



ENGLISH HERITAGE

THE **KidsRule!** GUIDE TO...

THE  
MAGAZINE  
FOR YOUNG  
MEMBERS!

# CASTLES

## STORM THE GATES!

See if you  
could make  
it as a  
soldier on  
page 14!

5

**OF THE  
BEST**

Our favourite  
fortresses revealed

Step inside England's most  
amazing medieval castles

**SIEGE  
SECRETS**

How to attack  
(and defend)  
a castle



**LORD FOR  
A DAY?**

Find your  
perfect  
castle job



**INTERVIEW**

with a REAL-  
LIFE duchess  
inside!

AND ME!

**INSIDE**

• MEGA POSTER • PUZZLES  
• COOL COMPETITION • LOLS!



# FANTASTIC FORTRESSES

Built to protect kings and nobles, defend borders and provide grand homes, England's castles are reminders of more troubled times

**W**hen someone says the word castle you probably think of thick stone walls, tall towers, a big drawbridge over

a moat, brave knights, soldiers storming the gates, archers firing at them, and possibly even a dragon.

Well, all of these happened (apart from the dragon) and the remains of these fantastic fortresses still stand proudly all over England, hundreds of years after they were first built.

## WILLIAM'S CASTLES

These castles took many forms (see page 6). The first were built by William the Conqueror after he invaded England and became king when he was victorious at the Battle of Hastings in 1066. Over the next 90 years William and his family strengthened their hold over England by building hundreds of castles.

They started off building small castles out of wood on top of large mounds of earth, which are known as motte-and-baileys. These were quick and cheap to build, but bigger, better defences were needed to keep attackers out. Over time, castle design got better as tougher stone walls, towers and defences were introduced to protect the kings and



**BLIP TO SEE  
A VIDEO  
ABOUT  
MEDIEVAL  
CASTLE  
DESIGN**

See facing page  
to find out how

nobles who ruled the country from them.

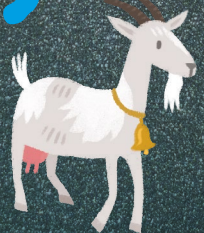
Inside the castles, servants would do the daily work and attend to their lords and ladies during great banquets (see page 15), while soldiers and squires trained and stood guard (see page 4). They were also a place where the people of the town could stay safe if they were under attack (see page 12).

Eventually, not even the great stone castles offered a defence to armies. But while many were left to become ruins, others were used by wealthy lords and ladies as their huge houses that you can still see and visit today.

MY MUM  
MADE ME WEAR  
THIS HAT!



**LOL!**  
How often  
should you  
visit a castle?  
Once a fort  
night!



Mid **11TH  
CENTURY**

The Normans build motte-and-bailey castles – wooden forts on mounds with more buildings fenced off below.



Late **11TH  
CENTURY**

At key castles the Normans start turning the wooden forts into much stronger square stone ones, called keeps.

Early **12TH  
CENTURY**

Castles become much more comfortable for the kings and lords living in them with decorated rooms, art and furniture.

Mid **12TH  
CENTURY**

Extra high stone walls are added around the keeps, along with square towers, strong gatehouses and all manner of defences.

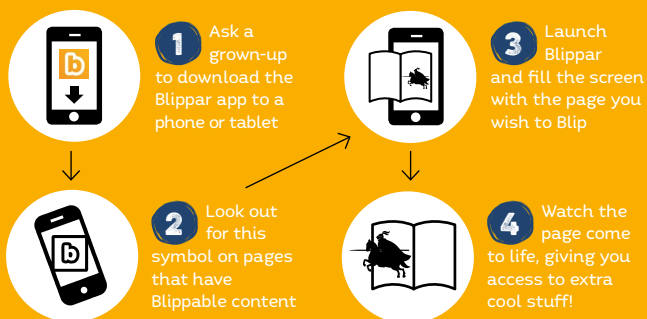
## In our defence

How the design of England's castles changed over time



## BRING THIS ISSUE TO LIFE!

Look for the Blippar logo to discover extra cool stuff through a smartphone camera. Here's how...



