

Castell cariad challenge



Llywodraeth Cymru
Welsh Government

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Welcome

Thank you

Thank you for downloading our challenge pack. We are really excited to release our Castell cariad challenge pack in association with Cadw.

In this pack there are challenges suitable for all sections. You can do these at home and with your unit.

Not only will you learn about castles, history and culture by completing the activities, we hope that you will take the opportunity to visit and get more involved with your local castle.

We have also added additional links to information and activities in the appendices which we hope that you will find of interest and further your knowledge.



Aims

Our aim is to work together to provide Girlguiding Cymru members with the opportunities and experiences to learn more about places of interest in their local areas.

Shout it out

We'd love to see pictures of you completing the challenges! Please send them to us at lisa@girlguidingcymru.org.uk

Croeso

Diolch

Diolch am lawrlwytho ein pecyn her. Rydym yn gyffrous iawn i ryddhau ein pecyn Her Castell cariad ar y cyd â Cadw.

Yn y pecyn hwn mae heriau sy'n addas ar gyfer pob adran. Gallwch wneud y rhain gartref a gyda'ch uned.

Nid yn unig y byddwch yn dysgu am gestyll, hanes a diwylliant trwy gwblhau'r gweithgareddau, rydym yn gobeithio y byddwch yn manteisio ar y cyfle i ymweld a chymryd mwy o ran yn eich castell lleol.

Rydym hefyd wedi ychwanegu dolenni ychwanegol at gweithgareddau a wybodaeth yn yr atodiadau a gobeithiwn y byddant o ddiddordeb i chi ac y byddant yn ehangu eich gwybodaeth.



Nodau

Ein nod yw cydweithio i roi cyfleoedd a phrofiadau i aelodau Girlguiding Cymru i ddysgu mwy am leoedd o diddordeb yn eu hardaloedd lleol.

Gwaeddwch ef allan

Byddem wrth ein bodd yn gweld lluniau ohonoch yn cwblhau'r heriau! Anfonwch nhw atom ni ar lisa@girlguidingcymru.org.uk



About Cadw

Cadw is the Welsh Government's historic environment service. Cadw is a Welsh word meaning 'to keep' or 'to protect' and that's exactly what we do.

We are working for an accessible and well-protected historic environment for Wales.

Widening access to heritage and culture is a priority for Cadw. Our sites offer wonderful spaces to visit, in great locations across the country.

Cadw
What we do



Castell cariad badge

Introduction from Cadw

We are pleased to support Girlguiding Cymru with this badge and hope you get inspired to explore our castles and other historic sites and learn about your history where it happened.

Find a site near you, be it staffed with facilities, or an open site, and connect – Explore the history and stories with your group. Get creative, explore the nature, or just enjoy the calmness of the spaces and the echoes of the past that resonate in the stones around you. However you come, you are welcome. As part of the Guiding family, your group can access Cadw charged sites free of charge if you book in advance under our Education visits offer. But many sites are open and free all year round anyway. Come and explore. We look forward to welcoming you soon!

But – please check – not all Castles are in Cadw's care, some are privately owned, others are in local authority care, and others are with other heritage bodies, so do check as while they can be equally good, those run by others may have different access offers.

Links

[Find a place to visit | Cadw \(gov.wales\)](#)

[Learn | Cadw \(gov.wales\)](#)

[Education Visits | Cadw \(gov.wales\)](#)

[Cadw a home for artists | Cadw \(gov.wales\)](#)



Accessibility information from Cadw

At sites today we welcome all, but we can't get away from it, some sites were not designed to be welcoming to all. Indeed, in some cases far from it!

But, our website site pages provide, in an ever-developing way, useful information about access and accessibility, and what you can expect before you visit, so you can decide before you visit if a particular site is right for you. And at those sites that are staffed, our wonderful custodians will be at hand to advise you.

If you can't visit in person, or need to understand a site before you visit, then try a virtual visit. [Virtual Visits | Cadw \(gov.wales\)](#). Or select a site on the right hand side navigation of venue hire page to view the site ground plans [Commercial Hire Events | Cadw \(gov.wales\)](#).



Get involved

Other ways to engage

Our sites are often located at the heart of communities across Wales and are therefore ideal locations for local events. [Community Events | Cadw \(gov.wales\)](#)

For those over 16, maybe you would like to join our fabulous volunteers who share their time and add so much to the visitor experience; while making new friends, learning new skills and being part of something bigger. [Volunteering | Cadw \(gov.wales\)](#)

Find out more

Check the main and individual site pages for latest updates on entry and events. [Homepage | Cadw \(gov.wales\)](#)

You may also want to link to our social media [Twitter](#) / [YouTube](#) / [Instagram](#) / [Facebook](#) to keep updated – and if you visit or do a fun activity about castles and share on social media, do tag us @Cadw.Wales #Cadw.Wales

We hope you have fun working towards your castle badge.



Challenge

We ask that each section completes the following:



Rainbows – 1 activity from each section



Brownies – 1 activity from each section plus one of your choice from any section



Guides – 1 activity from each section plus 2 more of your choice from any section



Rangers & above – 1 activity from each section plus 3 more of your choice from any section



Inspire and other leaders – 1 activity from each section plus 3 more of your choice from any section



Trefoil Guild

Trefoil Guild – 1 activity from each section plus 3 more of your choice from any section

Gofynnwn i bob adran gwblhau'r canlynol:



Rainbows – 1 gweithgaredd o bob adran



Brownies – 1 gweithgaredd o bob adran ac un o'ch dewis chi o unrhyw adran



Guides – 1 gweithgaredd o bob adran a 2 arall o'ch dewis o unrhyw adran



Rangers ac uwch – 1 gweithgaredd o bob adran a 3 arall o'ch dewis o unrhyw adran



Inspire ac arweinwyr eraill – 1 gweithgaredd o bob adran a 3 arall o'ch dewis o unrhyw adran



Trefoil Guild

Trefoil Guild – 1 gweithgaredd o bob adran a 3 arall o'ch dewis o unrhyw adran

Section 1 Adran 1

Activities Gweithgareddau



A Merry dance



Activities
Gweithgareddau

Perform a Medieval or Tudor style dance

Why?

Dancing was a popular Medieval and Tudor pastime and would have been enjoyed in castles, both by nobles and their guests, and by other members of society who lived and worked in the castle.

How?

Circle dances were popular, often around a centre object. Sometimes the dance was accompanied by instruments and sometimes the dancers sang their own songs to dance to.



For historically researched ideas, see the Youtube links; alternatively, make up a circle dance to a traditional guiding song.

Links

YouTube Conwy Castle medieval dance



YouTube Lesson: medieval dance



YouTube video: Party at Plas Mawr



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Way of the water

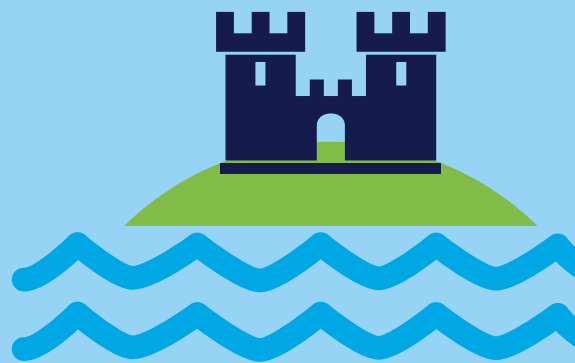


Activities Gweithgareddau

Have a water race

Why?

Water was essential in a castle and a good, clean well was of vital importance. In a siege, no castle could survive long without a reliable water source.



How?

