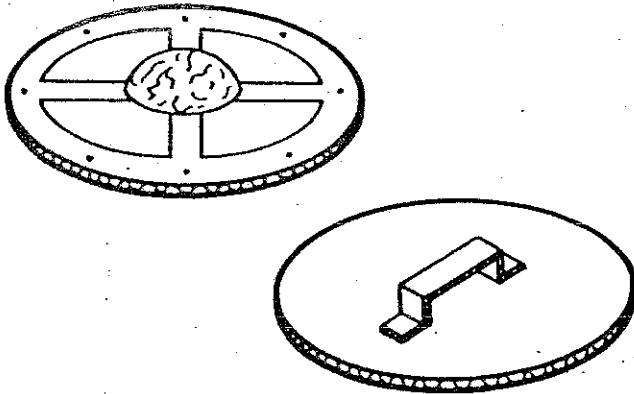


HELMET

Viking helmets were somewhat cone-shaped. Artists have painted Viking warriors wearing helmets with horns on the sides, but the Vikings never actually wore horned helmets.

Directions:

1. TO MAKE PATTERN: Accordion-fold a piece of newspaper to fit pattern on following page. Cut out.
2. Trace pattern for helmet and nosepiece onto poster board. Cut out.
3. Tape the pieces together using silver duct tape. Cut out nosepiece. Cover with duct tape and attach to helmet.
4. Add a chain-mail drape to protect the neck, if you wish.

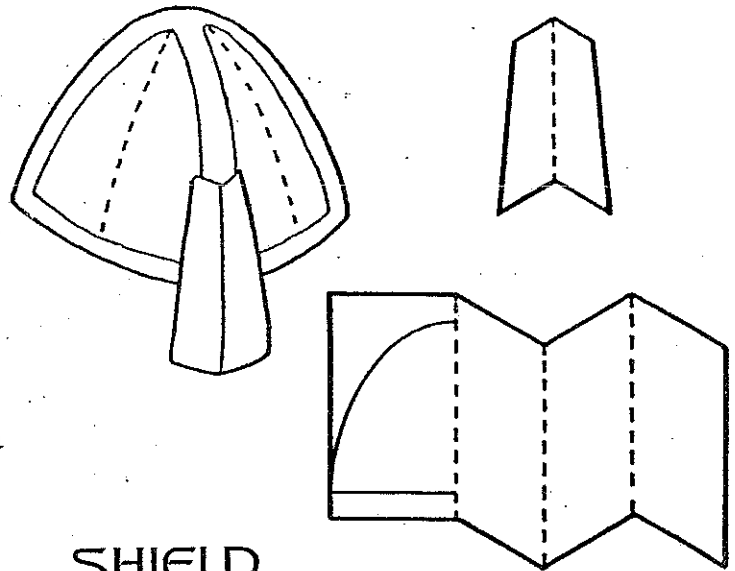
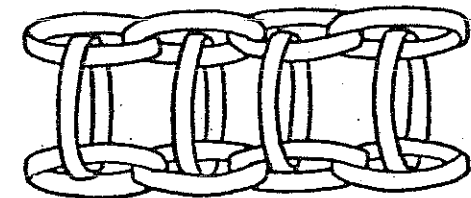


CHAIN-MAIL

It would take thousands of rings to make one shirt of chain-mail. Some suits of chain-mail were so heavy they had to be carried on a pole across the shoulders of two men!

Directions:

1. Cut construction paper strips about two inches (5 cm) wide and six inches (15 cm) long.
2. Roll each strip into a loop and tape or staple together into rows. Attach the rows together using horizontal loops.



SHIELD

Shields were often painted a bright color or were covered in leather. The raised metal "boss" in the center of the shield protected the warrior's hand.

Directions:

1. Cut the cardboard into a circle about 36 inches (1 m) in diameter. **Hint:** Tie a long piece of string to a pencil. Find the center of the cardboard. Push a thumbtack through the string at the center mark with the pencil at the outside edge. Hold the pencil perpendicular to the cardboard and draw a circle, keeping the string taut.
2. Use the bowl to trace a circle in the center of the shield. Cut out a circle one inch (2.54 cm) smaller than the outline. Staple a narrow strip of cardboard across the opening to form the hand grip. Draw and paint a design on the shield.
3. Cover the bowl with foil. Glue the bowl to the center of the shield. Decorate with brads.