## WIN A COOL FLAG!

Design your own coat of arms and send us a photo of your design!

Your design could include drawings of your home, family, pets, favourite superheroes – anything goes! We'll send the winner a cool flag featuring their design. To enter, go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) where you can download a shield template.



**Terms and conditions** The closing date and time for entries is midnight on 24 June 2018.

The promoter is English Heritage. If you are under 13 you need permission from your parent/guardian before entering the competition. One winner will receive a flag featuring the winning design. For full terms and conditions go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids).

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ENGLISH  
HERITAGE



### Early 13TH CENTURY

Deep ditches called moats are dug around castles as an extra defence. Some are filled with water, which is even better!

### Late 13TH CENTURY

A second outer wall and more towers are added to the most important castles to make sure no one could get in!

### 14TH CENTURY

Castle builders replace square towers with stronger circular ones. These allow you to see everyone attacking you.

### 15TH CENTURY

Castles can no longer defend against cannons so noblemen swap their old, draughty castles for comfortable houses.

### 16TH CENTURY

Many lords decided to make their castles look prettier, using bricks to build new 'castles' and replace ruined castle walls.

HALT! WHO GOES THERE?



# A day in the life...

Meet Rufus, a young squire at Goodrich Castle in the year 1300



This is Rufus. He is 14 and a squire living in beautiful Goodrich Castle, near the Welsh border. He is learning how to be a knight.

Every day begins at dawn with a breakfast of bread and water.



**BLEURGH! IT'S A SHAME THE NORMANS DIDN'T BRING CROISSANTS WITH THEM**

Rufus was sent to Goodrich by his family to learn how to become an honourable knight. He started off as a page when he was seven, learning how to fight and even how to hunt with a hawk.



**HOW MANY RABBITS WILL YOU CATCH TODAY LIGHTNING?**

Training with weapons is also a daily task. For years Rufus has trained with wooden weapons but he's now started to use real ones.



**YOU WON'T BE A GREAT SWORDSMAN UNTIL YOU CAN LIFT ONE UP!**

Being a knight is about more than just fighting. Rufus also has to learn things such as how to have good manners.




**GOOD DAY, MY LADY**

**DID YOU TIRE OF SWORDS, SQUIRE?**



The lady of the castle teaches Rufus how to be a gentleman, run a household and how to be a noble warrior, but he also has to do duties for her.



**FETCH ME SOME FISH. THE ABBESS IS COMING FOR DINNER TONIGHT**



**AH, IT'S YOU RUFUS, I THOUGHT I COULD SMELL SOMETHING FISHY!**

Rufus picks up the fish and takes it to the kitchen, where it will be salted and cooked. The servants are busy making everything for dinner.

There are rumours that the Welsh might attack, so everyone is on alert. Rufus stands on the walls with a soldier and spots horsemen approaching.



**ARE THEY OUR MEN?**

**I HOPE SO, OTHERWISE MY DINNER PLANS ARE RUINED!**


It's the lady's son coming home. Hopefully Rufus can spend tomorrow learning from him how to lead an army.



**WELCOME BACK SIRE. MAY I COME OUT RIDING WITH YOU SOON?**

**OF COURSE, YOUNG RUFUS. BUT FIRST, DINNER!**

Rufus helps to serve the lady and the abbess, and is told what to do by the household steward.



**HURRY WITH THAT FISH, RUFUS!**

**SOON IT'LL BE SIR RUFUS TO YOU...**



1

## WARKWORTH CASTLE

**Where?** Northumberland

Warkworth Castle is surrounded by a river on three sides, giving it very strong defences. It was built in the 12th century and when Edward I started a war with Scotland it meant trouble for Warkworth. It was attacked twice in 1327 but the castle's soldiers were able to defend it. The king owned the castle for a while before giving it to Henry de Percy. His family were some of the most powerful people in northern England.