Split the girls into teams and give each team a large container of water. Place another container a certain distance away and place a box of items within reach of all teams. The items in the box may (or not) be good for transporting water. They could include cups, a sieve or colander, a ladle, a sheet of bubble wrap or anything you fancy. The first member of each team chooses an item and transports water from the first container to the second. They return their item to the box and the next member chooses another item to carry water. Set a timer for 1, 2 or 5 minutes. Which team transported the most water? Measure the water to find out.

Optional: Take it further

Probably, a lot of water got split in the race!

Water was precious in a castle and was not taken for granted. Although we have access to clean, running water, many countries do not. Find out about charities who support communities by providing a reliable water source. How could you support them as a unit?

Programme links



SB: Explore S2
Naughty Elephants Squirt Water



SB: Feel good S2
Finding fluids



SB: Camp S3
Waterproof!



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Coat of arms



Activities
Gweithgareddau

Design your own coat of arms

Why?

In medieval times, each noble family had a “coat of arms”. This was the family's own special symbol, rather like having a family logo. Knowing who someone is from their coat of arms is called heraldry. Heraldry has its own language, based on Old French, to describe the colours and patterns on arms.

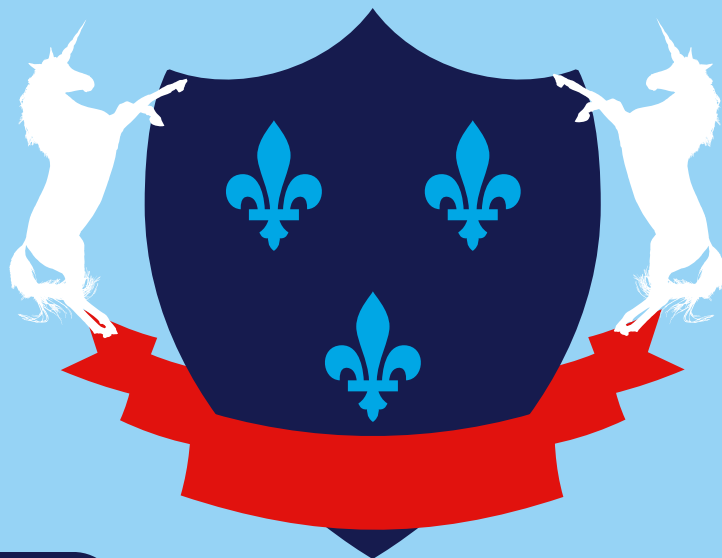
How?

Below is a useful guide to get started, including a ‘Heraldry Activity Pack’ and ‘How to make a shield’ with your coat of arms on it.

Links

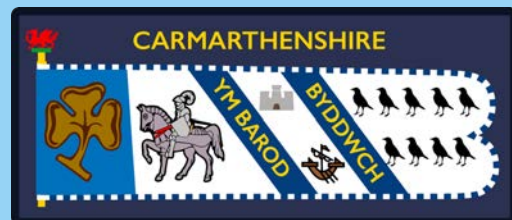
[Beginners guide to heraldry.](#)

[Make your own coat of arms](#)



Optional: County standards

Did you know that every county in Girlguiding Cymru has a county standard? Find yours at girlguidingcymru.org.uk/our-counties.



Can you find out what all the symbols mean for your county?



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How does my garden grow

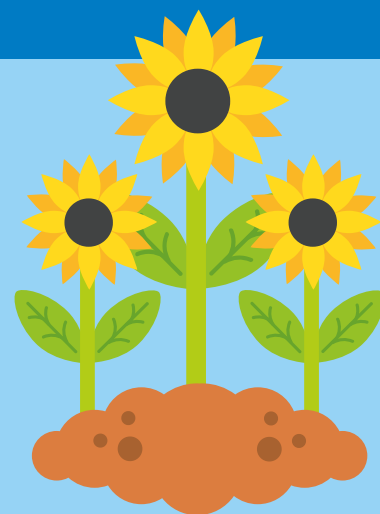


Activities
Gweithgareddau

Create a garden

Why?

As well as growing food and herbs for people to eat, castle gardens were beautiful. Gardens enclosed by hedges, fences and walls were particularly associated with the women of the castle, with examples found at Conwy, Kidwelly, Rhuddlan and many others across Wales.



How?

Option 1: You could create a miniature garden, using castles as your theme:

Option 2: You could get involved with a local community garden.

Option 3: Relax and chat over some garden colouring:

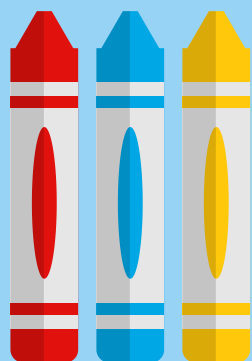
Links

Option 1

[Colouring sheets for younger members](#)

Option 1: Younger girls

[More sheets for younger members](#)



Programme links



SB: Make change S1
Growing Cups of Kindness



UMA Pack 3 - Guides
Plastic planting - 45 mins



UMA Pack 1 - Rangers
Sow it, Grow it - 60 mins

Option 1: Older girls

[Colouring sheets for older members](#)



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Tales of yore



Activities
Gweithgareddau

Tell the story of a castle heroine or hero

Why?

Castles are nothing without the people who built them, lived in them and fought over them.



How?

Find out about a character from a castle in Wales. Leaders could tell the story to younger groups; older groups could do their own research.

Re-tell their story in a new way – a poem or creative piece of writing, a sketch, dance, song, poster or collage. Some suggestions and resources:



Links

Visit Cadw website to find out about the heroes and heroines of Wales.

Programme links



UMA Pack 6- Rainbows
Tune in for history



UMA online - Guides
Super Sheroes



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Map it out



Activities
Gweithgareddau

Map your community

Why?

Castles didn't stand alone; they were part of a wider natural landscape and wider community of people.

How?

Go for a walk in the area around your meeting place. What is the landscape like – hills or flat, open spaces or built-up, can you see trees or a river? What buildings are in your area – schools, homes, shops, places of worship, farms?

When you return to your meeting place, draw or make a collage of your local area.



Links

[Visit YouTube for video](#)



Programme links



SB: Explore S2
Mapping it out



UMA online – Guides
Super Heroes



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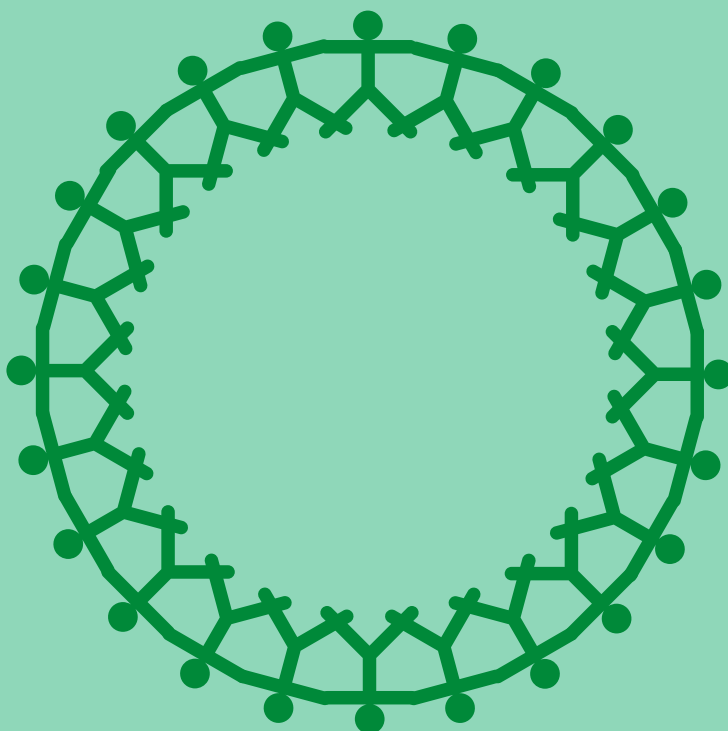
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Section 2 Adran 2

