



Nottinghamshire
County Council

Pilgrim Survival Challenge

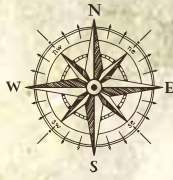
***Will you take
the Challenge?***



Overview and Instruction Booklet

A resource pack for schools and organised groups to learn more about the Mayflower Pilgrims in Nottinghamshire.

Overview...



The year is 1620. You have been on board a sailing ship called the Mayflower with 101 other passengers for the past 66 days. You have come to find a new life in a place called the New World, some people call this land America.

Your group are known as 'Pilgrims' as you are on a 'Pilgrimage' or journey to find freedom to worship God how you wish.



When you arrive in America, it is December and the weather is very cold. Many of the passengers stay on board the Mayflower to protect themselves from the cold. There is also the fear of an attack by the Native Americans.

The ship becomes home to the sick and dying, with many succumbing to a mixture of contagious diseases. By the end of the first winter, just under half of the passengers and crew have survived.

Nevertheless, it is here that you will establish a colony.

***This will be a challenge.
Can you survive?***

(This session has been designed for 30 Key Stage 2 children but can be adapted to suit any group.)



Session Programme...

Morning session - What to do:

1. The whole group are greeted by the presenter or lead teacher in Pilgrim costume where possible. The presenter will explain the outline of the day and that they will learn how to survive like Pilgrims in the New World.

2. **Timeline** - To put the event into context, put major events through history before and after the Mayflower voyage on a time-line using Events cards (see Resource 1 - Timeline events cards). This could be done by pegging the events cards to a washing line in order or getting the group to physically create a line and then get themselves in chronological order.