**DID YOU KNOW?** The Percy family carved a picture of a lion into the side of the keep at Warkworth Castle



2

## DOVER CASTLE



# KINGS OF THE

Introducing five of the best English Heritage castles and their royal romances, bloody battles and lords and ladies

4

## MIDDLEHAM CASTLE

**Where?** North Yorkshire

Middleham Castle is one of England's great castles: its oldest part, the keep, dates all the way back to the end of the 12th century. Like nearby Bowes and Richmond Castles, it was probably built to guard the Yorkshire Dales from Scottish attacks. It was the home of several important families in its history. The Nevilles, key figures in the Wars of the Roses in the 15th century, held it from around 1260, and it was also one of King Richard III's favourite homes.



**DID YOU KNOW?** The remains of an earlier castle, called William's Hill, are visible from the keep.



5

## KENILWORTH CASTLE





3

## Where? Kent

William the Conqueror founded Dover Castle in 1066 to help control the coast of England and, more than 100 years later, Henry II rebuilt the castle. It was fantastically expensive and included an enormous great tower with rooms for the king to stay in. The castle was besieged in 1067, 1216 and 1265. There are tunnels underneath the castle and, because it is on the coast, the castle played an important part in protecting the south right up to the Second World War.



**DID YOU KNOW?** Dover Castle has a Roman lighthouse

## CARISBROOKE CASTLE



## Where? Isle of Wight

Carisbrooke was built over several centuries. It was started shortly after the Norman Conquest and more than 200 years later Countess Isabella de Fortibus rebuilt the inside. During the Hundred Years' War between England and France the Isle of Wight was attacked five times. The castle was even used as a prison for Charles I in 1647.



### DID YOU KNOW?

King Charles I tried to escape from the castle but got stuck in the window!

# CASTLES

## Where? Warwickshire

Kenilworth Castle is a famously grand and luxurious castle and is set above a large lake ('mere') and hunting park. This was not simply a place for entertaining guests – in 1266 it saw England's longest siege. Much of the castle was changed by John of Gaunt, and his son, who became king Henry V, created a leisure pavilion above the mere. Elizabeth I's favourite nobleman, Robert Dudley, who was the Earl of Leicester, built a lavish garden for the queen's visit to Kenilworth in 1575.



**DID YOU KNOW?** In 1649 part of the keep was destroyed in the Civil War because it had once been owned by King Charles I.

## EYE SPY

Can you name the castle parts from this list?



MOAT

GARDEROBE  
(TOILET)

KEEP

ARROW  
LOOP







ENGLISH HERITAGE



**ENGLAND  
THROUGH  
THE AGES**

**COLLECT  
ALL 12  
POSTERS!**

There's a market taking place around the gatehouse of this 15th-century castle, and lots of people are visiting the town to buy supplies from the local traders and their stalls.



This is the sixth of **12 posters** you can collect to make a mega timeline of English history. You can get the first five at **www.english-heritage.org.uk/kids**



# THE POWER

Framlingham Castle's journey from powerhouse to workhouse

**THEN**

**NOW**

**REBEL BASE**

The original 11th-century castle belonged to Hugh Bigod. In 1173 he joined a failed rebellion against King Henry II, who then demolished the castle.

**BARON BIGOD**

Hugh's son Roger built the current castle. King John visited him here in 1213, but two years later Roger was one of the barons who made the king sign Magna Carta.

**JOB'S A GOOD 'UN!**

**ACT OF KINDNESS**

When castle owner Sir Robert Hitcham died in 1636, his will left instructions to create a workhouse here for poor people to earn money.

**CASTLE CAPTIVES**

Forty people were held captive at Framlingham Castle in about 1600. In the Tudor period it was used as a prison for people who refused to follow the Protestant church.

**ROYAL RESIDENCE**

The castle's most famous owner was Mary Tudor, elder daughter of Henry VIII, who inherited the castle in 1552 and was pronounced Queen of England while living here.

To learn more about Framlingham Castle, go to [www.english-heritage.org.uk/framlingham](http://www.english-heritage.org.uk/framlingham)

## TUDOR TEASER

Can you guess which of these statements about Mary Tudor are true or false?