Games Gemau



Nine mens morris



Games
Gemau

Play a game from the roman period



The game

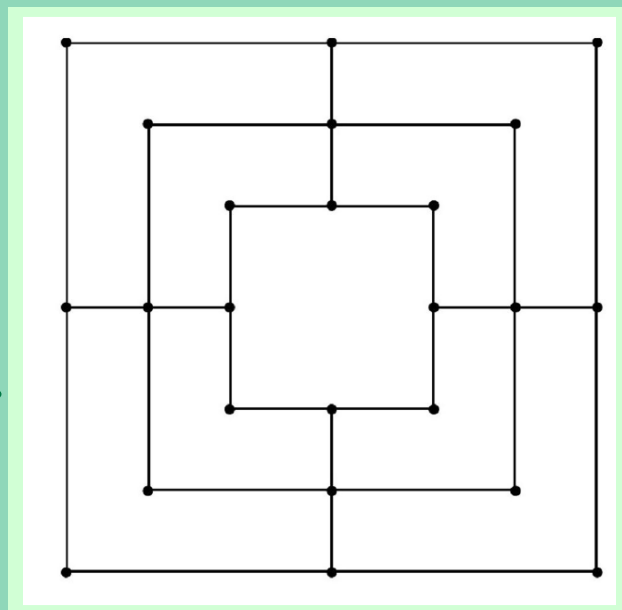
This game, originally from the roman period, reached the height of its popularity during the medieval period and would have been popular with people who lived in castles.

Aims

Take the other players pieces by making rows of three (or a 'mill') until they only have two pieces left. Requires 2 players per board.

You will need

- A game board like this
- Nine counters per player



How to play

- 1 Players take turns placing their pieces on the board, attempting to make a line of three.
- 2 Once all the pieces have been placed, players may slide them, still attempting to make a line of three.
- 3 Whenever a player makes a line of three, they remove an opponent's piece of their choice.
- 4 When one player has only three pieces left, they are allowed to move any piece from any point on the board to any other point in order to more effectively block the winning opponent and to make a line of three.
- 5 As soon as one player is left with only two pieces, their opponent wins.

Capture the flag



Games
Gemau

Play this ancient game

The game

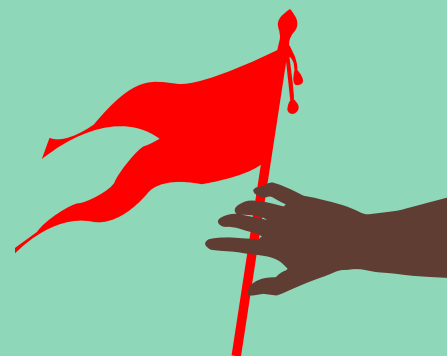
Capture the flag is a very old game that has existed and been played by the nobility for centuries. It can teach about how people who lived in castles may have learned to defend and attack these castles in a fun way for children to enjoy.

Aims

The aim is to capture the other teams flag before they capture yours.

You will need

- A large space Participants can move around in
- To divide the unit into two teams.
- Markers to divide the two territories



How to play

- 1 Set out a large area to play the game and divide the space in half. This is each teams territory.
- 2 Let each team have around 5 minutes to hide their object or flag before the game begins.
- 3 When the game begins, players must try to get the other teams flag and bring it back into their territory in order to win. Try to get the girls to divide their team into two so some can defend their flag and others can 'capture' the other teams flag.
- 4 When the other team is in your territory you can 'tag' them to send them to 'jail'
- 5 A player is no longer considered to be in 'jail' when a member of their own team tags them and they can re-join the game.
- 6 The game ends when one team has successfully managed to bring the other teams object back into their own territory.
- 7 When the first game is complete reset and let the girls swap roles (e.g. defenders become attackers and vice versa) and play again



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Journey to the castle



Games
Gemau

This game can be done either in smaller groups or as a unit

Aims

Use creative storytelling and actions to create a story about journeying to a castle.

You will need

- A space participants can move around in

How to play

In this game, participants are going to imagine they are traveling to a castle through a story. They are encouraged to try and come up with new ideas for the story and change the ways they may get to the castle. They should come up with actions and sounds to use to move around the space whilst they are telling the story. Some examples of actions may include:

- **Knights:** galloping around the space like knights on horses
- **Princesses:** dancing around
- **Tower:** stretch up tall like a tower
- **Hopscotch:** jump on two feet then on one foot and repeat
- **Rickety rope bridge:** pretend to move over a wobbly bridge
- **Duck down:** crouch down low
- **Zig zag:** move in different directions
- **Troll:** giant steps, big arms and moving slowly
- **Log stepping:** moving whilst taking some small steps and some big steps
- **Heavy sand bags:** pretend to pick up something heavy, moving slowly
- **Aiming and throwing:** pretending to throw things overarm and underarm
- **Dodging:** pretend to move out of the way of objects
- **Ladder climbing:** pretend to climb up a ladder



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The red knight



Games
Gemau

This game can be done either in smaller groups or as a unit

Aims

In this game participants are encouraged to develop their concentration and aiming skills whilst aiming at targets.

How to play

- 1 Set up the space as a large circle with a centre point where the participants can start from.
- 2 Give each participant a either a ball or a beanbag to use.
- 3 Starting from the middle, encourage participants to start by either throwing or rolling their ball/beanbag and trying to retrieve it before it reaches outside of the marked circle.
- 4 They can repeat this as many times as they like
- 5 Now try to encourage the children to throw or roll their ball so it stops within the boundary.
- 6 Encourage participants to swap and try the other equipment and have a go using those.
- 7 Once they have had a go with each type of object, the children can try to use these objects to aim at different targets. After the game has ended you can ask them some questions such as

- Describe how you rolled/ threw your object
- Did it roll faster or slower than you thought it would?
- How can we make it roll more slowly?
- How can we make it roll faster?
- What helped us hit the targets?
- How did you choose to throw?
- What do we need to think about when throwing things?

Note- to make it more difficult you can experiment with:

- the size of space they can use
- ask them to travel in different ways for example skipping, spinning, running
- ask them to roll it whilst acting with different emotions

You will need

- Plenty of space
- Beanbags
- Balls
- Targets



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Hot treasure



Games
Gemau

This game can be done either in smaller groups or as a unit

Aims

To use listening and concentration skills whilst following the actions shouted out by the leader



You will need

- A space Participants can move around in.
- Beanbags or balls or anything that can be used as 'treasure'

How to play

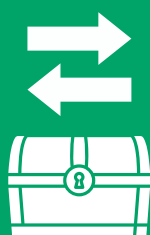
- 1 Place the 'treasure' in a 'chest' in the middle of the play space
- 2 Ask each child to select a piece of treasure
- 3 Ask participants to begin to move around the space whilst holding their objects
- 4 When they hear the following instructions they should do the following actions:

Hot treasure



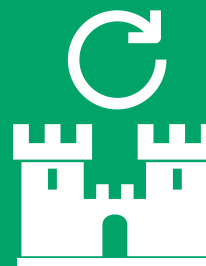
Participants stop and move the hot treasure from one hand to another trying not to drop it

Swap treasure



Girls change their treasure with someone else

Round the castle



The girls need move the object around their body

Note: try to come up with other actions for them to do with the treasure



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Pass the treasure

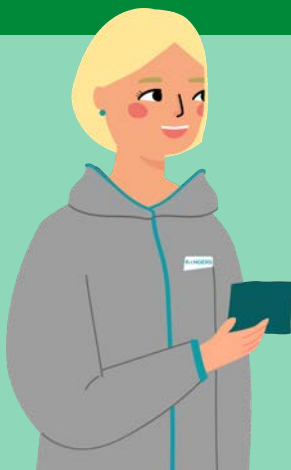


Games
Gemau

This game should be played in either groups of three or four

Aims

to encourage teamwork through passing treasure to other participants.



