

Norwich Castle Keep Resource and Activity Pack

These activities are designed in conjunction with the [Norwich Castle Keep Virtual Tour](#). The numbers in brackets below refer to the timings on this tour. To access resources, please click on the blue links.

Building (02:19-04:38):

- see a reconstruction of what Norwich looked like before the Castle was built:

[Late-Saxon Norwich](#)

- see what the first wooden Castle looked like:

[Wooden Keep, Motte and Bailey](#)

- watch a reconstruction of the Norman Keep:

[Norman Keep film](#)

- view a reconstruction of Medieval Norwich:

[Medieval Norwich film](#)

- draw or make your own storyboard showing how Norwich Castle was built
- make your own Norwich Castle using any resource you can – paper, card, building blocks, food – but only if there's enough!

Bigod Arch (05:15-06:52). This was the archway over the door to the Keep. Carved into it were reminders of how people had to behave when meeting the King. For example, the knight below is kneeling:



- View prints of the hunting scenes at either end of the arch:
[Capitals of the Bigod Arch](#). These would have reminded visitors that only the King was now allowed to hunt in forests.
- draw or write what you would have on your bedroom door to remind visitors what to do when they enter or meet you!

Inside the Keep – the Great Hall (06:52-8:19):

- design your dream living space and/or make a model of it using any resources you have, provided there's enough!

For inspiration, watch a reconstruction of the interior of the Norman Keep:

[Reconstruction of Norman Keep and Feast](#)

Kitchen (09:40-10:13). Although the main kitchens would have been in the yards (baileys), the Keep did have its own small kitchen:

- research Medieval recipes and, if you've got the ingredients, make your own Medieval feast!

Garderobes (10:13-12:38). These were the toilets and wardrobes combined! Carved into the wall was a daisy wheel which was believed to protect against bad spirits:

- draw your own daisy wheel or own symbol to ward off evil!

Chapel (14:58-15:55):

- design your own graffiti. It could be as a knight about to leave for battle (see below), a prisoner awaiting trial or the end of their imprisonment or something personal to you right now.



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