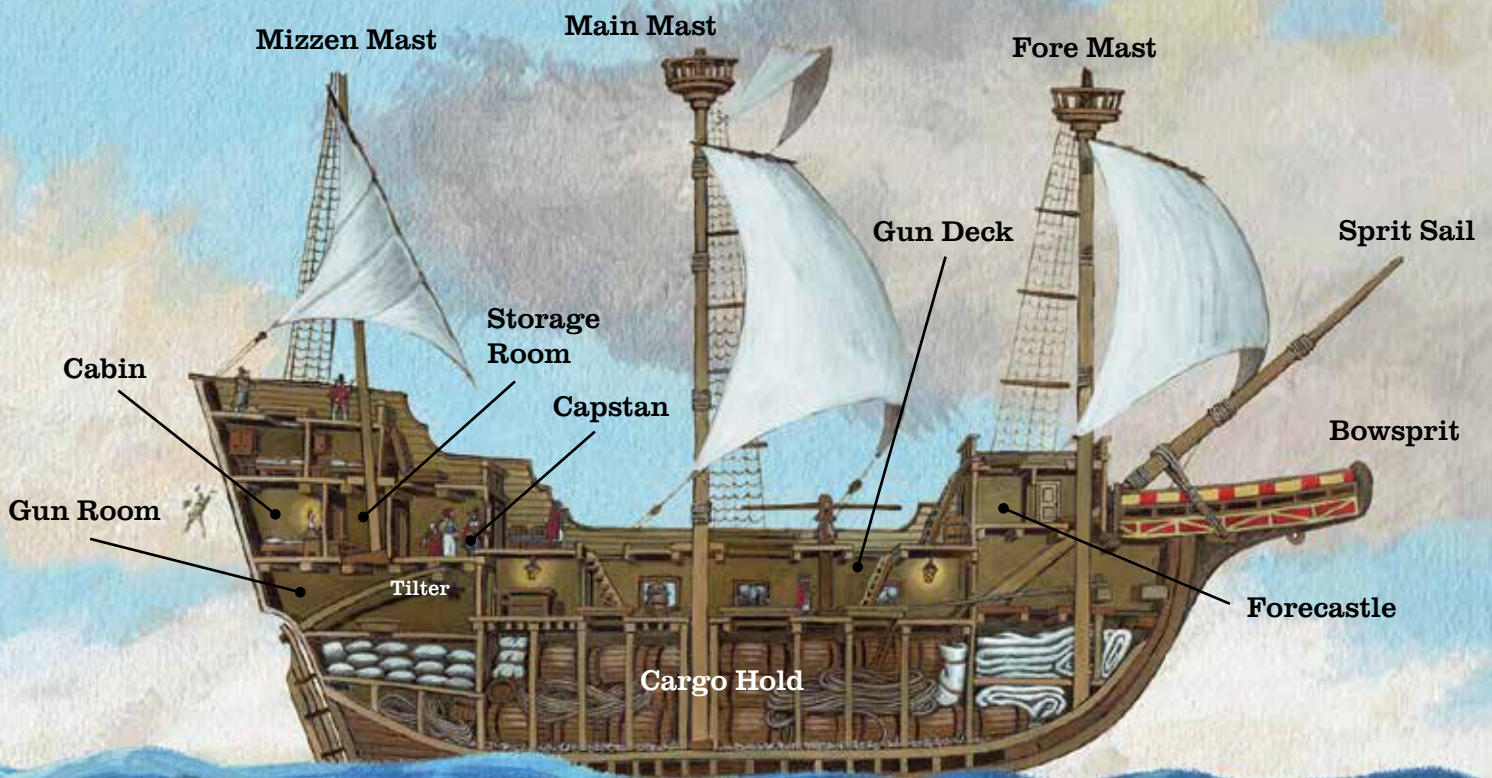
All Saints Church, Babworth

3.

The Ship. Once the context has been established, mark out an area with ropes to form the “ship” – the Mayflower was 24 metres (about 80 feet) in length and 7 metres (about 24 feet) wide. This can be done beforehand or use a tape measure and ask some of the children to help you mark it out.

Now ask the group to step inside the “ship”. Of course, this was the size of the whole ship. The gun deck where the passengers stayed was even smaller. This means the living space for all 102 people was only about 58 feet (17.5m) by 24 feet (7m).

Inside the Mayflower



The Captain lived in the **cabin**.

The Pilgrims lived on the **gun deck** during their travel.

The sailors slept in shifts in the **cabin**.

What do they notice?

How difficult would it be to stay in this space with 102 people for 66 days?

The ceiling of the gun deck was about 5 feet (1.5m) high. It's dark. It smells. It's wet and very cold. There's no privacy. No bathrooms. Your meals are pitiful – salted meat and a hard, dry biscuit. You, and people around you are sick, because the room is rocking side to side. There's no fresh water and no change of clean clothes. In essence, you're trapped because land is thousands of miles away

4. Who sailed on the Mayflower?

There were 102 passengers and about 30 crew who sailed on the Mayflower. Some were friends, and some were not. You can split the people onboard into 3 groups of people:

- The passengers who were Pilgrims and were going to America to get the freedom to worship God how they wished.
- The passengers that were not Pilgrims and were going to America looking for adventure or work.
- The crew whose job was to sail the ship to America.

Get your group to imagine they are the crew onboard the Mayflower and play the Port/Starboard game. The outline of your Mayflower ship will probably be too small to play this safely, so we suggest outside in the playground or the school hall.

Before you begin, the group should be taught the commands which the activity involves (**see overleaf**). The group start by forming a line (one behind the other) directly in front of the teacher. The teacher/presenter then shouts a command and the pupils have to perform the activity associated with that command. You can do it as a whole class/group or split them down into colour-coded groups and issue commands to the different groups.



A model of the Mayflower, All Saints Church, Babworth

| Command | Action |
|-----------------------------------|---|
| Port | Run to left-hand side of area/hall |
| Starboard | Run to right-hand side of area/hall |
| Bow | Run to front of area/hall |
| Stern | Run to back of area/hall |
| Main Deck | Run back and form the original line in front of the teacher (children do not have to be in the same order). |
| Man the Lifeboats | Find a partner, sit on the floor facing each other, holding hands and rocking backwards and forwards (as in "row, row, row your boat"). OR call out a number (e.g. 6) and the children have to get into groups of six and "row" their lifeboat. |
| Fire the Cannon | Children shout "boom!" and jump in the air. |
| Hit the Deck | Children lie down on their stomachs as quickly as possible. |
| Rats on board | Children sit on the floor, hugging their knees, whilst feet are raised off floor. |
| Crow's Nest | Children stand on one leg which becomes the mast, the other foot rests on that knee to become the crows nest and their torso is the pirate looking out to sea, hand above eyes!!! |
| Stormy Weather | Rock from side to side. |
| "Land Ho" with a direction | The children walk in the direction called with hand's cupped just above their eyebrow's (looking for the land ahead). |
| Man overboard | Children jump as if going over the side of the ship and then lie on their backs waving legs and arms in air. |
| Scrub the Decks | Children crouch down and pretend to clean the floor with their hands. |
| Climb the Rigging | Children pretend to climb a rope ladder. |
| Captain's Coming | Children salute and shout out "Aye Aye Captain" |
| Ladies onboard | Everyone curtsies |
| Seagull flying over | The children curl into a ball on the floor |



5. What did they take with them?

Get the class/group back together as a whole. Instead of acting as the crew, they will now all act as if they are passengers. They could get dressed up at this point. Split them into groups or 'families' of 5 or 6. You could give them family names (see Resource 2 - Mayflower Passenger list) Give each group a set of cards (See Resource 3 - What did they take with them?) with different items on that they can take with them to the New World. They can only choose 10 of the 28 cards. They have to decide as a group what to leave behind and what to take with them. They could then rank the items they have chosen to take with them into the most and least important. Have a group discussion about what they decided and why then tell them that the Pilgrims actually took **ALL** the items that are on the cards! Does that surprise them?