You will need

- A space Participants can spread out in.
- Beanbags or balls or anything that can be used as 'treasure'.
- A marker or line for the end of the space.

How to play

- 1 Line the participants up in their teams on one side of the space and place an object at the back of the line.
- 2 The first participant starts by picking up their object and passing it to the next player, once they have done this they move to the front of the line.
- 3 The next participant passes the treasure to the next person and then moves to the front of the line.
- 4 This is then repeated until all players get past the marker.
- 5 Once they understand what they are doing, turn this into a race against the other groups
- 6 After the game has ended you can ask them some questions such as:

How did you Pass your treasure to your teammates?

How did you make sure they received the treasure safely?

How did you travel to the front of the row?

How did you support and help your team?

Note- to make the game more difficult they can change:

- How they move to the front of the line
- If they drop the treasure they have to go back to the start point



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Section 3 Adran 3

Food Bwyd



Royal biscuits



Food
Bwyd

Decorate some biscuits with crowns, princesses or castles.

Here are some ideas for decorating biscuits with crowns, princesses, or castles:

- Use royal icing to pipe crowns, princesses, or castles onto the biscuits. Royal icing is a type of icing that is made from egg whites, powdered sugar, and water. It is very stiff and can be piped into intricate designs.
- Use edible glitter to add sparkle to your biscuits. Edible glitter is available in a variety of colours and can be sprinkled on top of the biscuits or piped into designs.
- Use edible markers to draw on crowns, princesses, or castles. Edible markers are available in a variety of colours and can be used to draw freehand designs or to trace pre-made designs.
- Use fondant to create crowns, princesses, or castles. Fondant is a type of sugar dough that can be rolled out and used to create intricate shapes.
- Use sprinkles to add colour and texture to your biscuits. Sprinkles are available in a variety of colours and shapes and can be sprinkled on top of the biscuits or piped into designs.



Links

[Visit website](#)



The Best Sugar Cookies (Recipe & Video)

These are my best cut-out soft sugar cookies! With crisp edges, thick centers, and room for lots of decorating icing, I know you'll love them too.

Royal banquet

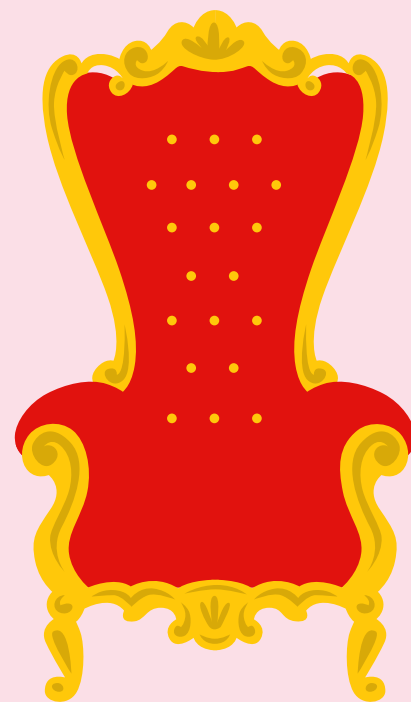
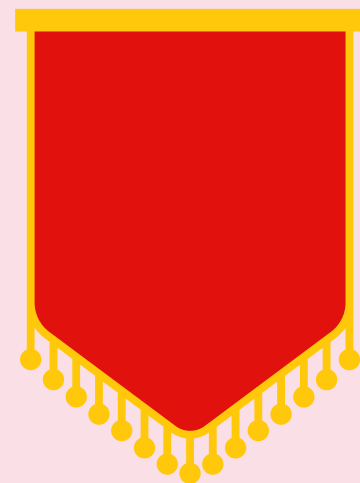


Food
Bwyd

Make a meal or banquet fit for royalty

Make a meal or banquet fit for royalty – make a 2/3 course meal for yourself or your unit and maybe invite your district commissioner or the Mayor. Here are some ideas.

- Set the scene. Decorate your banquet hall with royal decorations.
- Create a grand entrance with a red carpet and a guard of honour.
- Dress the part. Have your guests dress in their finest attire, including tiaras, crowns, and other royal accessories.
- Serve a feast fit for a king or queen. The menu could include traditional British dishes such as roast beef, Yorkshire pudding, and trifle.
- Have some fun. Create a jester or magician character to entertain your guests. You could also have a dance party or play some games.
- Make it memorable. Send your guests home with a souvenir, such as a small crown or a piece of jewellery.
- Here are some additional tips for creating a royal themed banquet:
 - Plan ahead. A royal banquet takes a lot of planning, so start planning early.
 - Be creative. Don't be afraid to get creative with your decorations, food, and entertainment.
 - Have fun! A royal banquet should be a fun and memorable event, so relax and enjoy yourself.



Gingerbread castle



Food
Bwyd

Make a gingerbread castle fit for royalty

Make a castle using gingerbread.

Ingredients

500g unsalted butter
400g dark muscovado sugar
150g golden syrup
1.2kg plain flour
4tsp bicarbonate of soda
2½tbsp ground ginger
350g icing sugar
1tsp green food colouring

Decorations:

Edible gold spray and gold glitter
Thin ribbon (for drawbridge)

You will Need:

an A4 piece of paper
4 flat baking trays
2 piping bags



Method

First, make the castle template. Use an A4 piece of paper, in portrait orientation. Each side of the castle will have two turrets. Mark them out on either side at the top of the paper, by measuring 7cm (2¾inch) in from sides and drawing a vertical line down 7cm (2¾inch). Connect the bottom of these two lines with a horizontal line. You now have a slim rectangle in the middle of the top of your sheet. Cut this out, to leave two 'towers' to either side. Now you want to create a crenelated effect at the top of each tower, for battlements. Draw two small, evenly spaced, slim vertical rectangles coming down from top of each turret. They should be about 2cm long and 1cm wide. Cut these out to create the battlements. Finally, draw a drawbridge by marking two 10cm (4inch) vertical lines, 8cm (3inches) in from each side at the bottom. Draw a line at the top to join them and form a rectangle. Cut out the rectangle. Set the castle template aside. Preheat the oven to 200C/400F/Gas 6.

2. In a large saucepan, melt together the butter, sugar and golden syrup, then, firm dough. Allow to cool for 1 min.

Continued



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Gingerbread castle

Food
Bwyd

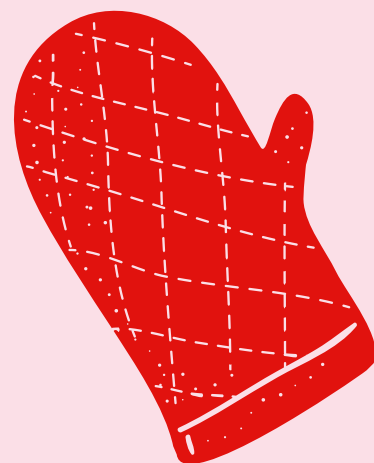
Make a gingerbread castle fit for royalty

Method continued

3. Divide the dough into four, then roll each piece out to size a little bigger than A4 on a piece of baking paper. Using the template, cut each piece into the castle shape, choosing just one piece of dough to cut the drawbridge out of. Transfer the drawbridge rectangle to a separate piece of baking paper. Place each gingerbread castle shape on the baking paper to an individual baking tray then bake for 8–10 mins until golden. You may have to do this in batches depending on the size of your oven. Allow to cool slightly then trim any edges to straighten if they have cooked uneven.

