



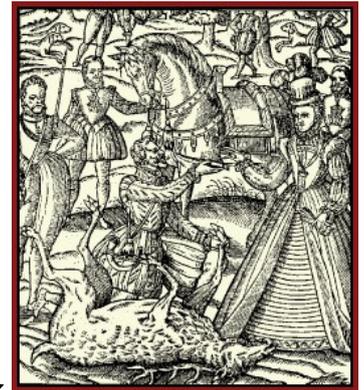
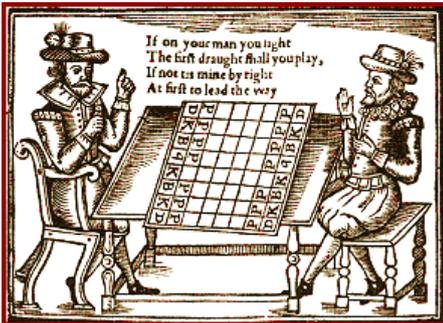
In the Footsteps of the Boleyns
ACTIVITIES TO ACCOMPANY
LADY ALICE'S DIARY & FILM

Imagine

You are someone from the city of Norwich who was there the day Queen Elizabeth went into Norwich Cathedral. Describe who you are and what you are wearing. Are you rich or poor? Write about what it was like in the Cathedral for that service.

LOOK

At the drawings below. What are the people doing?
 Are they rich or poor? How can you tell?

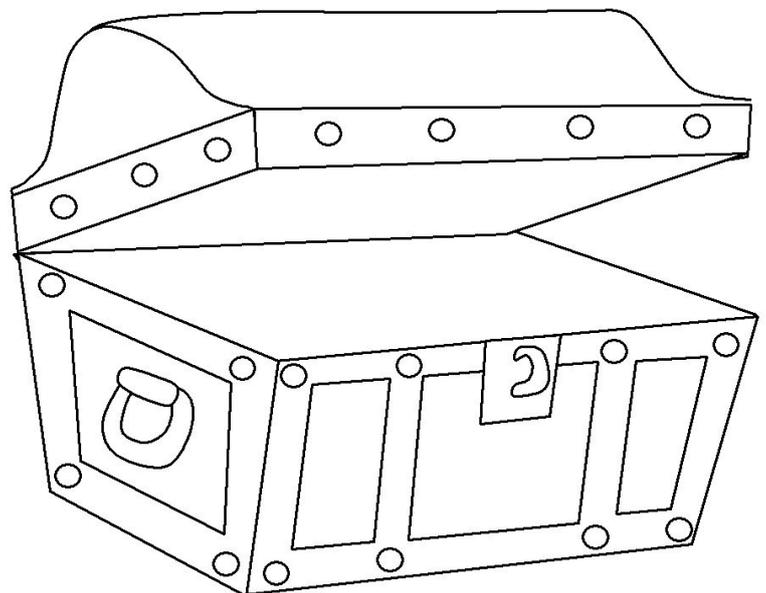


Do you think the lady in the picture here might be Queen Elizabeth the First?

Decorate this wooden trunk that is to be taken on the Queen's Progress to Norwich. Perhaps you can draw shapes or patterns on it that look like wooden carving?

What is she taking with her?

Draw some items inside the trunk!



ANNE BOLEYN

1507-1536
HENRY VIII'S SECOND WIFE

*After all our sport,
Then will he rout and mort.*

A POEM

*Though angelic
Be your smiling
Yet is your tongue
An adder's tail,
Full like a
Scorpion stinging
All those by whom
Ye have avail:
Good mistress Anne,
There ye do shayle!
What prate ye,
Pretty pig's eye?
I trust to quit you
Or I die!*

—Quod Skelton, Laureate

A POEM ABOUT ANNE BOLEYN
by Sir Thomas Wyatt

*YE OLD MULE,
That think yourself so fair,
Leave off with craft
Your beauty to repair,
For it is time
Without any fable:
No man setteth now
By riding in your saddle;
Too much travail so
Do your train appear,
YE OLD MULE!*

From the half-length portrait of Anne Boleyn in the National Portrait Gallery (no. 668), London, by an unknown artist of the late 16th century. The pattern on the added sleeves and underskirt is from a cloth of gold in the portrait of Henry VIII after Holbein in the Walker Art Gallery, Liverpool.