**1** Mary was the first crowned queen of England

**MMMM, CORNFLAKES AND MAYOI!**

**2** Mary's favourite snack was cornflakes and mayonnaise

**3** Wherever Mary went she took entertainers with her, including one called Jane the Fool

**4** Mary liked to play music and could read Latin

**5** Mary escaped to Framlingham Castle while she gathered support to be queen

**6** Mary became queen because she was the tallest person in England





# AND THE GLORY

**LOL!**  
When does everyone go to sleep in a castle?  
**Knight time!**

Duchess of Norfolk, Margaret Brotherton

Olivia

Felicity

## Interview with a noblewoman

We sent young Members Felicity and Olivia to Framlingham Castle to meet former owner and Duchess of Norfolk Margaret Brotherton

### What's it like to live in a castle – do you have to climb lots of stairs to get to your bedroom?

Oh, there are many steps in a castle. It's a hive of activity, with people rushing here and rushing there, carrying out their various duties. I have a great many servants, as you can imagine, here at the castle. I myself have a room right at the top of the castle, which has the most magnificent views across my estate, and I feel very at home up there.

### How should a duchess behave?

It is your duty to maintain the great traditions of your heritage and to represent your family well by showing courtesy. For example, you must show excellent table manners and you must always place a napkin over your left shoulder or over your left wrist. You must never wipe your mouth upon your sleeve, that will never do.

### What are you most proud of?

Well, I am most proud of having lived a long and prosperous life. I have always known my own mind. I have always lived fearlessly. I have been persuasive in my time. I've had an interesting life, shall we say.



**BLIP TO SEE THE FULL INTERVIEW**

See page 3 to find out how



# UNDER

How attackers tried their best to break into castles

## ATTACK!

### 1 Siege tower

These huge towers on wheels were slowly pushed up to walls so the attackers could climb up the ladders inside, jump out and fight their way into the castle.

### 2 Battering ram

The easiest part of the castle to attack was the wooden doors of the gatehouse. A big ram was used to smash the gates open.

### 3 Crossbows and arrows

Men on the walls would be shooting down, so you needed your own men to shoot back! Guns started to be used from the 14th century onwards.

### 4 Ladders

The simplest way to get into the castle was over the walls on a big ladder. You had to be very brave to climb up while you were being shot at.

### 5 Trebuchets

These huge catapults flung massive rocks to try and break down the walls and towers from a long way away. They even had cool names like Warwolf!

### 6 Digging for victory

If you couldn't get over the walls you could always dig under them, or weaken the walls above ground, working under wooden shelters.

### 7 Starving them out

Attacking a castle was very dangerous and many of your men could die. It was far easier to just trap the defenders inside and let them run out of food.

### 8 Making a deal

If you didn't want to risk your life attacking a castle you could talk to the people inside to try to persuade them to surrender or let you sneak inside.





# SIEGE!

– and how those inside defended against them



**BLIP TO SEE  
HOW TO TAKE  
A CASTLE**

See page 3 to  
find out how

**DEFEND!**



## 9 Wall within a wall

The biggest castles had two or more walls that the attackers had to overcome. Once they were through one they had to do it all over again!

## 10 Moat

A big ditch in front of the walls was an annoying obstacle, but when it was filled with deep water it was extremely difficult to cross without boats.

## 11 Drawbridge

A drawbridge over the moat allowed people to get in and out of the castle during peace time, but could be lifted up to stop the enemy getting in.

## 12 Arrow slits

These were thin slits in stone walls that allowed archers and crossbowmen to shoot at attackers while being protected and unseen.

## 13 Crenellations

This is the name given to the zig-zag tops of castle walls. They gave defenders some protection as they were firing arrows and throwing stones.

## 14 Murder holes

If the attackers got to the gates, they might try to burn their way through. Murder holes were used to pour water on to any fire and put them out.

## 15 Gatehouse

This was where people came in or out so it had high towers, arrow slits, murder holes and even a portcullis in front of the doors for more protection.