4. To assemble the castle, make a thick icing by stirring 2 tbsp of cold water into 300g (10½oz) of the icing sugar and use half of it to fill an icing bag with a 1cm wide nozzle or a plastic bag you can cut the tip off once full of icing. On a large cake board or flat baking tin, draw out a 21cm (¾inch) square with the icing. Place one non-drawbridge wall, flat on a work surface and ice a line of icing down one side. Place another full wall side upright onto the icing, matching up the sides exactly, then hold for 1 min. Turn the walls on to their bottoms so they are standing up and onto the icing square. Attach another full wall in the same way, then attached the front of the castle with the icing.

5. Ice the edging of the turrets with the white icing, then set the white icing bag aside. Spray the top of the white icing with gold. In a bowl, mix the green food colouring, 50g (1¾oz) icing sugar and 1–2 tsp of cold water to make a thick paste. Fill another icing bag or plastic bag with the mixture and pipe window shapes on all walls of the castle. Attach the bottom of the rectangular piece of gingerbread to the bottom of the drawbridge hole with the white icing then add two pieces of thin green ribbon either side of the drawbridge with the white icing. Use the remaining white icing to pipe snowlike toppings to all the windows and the drawbridge. Dust with edible gold spray and glitter and allow to set.

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Knight moves



Food
Bwyd

Make cupcakes with a knight theme

Make some cupcakes and decorate them to look like armour.

Making knight themed cupcakes is a fun and easy way to celebrate a medieval-themed party.

Here's what you'll need:

Cupcakes - or make your own

Icing

Pens, card and tape

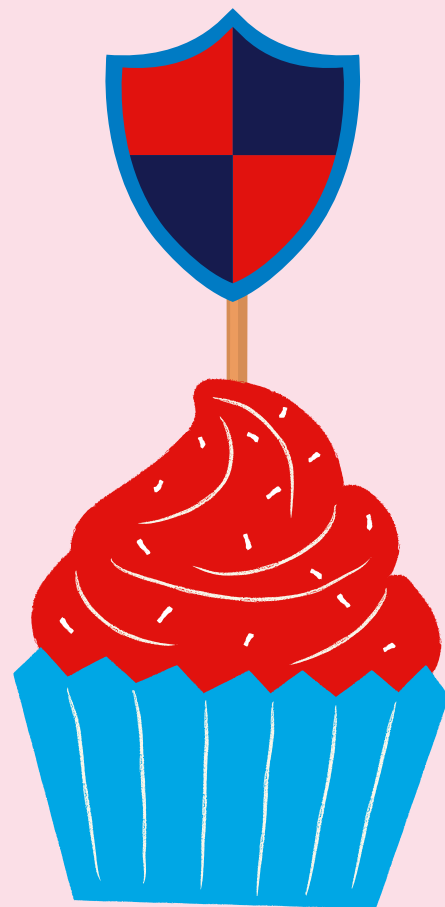
Toothpicks

Sprinkles

Red and blue food colouring

Instructions

- Bake your cupcakes or use pre-made cupcakes.
- Once the cupcakes are cooled, frost them with your favourite icing.
- Using card, draw medieval symbols and tape these to a toothpick.
- Enjoy your knight themed cupcakes!



Here are some additional tips for making knight themed cupcakes:

- Use different colors of icing to create a variety of looks.
- Add edible glitter or sprinkles for extra sparkle.
- Use chocolate chips or M&Ms to create armour for your cakes.
- Get creative and have fun!

Sweet hennins



Food
Bwyd

Make sweet medieval princess hats

Using ice cream cones turning them upside down and decorate like a princess hat, using different sweets.

Did you know that the pointy hats worn by princesses were called hennin.

The hennin was headdress in the shape of a cone or steeple and worn in the middle ages by nobility and royals at court.



Each person will need

- 1 waffle cone
- Royal icing
- Colouring gel
- Assorted sprinkles
- Edible glitter (optional)

Instructions

1. Wash hands
2. Take two small balls of icing and using gel colouring, colour them.
3. Roll the icing into a hat edge and a decoration for the top.
4. Using cake decorations, decorate your hat with sprinkles and cake decorations.
5. Enjoy your tasty hennin!



The Earl of Sandwich



Food
Bwyd

Make castle sandwiches, with fillings of your choice.

Making castle shaped sandwiches is a fun and easy way to make your sandwiches more exciting. Here's what you'll need:

Each person will need

- White bread
- Butter
- Your choice of fillings
- Ham or cheese slices
- Peppers
- A knife
- A cutting board



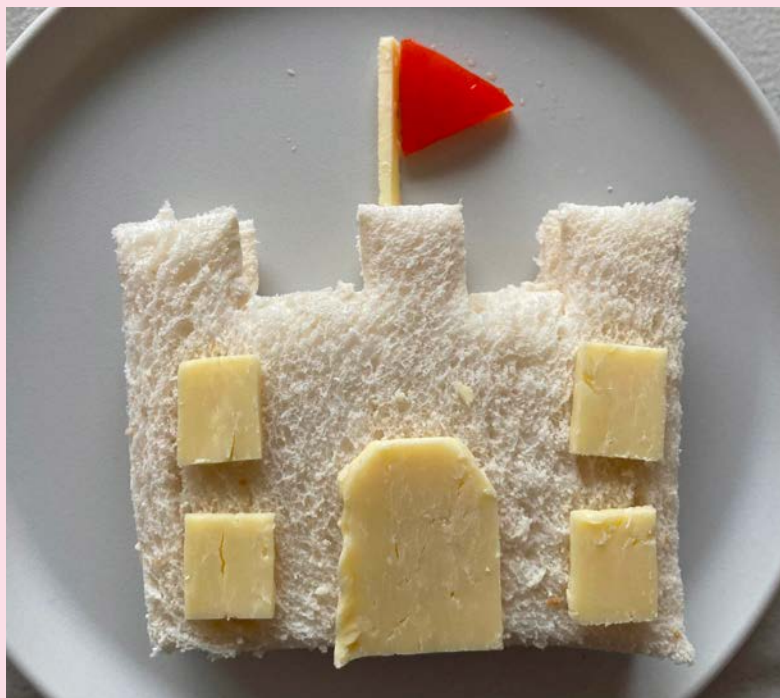
Who invented the sandwich?

In 1762, John Montagu, the 4th Earl of Sandwich, invented the meal that changed dining forever. He was playing cards and did not want to leave the table. He asked for a slice of roast beef to be placed between two slices of bread so he could eat with ease!

Image cc: Creative commons

Instructions

1. Cut two slices of white bread in half.
2. Butter bread
3. Top with lettuce and tomato.
4. Place the other slice of bread on top.
5. Use a knife to cut the sandwich into the shape of a castle.
6. Use cheese or ham to add windows and doors and peppers for flags.
7. Enjoy your castle shaped sandwiches!



Chocolate swords



Food
Bwyd

Make chocolate stick swords

Knights and warriors of yore carried swords for battle.

Use chocolate sticks, icing (fondant or normal) decorate with 100s and 1000s, edible glitter, silver balls etc. You can also use straight pretzels dipped in chocolate.

Instructions

1. Wash hands
2. Create sword shape from chocolate fingers or chocolate covered pretzels.
3. Cover sword with melted chocolate or fondant icing. For extra realism you can use grey icing and dust it with edible glitter.
4. Add edible decorations to your sword.



Take it further

Find out about the sword statue that has been erected near to the Cadw castle, Castell Dolbadarn.