*Adieu,
mine own
lady ...*



Have you noticed that the date of her birth on this picture says 1507! Historians now believe it was likely to have been 1501, but no one knows for sure!

Research more about Anne Boleyn and write about her.

Read the poems on the picture sheet — can you write one about her or Queen Elizabeth her daughter?

FOOD!

<p>1 Pottage</p> <p>Make up some stock from left over bones and meat. You can use rabbit, chicken, pork, mutton, beef or anything else that you have.</p> <p>Into the stock stir some pearl barley and seasonal vegetables: carrots, onions, cabbage, green beans, turnip, parsnip, sage, rosemary, thyme and parsley are all good. Serve with bread and cheese.</p>	<p>2 First Course</p> <p>Chicken and Bacon, Potted Beef, Goose and Pork Pies, Roasted Veal, Roasted Beef, Bread</p> <p>Second Course</p> <p>Roasted lamb, Roasted capons, Chickens, Peacock, Venison tart, Bread, Seasonal herbs</p> <p>Dessert</p> <p>Figs, Almonds, Apples, Pears, Cheese</p>
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Above are two everyday meals that may have been eaten in Tudor England.

What sort of person would have eaten each meal?

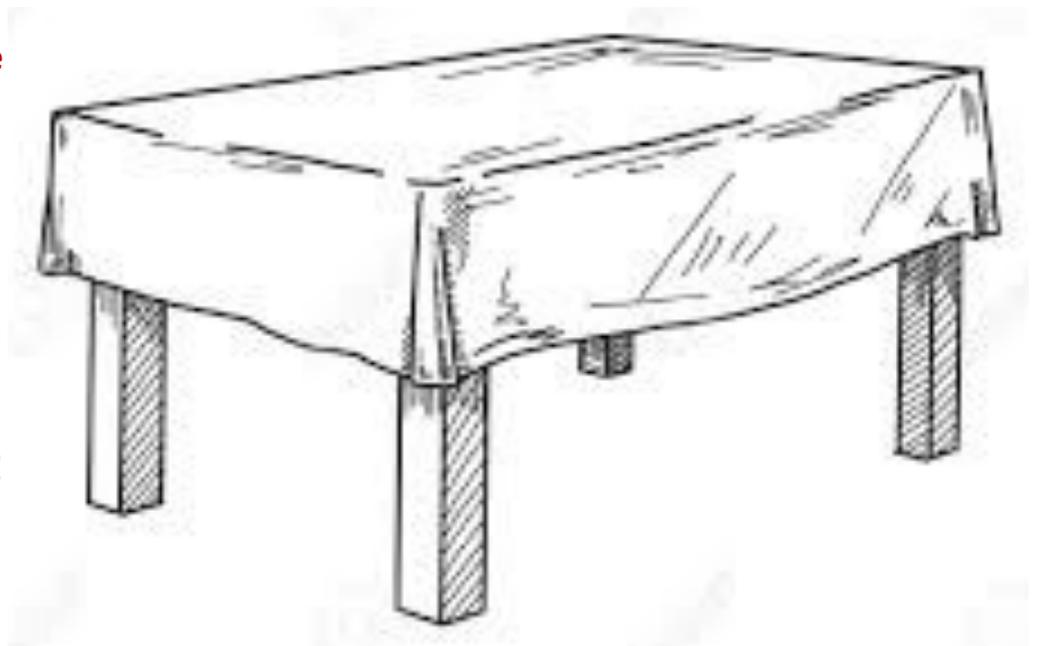
Can you see any similarities between the them?

What differences can you see?