6. True or False quiz.

Collect in the cards and hand out mini-white boards and a board marker – one set per group. Read out a selection of statements (see Resource 4 - Mayflower True or False Quiz) and get the groups to decide whether it is true or false. Write their answers on the whiteboard and discuss.

7. Sea shanty.

Sea shanties are songs that sailors used to sing to get jobs done on board ship. The rhythm of the songs helped to keep the sailors in time when rowing, hauling up sails, or doing other cooperative work. The Pilgrims sang religious songs like hymns so the sea shanties they must have heard on board the Mayflower must have sounded very different to them. Have a go at singing a sea shanty (see Resource 5 - Sea Shanty). Here is an example of a popular one to which you can make up some actions or clap in time.

www.youtube.com/watch?v=ItFqjjLPjCA

8. Make an origami Mayflower.

The Mayflower was a cargo ship and not meant to carry passengers. Ships like the Mayflower almost always never sailed alone but the Speedwell ship that was supposed to accompany the Mayflower leaked. This meant everyone ended up piling onto the Mayflower and it had to go on alone. Have a go at making your own Mayflower ship out of paper (see Resource 6 - Mayflower Origami instructions) or watch this video www.youtube.com/watch?v=981t1yRjGFc

When you have finished, put all your ships together in a Mayflower flotilla and display it. Discuss why it would have been better if there had been more ships.

After 66 days at sea, the Mayflower arrives in America in December 1620. The Pilgrims call the place that they land "Plimouth" after the Plymouth in England that they sailed from. The Pilgrims are tired, cold, hungry and needing a home. Many are dying from disease and are scared of possible attack from the Native Americans.

The Pilgrims would now have to try and survive in this new land. They used what they could find and some tools they had brought with them.

Session Programme...

Mid-morning session - What to do:

The following activities will run concurrently – the groups in their ‘families’ will start ‘House’ building for 10mins. After 10mins, the teacher continues to supervise this activity while another adult or presenter takes one group at a time to do the Farming and food making activity.

1. Building a house in their new homeland.

(see Resource 7 - House/Den Building instructions). Ideally, this is done in an area where there are suitable natural materials for this activity e.g. woodland, local park, school grounds (if suitable). However, if your grounds are not suitable or you are conducting this activity inside, you may need to provide some materials to complete this activity properly. This may mean that it will not take as long as building a den from natural materials. We suggest that you fill the time with some of the activities suggested later on in this resource pack.

2. Farming and food making.

Discuss what crops the Pilgrims grew. They were helped by a native American called Squanto who showed them where the fish swam and how to catch them. He showed them where to hunt deer, turkey and other animals. He showed them how to use herbs to make their food taste better. He told them when to plant the corn. He showed them how to plant their kernels of corn in little hills, along with three dead fish in each hill to make the corn grow better. Once they learned to grow corn they also planted wheat.



Food making/Grain grinding activity.

In order that the corn and wheat could be used in bread making, the Pilgrims would produce flour by grinding the wheatgerm and corn kernels.

What to do:

- Put a small amount (about the size of a 50 pence piece) of wheatgrain into a manual coffee grinder and demonstrate grinding to produce flour.
- Pupils to have a go themselves.
- Pilgrims would have ground corn too using heavy, flat stones but for practicality we are using wheatgrain instead as corn kernels as these will break the small coffee grinder.
- Wheatgrain is available online or from Health food shops.
- The flour that the pupils produce can be added to already milled cornmeal to make cornbread. (see Resource 8 - Cornbread making)

The Mayflower Compact

Once they have built their 'house' – everyone in the group gets inside their shelter and comes up with rules to live by in their new colony using paper, pencil and clipboard.

When the Pilgrims settled in American they argued a lot and had to come up with some rules. They drew up a document called **The Mayflower Compact**. It was the first set of laws in America that said the majority should rule. It promised fair laws and gave the people the right to choose their own leader. Many people think it was the forerunner of the U.S. Constitution. Discuss the rules the groups have come up with over lunch.

Over lunchtime – the presenter conducts a fire lighting demo while the group eat.