Girlguiding
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Welsh Government

Chocolate cannon balls



Food
Bwyd

Make a chocolate truffle cannon ball

Ingredients

20 digestive biscuits
125g butter
200g condensed milk
2 tbsp cocoa
125g desiccated coconut
Cocoa powder or chocolate strands
Or desiccated coconut), for rolling

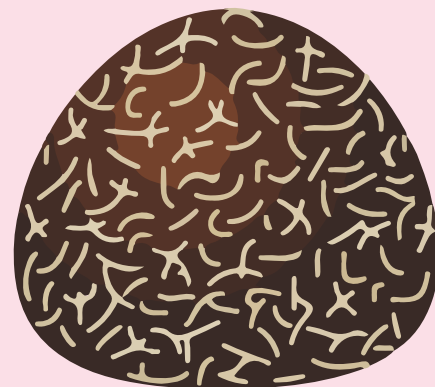
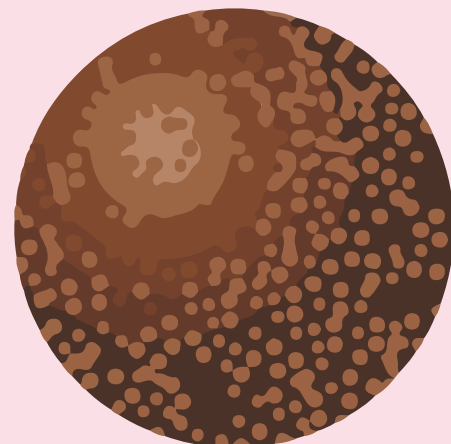
Take it further

Find out the following

- 1) Where would you find Raby's furnace?
- 2) Who owned the furnace?
- 3) What war did they make cannon balls for?

Instructions

1. Put the digestive biscuits in a plastic bag and bash with a rolling pin until you have crumbs.
2. Put the butter and condensed milk in a pan over a low heat, until the butter melts. Allow to cool slightly.
3. Add the biscuit, cocoa powder and desiccated coconut to the melted butter mixture and stir to combine.
4. Form the mixture into truffles about the size of ping pong balls (dipping your hands into water between making each ball will help prevent the mixture sticking to your fingers).
5. Put the cocoa powder or chocolate strands or desiccated coconut into a plastic bag, then gently drop the truffle balls in a few at a time and carefully roll around until they're completely covered in the strands (or coconut).
6. Chill the truffles until ready to serve.



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Herb garden

Food
Bwyd

Guess the herb, from a covered pot using touch or smell.

Herbs are a great way to add flavour to your cooking, but it can be difficult to identify them if you don't know what they look like. Here are a few tips for identifying herbs in pots by smell and touch:

Look for the leaves.

The leaves of different herbs can vary greatly in shape, size, and colour. For example, basil leaves are large and green, while oregano leaves are small and green-gray. Smell the leaves. Many herbs have a strong, distinctive smell. For example, rosemary has a piney smell, while thyme has a minty smell.

Touch the leaves.

The leaves of different herbs can also vary in texture. For example, basil leaves are soft and fuzzy, while rosemary leaves are stiff and prickly.

Take it further

Find out the following

- 1) What herb is known as *Salvia officinalis*?
- 2) Who opened Cowbridge Physic Garden in 2008?
- 3) What herb was used to reduce fever in the middle ages?

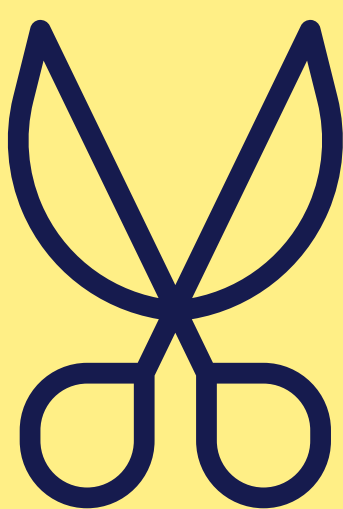


Section 4

Adran 4

Craft

Creffft



Salt dough castle



Craft
Crefft

Using salt dough make a tiny castle

Ingredients

- 2 cups all-purpose flour.

Please use gluten free flour if anyone has a gluten allergy.

- 1 cup salt
- 1 cup water



- Combine the flour and salt in a large mixing bowl.
- Gradually add water while stirring and mixing to form a dough with a Play-Doh like consistency.
- Form the dough into a ball and knead for approximately 5-7 minutes, until the dough is smooth and firm. Additional water may be needed, depending upon humidity. Add a teaspoon of water at a time until the dough reaches the proper texture. On the other hand, if the dough is too sticky, add more flour by the teaspoon until it's no longer tacky.
- Store the salt dough in a Ziploc bag when it's not in use to prevent it from drying out.
- Create your castle. You can be as creative as you like!

How long to bake salt dough

If you want to bake your salt dough crafts, place them on a foil-covered baking sheet in a 250-degree oven. Baking time will vary depending on the size and thickness of your crafts. For each 1/4" in thickness, allow approximately a half hour of baking time, or bake until surface turns light golden brown. Turn each piece frequently so that they dry out evenly. If an area puffs up, poke a hole in it with a pin or toothpick to release the air.

Links

[Salt dough castle ideas](#)

[Build your own castle – a really tiny castle!](#)

Shadow puppets



Craft
Crefft

Make your own shadow puppets

Follow the videos to create a medieval theatre, inspired by the Cadw musical *The Mighty Quill*, the story of Gerald of Wales! Did you know that Gerald of Wales was a 12th-century Welsh historian, cleric, and author.

You will need

- Printed horses on card
- Thread
- Beads
- Scissors
- Sewing needle (or tape)

[Visit YouTube for instructions](#)



Programme links

- SB: Innovate - S1
Puppet pals
- UMA Pack 3 - Brownies
Tent theatre - 60 mins
- UMA Pack 1 - Brownies
Odd socks- 60 mins

If you wish to receive the script and score for the *Mighty Quill*. Please contact the team at [CADW](#) who can provide them to use, free of charge.

Crowning glory



Craft
Crefft

Make your own royal crown

Using card and decorations of your choice such as cotton wool, stick on jewels, paint, felt pens. Make a crown to wear to your castle or at a castle party event!!

You will need

- Card
- Cotton wool
- Jewels
- Paint
- Felt pens
- glue

Older members can take this craft one step further and use items such as Papier-mâché fabric, staples or use Cricut or 3D printing to create a crown.



Links

[Kings crown template](#)

[Queens crown template](#)



Programme links



UMA Pack 7 - Rainbows
A Royal engagement - 30



Network S3
Tailor made



Girlguiding
Cymru



Cadw



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Welsh Government

Royal goblet



Craft
Crefft

Make your own royal goblet

Prepare for your castle party by making goblets. Decorate a glass or plastic goblet with stick on jewels. You could also use glass pens.

Make sure to put your name on them so you know whose is whose. The glasses are for ornamental use only



You will need

- Plastic or glass goblet
- Gems
- Glue
- Glass paint or Giotto glass pens.



Take it further

Find out about The Nanteos Cup which is on display in The National Library of Wales, where it went on permanent public display in June 2016

Recycled castle



Craft
Crefft

Using cardboard tubes, cereal boxes and card design your own castle.

Here are the steps on how to create a recycled cardboard castle:

- Gather your materials. You will need cardboard boxes, scissors, glue, paint, and any other decorations you want to use.
- Cut the cardboard boxes into the shapes you need for your castle. This could include walls, towers, a drawbridge, and a moat.
- Glue the pieces of cardboard together to form your castle.
- Paint your castle any color you want.
- Add any decorations you want, such as flags, banners, or flowers.
- Enjoy your recycled cardboard castle!



Links

[Desk tidy castle craft](#)

[Desk tidy fairytale castle craft](#)

[Visit YouTube for instructions](#)



[Visit YouTube for instructions](#)



Castles in the sand



Craft
Crefft

Build a Sandcastle

Have trip to the beach or perhaps using 'magic sand' to build a sandcastle inside.