## 16 Break for freedom

If your attackers are starving you out and waiting for you to surrender, maybe it's time to surprise them with an attack!



YOU RANG  
SIRE?



## QUIZ TIME

# LORD FOR A DAY?

What would your perfect job be in a medieval castle?

### 1 It's breakfast time in the Great Hall. Are you most likely to...

- A Make sure everyone in the kitchen is doing their bit
- B Tuck into your favourite food
- C Have a mug of beer and some bread
- D Sing a relaxing song

### 2 It's banquet time. What do you do?

- A Fuss around to make sure everything is perfect
- B Eat as much as you can in front of your guests
- C Make sure the guests behave
- D Cartwheel, juggle and jump to many cheers

### 3 The castle is under attack. What do you do?

- A Make sure all's going to plan as the men take on the intruders
- B Lead the men in battle
- C Use arrows, rocks and boiling oil to repel the attackers
- D Distract the attackers with your silly antics

### 4 The sun has set and it's time for bed. Do you...

- A Bark a few orders before going to sleep in your quarters
- B Call for your nightgown then go to bed in the warmest room
- C Keep an eye out for invaders
- D Head to the local inn to party the night away

### 5 Your most important task during the day is...

- A Letting everyone know what their job is
- B Making sure everyone is safe but paying their taxes
- C Practising your sword skills
- D Seeing how many spoons you can balance on your head

### 6 A neighbouring lord visits. What do you do?

- A Worry about whether the castle looks good enough
- B Try and propose an alliance
- C Form a guard of honour but be on high alert
- D Sing a song about how great the lord of your castle is and then show off your new spoon trick

## How did you do?

### Mostly A YOU'RE A STEWARD!

You like being a bit bossy but not on the battlefield, so instead you order around the servants of the house.



### Mostly B YOU'RE THE LORD OR THE LADY!

After spending the day telling everyone what to do, you like to while away the hours lounging around and being fed by others.



### Mostly C YOU'RE A SOLDIER!

It's your job to defend the castle against invaders, stand guard, train and go off to fight with the lord when told to.



### Mostly D YOU'RE A JESTER OR MINSTREL!

It's your job to entertain the lord and lady and their guests by playing a lute or singing songs, or by joking around.





**What does the king do after he burps?**  
**He issues a royal pardon!**

**OVER  
TO YOU**

What medieval dish would you have enjoyed?

## Centrepiece

This would often be a wild animal, or game, hunted by the lord or his men as sport. It wouldn't be unusual to see a whole pig or a salted stag.

## Sweet treats

Dessert wasn't a part of banquets, so guests would eat sweet pastries, cooked spiced fruits such as apples and dates, and nuts such as almonds with the rest of the food.

## Bread, pies and cheese

Brown bread was eaten by peasants but white bread was a delicacy and was served alongside different pies and tarts and crumbly cheese like Wensleydale.

## Wine

While poor people drank beer, the rich drank wine that came to England from Europe. It would have been poured from huge jugs into decorative cups called goblets.

## Meat

All sorts of meat was eaten, including beef, mutton, pheasant and even swan. The meat was salted so it would last longer and cooked in expensive spices.

## Make a medieval pie!

We've got a recipe to make a medieval meat pie with a crust shaped like castle battlements! To download the recipe, go to [www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids) and ask a grown-up to help.



# INSTANT DRESS-UP KIT

Follow our instructions  
to make a cool cardboard  
helmet fit for a noble knight!

Get ready  
for battle!

## STEP 1

Go to  
[www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids)

## STEP 2

Follow our instructions on how to  
create your cardboard helmet

## STEP 3

Strike a brave knight pose and  
ask a grown-up to take a photo  
before sharing it on Twitter or  
Facebook. Use #EHmembership  
and tag @EnglishHeritage

## BLIP THIS PAGE

See page 3 to find out how, or go to  
[www.english-heritage.org.uk/kids](http://www.english-heritage.org.uk/kids)  
to discover how to make an amazing  
cardboard castle too!