Which would you rather eat?

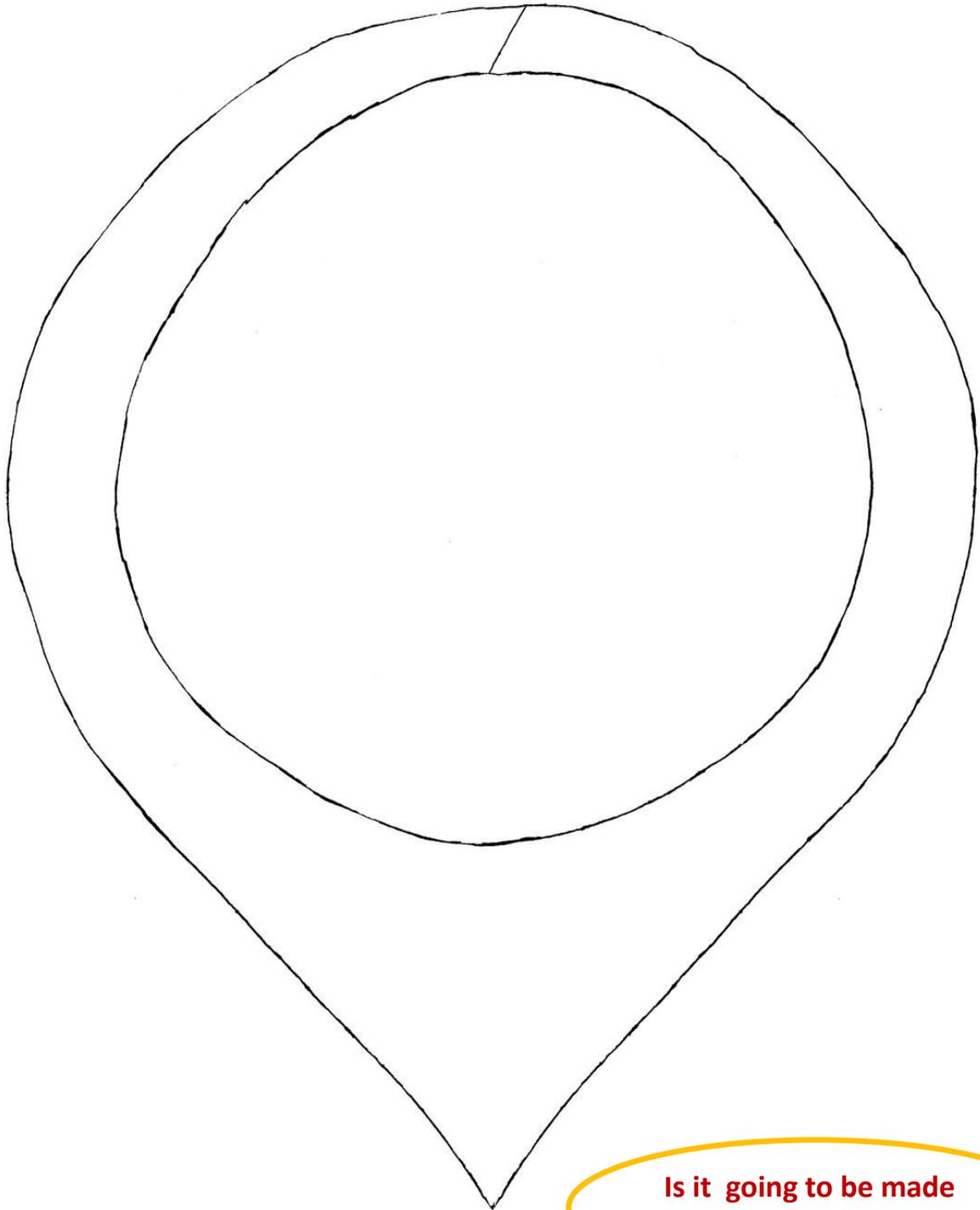
Draw some main course foods and puddings for rich people to eat in a banquet meal, on this table.