Building sandcastles is a fun and creative activity that people of all ages can enjoy. It is a great way to get some exercise, spend time outdoors, and use your imagination. To build a sandcastle, you will need some sand, water, and a bucket or other container. You can also use tools like shovels, buckets, and moulds to help you build your castle.

Once you have your materials, start by finding a spot on the beach where the sand is wet and packed down. This will help your castle stay together.

Top tips

- Use wet sand. Wet sand is easier to pack together and will hold its shape better.
- Add details. Use your imagination to add details to your castle, such as turrets, flags, and moats.
- Be patient. Building a sandcastle takes time and patience. Don't get discouraged if your first few castles don't turn out perfectly.
- Have fun! Building sandcastles is a great way to relax and have fun at the beach.



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Castle beads



Craft
Crefft

Get creative with fused beads

Using the pattern fuse your beads into a castle and maybe make a keyring or a picture to hang on the wall.

How to Make a Castle Out of fused Beads

Fused beads are a fun and easy way to create all sorts of crafts, including castles. Here's what you'll need:

- Hama beads or fused beads in your choice of colours
- A pegboard
- A pegboard sheet
- An iron
- Something to protect your work surface

1. Design your castle on the pegboard using the template provided. Or you can use a pencil to sketch out your design.
2. Once you're happy with your design, start filling it in with beads. Be sure to use different colours to show the door and windows.
3. Once you've filled in your design, iron it according to the package directions. This will melt the beads together and create a solid piece. Adult supervision is needed for younger members.
4. Once the beads have cooled, remove them from the pegboard.
5. You can now display your castle or use it to play with.

Links

[Castle bead pattern template](#)



Woven bracelet



Craft
Crefft

Create a royal friendship bracelet

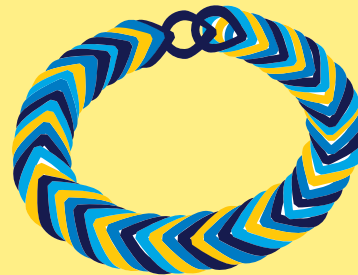
Weaving during the middle ages was done by ladies and their maids. Many households owned a loom which allowed creativity with fabrics.

Friendship bracelets are a fun and easy way to show your friends how much you care. They can be made with a variety of materials, including embroidery floss, yarn, and even old t-shirts. Create a friendship bracelet for a friend.

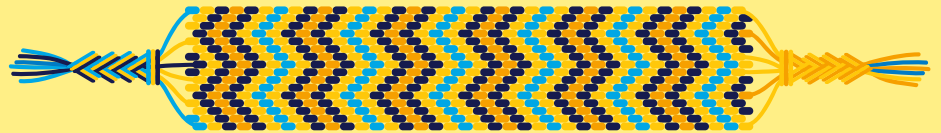
You could make it in the colours of the flags of Wales. [Link here.](#)

To make a friendship bracelet, you will need:

- Embroidery thread in different colours
- A pair of scissors
- A variety of beads (optional)
- A safety pin or strong tape
- Cardboard



Younger members could use loom bands



Links

[Visit YouTube for instructions](#)



[Visit YouTube for instructions](#)



Shield craft



Craft
Crefft

Create a shield using cardboard

Using card design your own shield.

Ideas to decorate your shield

This shield could represent your family name.

Split it into quarters and put a different design in each section, some examples are given below, but there are many more symbols to find.

Strength – phoenix; lion; bear; oak; dragon; griffin

Wisdom / knowledge – Elephant; quill; dolphin; owl

Power – Lion; dragons; double headed eagle; wolves; ram

Courage – Wolf; borage; griffin golden fish; Thor's hammer; dagger; the colour red

Peace – Dove

Love – rose; hearts

Family – Tree; dog

Links

[Types of shields](#) [Types of heraldry](#)



[Visit
YouTube for
instructions](#)



Armour plated



Craft
Crefft

Create a recycled suit of armour

Use 'junk' to design and create your own suit of armour.
Don't forget to recycle your creations when you've finished with them.

Creating a suit of armour out of recycled materials is a fun and creative project that can be enjoyed by people of all ages. It is also a great way to reduce waste and reuse materials that would otherwise be thrown away.

To create a suit of armour, you will need to gather some recycled materials.

Some good options include:

- Old plastic bottles
- Old cardboard boxes
- Old newspapers
- Old fabric

Programme links



UMA Pack 1 - Brownies
Trash fashion

Once you have gathered your materials, you can start to create your suit of armour. There are many different ways to do this, so you can let your creativity run wild.

Some ideas include:

- Use old plastic bottles to create vambraces or greaves.
- Use old cardboard boxes to create a shield or sword and the outer armour.
- Use old tires to create boots or gauntlets.
- Use old newspapers to create a gambeson or padded undersuit.
- Use old fabric to create a cloak or cape.



Modelling craft



Craft
Crefft

Make key rings or photo frames using modelling clay or plaster

Using plaster of paris and silicone moulds make small items to make into frames or key rings. You could also use air drying clay or fimo clay.

Ideas include

Castles

Princesses

Knights

Shields

Heraldry

Swords

Hand mirrors

Dragons

Welsh folk tales

Programme links



UMA Online - Guides
Clay makers



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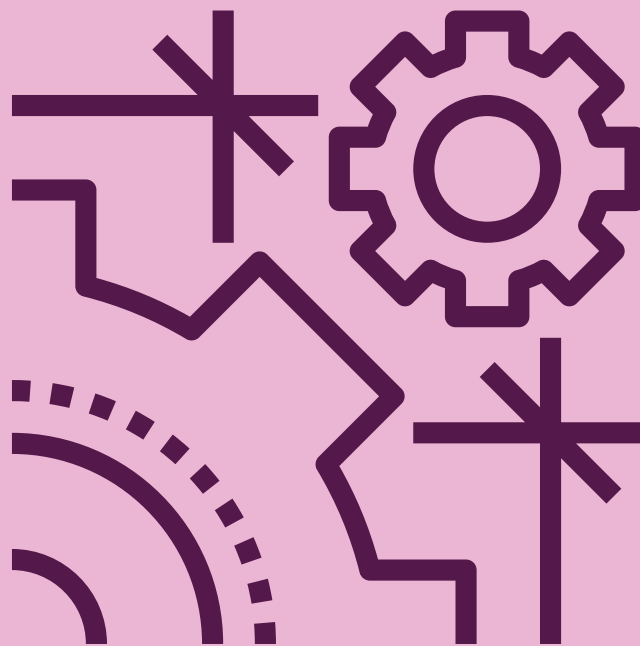


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Section 5 Adran 5

STEM

STEM



Terrific towers



STEM
STEM

Build the strongest tower that you can

Towers are an important part of a castle. They are taller than the rest of the building and were often used as a lookout. This helped the people in the castle see who was coming and work out if they were friends or enemies. Soldiers could use the tops of towers to shoot bows and arrows, and later gunpowder weapons at enemies. Some towers were also used as accommodation for guests. The more important you were, the higher up the tower your rooms would be.

Towers come in lots of shapes and sizes. Round towers like at Caerphilly Castle, square towers like Penrhyn Castle, multi sided towers like at Caernarfon Castle.

Build a tower

Materials

Small boxes, card, toilet rolls, egg boxes, newspapers, paper cups and other materials you can find.

How high can you build a tower?

Keep in mind that round towers are stronger than square ones

Well known towers in castles

One of the towers at Caerphilly Castle leans.

Neuschwanstein Castle in Germany was the inspiration for Disney's Sleeping Beauty Castle.

The Tower of London is home to the crown jewels.

In the fairy-tale Rapunzel is kept captive in a tower and lets down her very long hair to help escape.