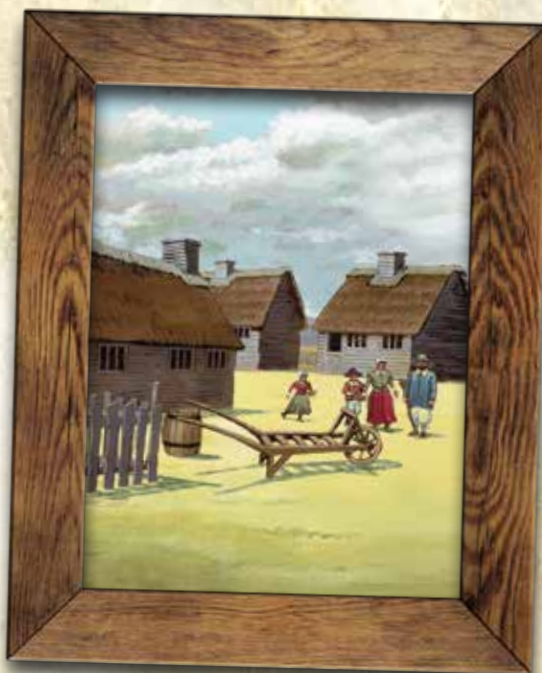
- a. Make cornbread with the previously milled flour (see Resource 8 - Cornbread making) and popcorn (see Resource 9 - Popcorn making) over the fire and taste (this could be done at the end of the session if not cooked during the time.) **Fire needed. Presenter or other qualified member of staff in charge. If you are not fire trained, you could cook it the modern way in a kitchen if you have access to one or buy the food ready-made.**

Equipment required for the cooking:

- skillet
- Dutch oven
- tripod
- trivet
- wooden mixing bowl
- wooden spoons
- spatulas.

If there is time, make a hot drink using a large 'over fire' kettle.

- b. Use this time to discuss what the group have learned so far? How do they feel?



Session Programme...

Afternoon session - What to do:

In the afternoon, the groups could rotate around the following activities, or have a free choice – with restrictions on the cooking/fire area. They could also continue to improve their 'houses'. The activities to choose from are (See separate Resource sheets):

Resource sheets:

- **Resource 10**
Wild medicine and food walk
- **Resource 11**
Pilgrim and Wampanoag games
- **Resource 12**
Native American Face painting
- **Resource 13**
Native American head dress making
- **Resource 14**
Native American Jewellery
- **Resource 15**
Make a Pilgrim or Native American Peg Doll (you will need these for the last whole group 'Thanksgiving' activity)

Final whole group activity

Gather the whole group for a final Thanksgiving activity. Using the peg dolls that they have made themselves, the children can recreate the event of Thanksgiving.

After such a difficult time trying to build a new life in America (there were only about 50 Pilgrims left after the first year), the Pilgrims were finally making progress. Seven houses were finished, and more were being built. The sickness was over. Their crops had grown well. They had been helped to survive by the Native Americans and they were now friends.

Most importantly they had done what they had set out to do. They have found a place to live where they could worship God in their own way.

So the Pilgrims decided to set aside a special time to give thanks and they called this time 'Thanksgiving'. It was a great feast that lasted for three days. It was led by William Brewster who was originally from Nottinghamshire. The Pilgrims invited their new Native American friends. No one went hungry and there was a lot to eat. They played games and music and held a parade.

Thanksgiving is still celebrated every November in America to this day!

You could recreate this scene with the peg dolls, the children have made. You could also play a memory game by getting the children into a circle. Each child has to say one food that the Pilgrims had for their first thanksgiving from the list below and then remember those said by their class mates e.g.

"I went to the First Thanksgiving and I ate....."

This will get harder as more children add their food to the list, so you may want to place children in the circle according to ability.

Thanksgiving food

Turkey

wild geese

duck

lobsters

clams

deer

corn

gooseberries

strawberries

plums

cherries

pies

carrots

cucumbers

turnips

onions

radishes

beetroot

cabbages

meat

honey

cranberries

pumpkins

apples

squash

ham

popcorn

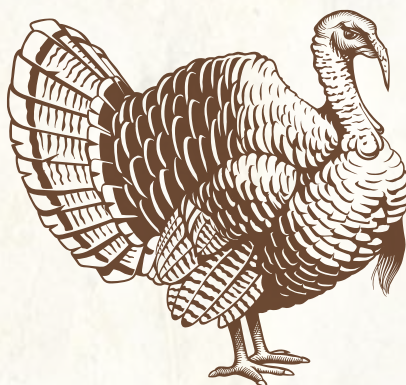
bread

yams

porridge

pigeons

eggs.



Now summarise the day and get the group to feedback what they thought. You could also do some more food tasting if you didn't get chance at lunch time.

End of Session - we hope you enjoyed learning more about the Mayflower Pilgrims



Wikimedia Commons. Jean Leon Gerome Ferris



This booklet has been created by Nottinghamshire County Council
For more information go to
www.nottinghamshire.gov.uk/mayflowerpilgrims