You could have a go at drawing a roasted swan!



Design a pendant necklace for Lady Alice.

Research gem stones such as: rubies, pearls, diamonds, emeralds, sapphires and



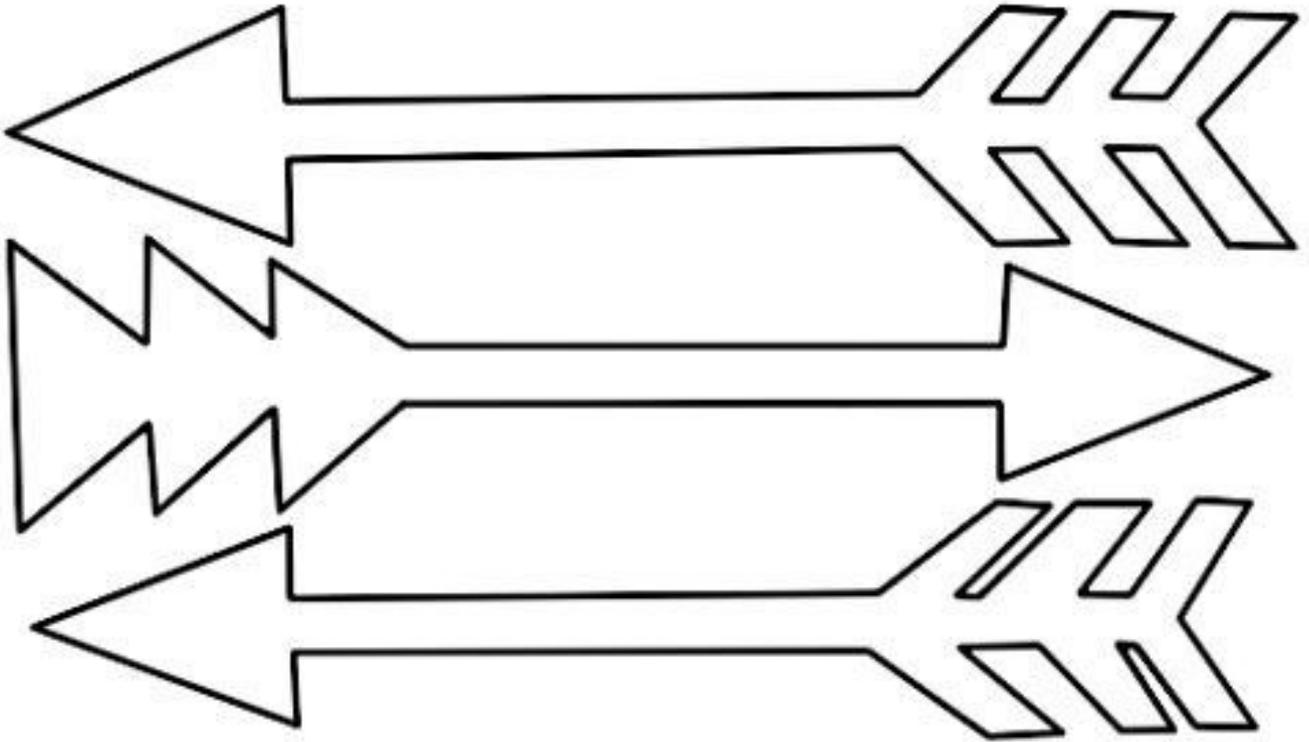
Is it going to be made of gold or silver?

You could design matching ear rings too, or a matching ring for a rich man to wear.

Hunting and fighting with bows and arrows was popular.

Arrows were often decorated with feathers, and patterns.

Can you decorate these arrows?



At parties, rich people often put decorated masks on their faces. If a lady liked a particular gentleman, she could talk to him without him knowing who she was! **Can you decorate this mask?** You could design your own mask to fit your face size. Cut it out, put it on a stick or thread elastic through it to disguise yourself!