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Make a drawbridge



STEM
STEM

Make a cardboard drawbridge

Castles were built to protect the people who lived inside and to keep out enemies. The gates in the castle were often the weakest point so the castle builders would have to come up with a way to protect the entrance if the castle was being attacked. Soldiers would use drawbars, a large metal bar, that would be slotted behind the gate so it couldn't be broken down.

A portcullis is a large metal grid that could be dropped in front of the gate to stop people getting to it. There were often arrow slits in the walls around the gate so soldiers could shoot at people trying to attack the gates. Drawbridges were also an important way to keep the gates protected. Castles were often built with a moat or ditch around the outside. A drawbridge could be raised so that people couldn't cross the moat.

[Build a working cardboard drawbridge \(Link here\)](#)

Materials:
Cardboard
String
Scissors
Tape

Well known gates and drawbridges in castles

You can see portcullis in Castell Coch near Cardiff. The slots where the drawbar would have been placed can be seen at Montgomery Castle and arrow slits can be seen at Kidwelly Castle. Drawbridges are still in place at Caldicot Castle, and you can walk over where the drawbridge would have been at Harlech Castle.



Catapults & trebuchets



Make a catapult or trebuchet

Castles were built for defence so if you wanted to attack a castle you would need some special weapons. 700 years ago, when many castles found themselves under attack armies wouldn't have had the kind of weapons we see today. Without guns and cannon armies would need to find another way of projecting a weapon. Catapults and trebuchets were used to fire items at the castle. These were normally heavy stones which were used to help break down the walls, but they can also fire debris and even fire.

Make a Catapult or trebuchet – measure how far you can fire a ball of paper or marshmallow etc.

Links

[Visit YouTube for instructions](#)



[Visit YouTube for instructions](#)



[Visit YouTube for instructions](#)



Castle architects



STEM
STEM

Design a 21st Century castle!

If you were building a castle today, what would it look like and what would it need to have inside?

Think about what you would need protecting from, what luxuries would you add. How would you keep it warm or cool.

Would you be able to access the internet if your castle had thick walls.

Use different mediums to build your castle ie: lego, ice cubes, graphics packages, Minecraft simulation.

Take it further

Visit the website of the Welsh school of architecture to learn about their outreach projects.

[Welsh school of Architecture outreach news](#)



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Section 6 Adran 6

Celebration Dathliad



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Congratulations Llongyfarchiadau

What will you do to celebrate?

You could:

- Ask your unit how they would like to celebrate the end of the challenge.
- Have a castle themed party in your unit – will you wear crowns?
- Visit your local castle and have a picnic there.
- Contact your local castle and see if you can do a good turn for them eg: do a litter pick.
- Visit your local castle, take pictures/drawings, and make a memory board of the things you have seen.



Congratulations Llongyfarchiadau

Congratulations on completing your challenge, we hope you enjoyed exploring the castells of Wales.

Have you sent away for your challenge badge?

[Girlguiding Cymru Shop](#)



Congratulations Llongyfarchiadau

Beth fyddwch chi'n ei wneud i ddathlu?

Fe allech chi:

- Gofynnwch i'ch uned sut yr hoffent ddathlu diwedd yr her.
- Cynhaliwch barti thema castell yn eich uned ~ fyddwch chi'n gwisgo coronau?
- Ewch i'ch castell lleol a chael picnic yno.
- Cysylltwch â'ch castell lleol i weld a allwch chi wneud Tro Da iddyn nhw ee. casglu sbwriel.
- Ymwelwch â'ch castell lleol, tynnwch luniau/lluniadau, a gwnewch fwrdd cof o'r pethau rydych chi wedi'u gweld.



Congratulations Llongyfarchiadau

Llongyfarchiadau ar gwblhau eich her, gobeithio eich bod wedi mwynhau crwydro cestyll Cymru.

Ydych chi wedi anfon i ffwrdd am eich bathodyn her?

[Siop Girlguiding Cymru](#)



Sharing is caring



**Celebration
Dathliad**

We'd love to see pictures of you completing the challenges! Please upload your pictures on social media and use the hashtag:

#castellcariadcymru

-  **@GirlGuidingCymruWales**
-  **@GuidingCymru**
-  **@GuidingCymru**
-  **@girlguidingcymru**
-  **@girlguidingcymru**

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-  **@CadwWales**
-  **@cadwwales**
-  **@cadwcymruwales**
-  **@cadwwales**

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**Llywodraeth Cymru
Welsh Government**

Links Cysylltiadau

Useful Links from Cadw

[Learn and activities | Cadw \(gov.wales\)](#)
[Arts, Crafts & Creativity](#)
[Festivals & Traditions](#)
[Heroes & Heroines of Wales](#)
[Foods, Fashions & Lifestyles](#)
[Teaching Resources](#)
[Find a place to visit | Cadw \(gov.wales\)](#)



Other sources of information and images that may be useful for this and other heritage projects:

[Portal | Visit Wales for assets](#)
[Cof Cymru – search Cadw records](#)
[Coflein – archaeology, buildings, industrial and maritime heritage](#)
[Historic Place Names](#)
[Peoples Collection Wales – A People's Story of Wales](#)
[RCAHMW Website](#)
[Visit Wales.com](#)
[Education Visits – All you need for free visits](#)
[Heritage Protector – could make an interesting piece](#)
[Wales' Rich and Diverse Heritage](#)
[15-Minute Heritage inc History Detective Mission](#)



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National
Trust

Links Cysylltiadau

The Education Group Membership information can be found here
[Group membership page](#)

Each property also has a group admission price but it is normally cheaper to buy EGM, a district can buy so then all units within can access and use the membership for the year.

You're welcome to link our websites:

[Chirk Castle | Wrexham | Wales | National Trust](#)

[Powis Castle and Garden | Wales | National Trust](#)

We also have a pack with activities for school visits to Chirk Castle which might be useful for any groups who visit

[Chirk castle resource pack](#)



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Answers Atebion

Cannonballs: Take it further

Find out the following

1) Where would you find Raby's furnace?

Furnace, Llanelli

2) Who owned the furnace?

Alexander Raby

3) What war did they make cannon balls for?

Napoleonic war



Herbs: Take it further

Find out the following

1) What herb is known as Salvia officinalis?

Sage

2) Who opened Cowbridge Physic Garden in 2008?

HRH Queen Camilla

3) What herb was used to reduce fever in the middle ages?

Coriander

Congratulations Llongyfarchiadau

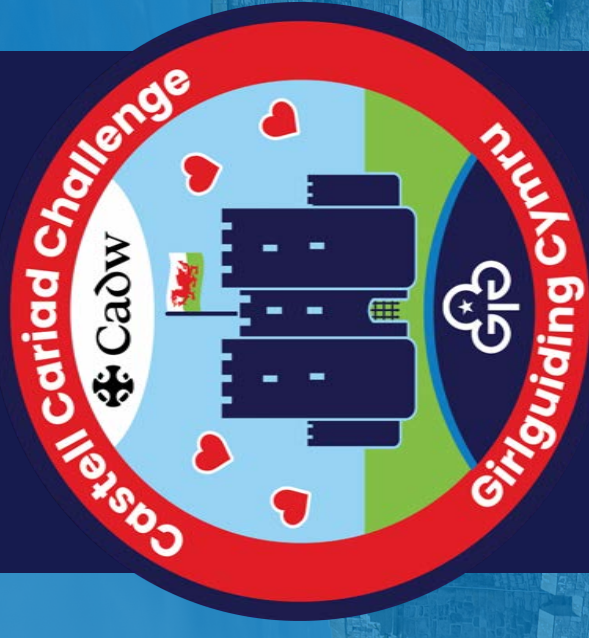
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Wedi cwblhau her
Cadw Castell
cariad

Has completed the
Cadw Castell
cariad challenge

Llofnod / Signature

Dyddiad / Date



Castell cariad challenge



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