



# HERITAGE FEEL GOOD PACK

Discovering Heritage and Archaeology







# About this pack

This **Heritage Feel Good Pack** has been created to reconnect you to your stories and to give you an opportunity to pause and reflect, be creative, take a walk or simply give yourself the chance to slow down and notice the heritage which surrounds us all.

Archaeology is all about stories. The stories of the people who were here long before us. And it's these stories that connect us to our past, our heritage and our culture.

Think about, question or celebrate your culture, your origins and the things that are important to you.

Dip in and out of this pack as and when you want to. All of the activities have been designed so you can simply sit and contemplate them, or actively take part and, if you're interested in finding out more, there are digital links that will lead you to other information.

Explore the pack at a pace that suits you. There's no rush, this is heritage, it takes its time and you can too.

 **wessex**  
archaeology

**Pound** Arts





# Imagine THIS

**Let's take a moment to stop, look, and breath. Imagine.**

Breathe in. Breathe out.

## **Relax.**

Imagine this.

A warm sunny day.

You're outside. You can hear bird song  
and the sound of the crickets in the grass,  
there is a gentle breeze,  
can you feel it on your skin?

Find more moments of calm in our Heritage 360 Landscapes: [tinyurl.com/j8dtwrma](https://tinyurl.com/j8dtwrma)



A landscape photograph featuring a large, grassy hill in the background under a clear blue sky with several birds flying. The foreground is a field of tall, golden-brown grass.

**Relax.**

Take in the view.

You are out in the landscape, away from all the noise  
and all the troubles.

*It's just you, the birds, and the view.*

What can you see?

What do you notice?

How do you feel?

A landscape photograph showing a field of numerous wooden posts or stumps arranged in a grid-like pattern. The background features a line of trees and a cloudy sky.

**Relax.**

Enjoy this moment, this place, this land.

You might like to take a walk outside, slow down, feel the weather,  
notice the sights, and sounds that surround you.

Take your time to enjoy a walk.





# Making marks, not expectations

Creating can be a great way to relax, but starting is often the hardest part. Here are some exercises to help you break the blank page, take away any pressure you are feeling, and just enjoy the feeling of filling a page with colourful marks.

## You will need:


Whatever you have on hand! Pencils, highlighters, crayons, paint in your favourite colours... different tools will give you different options for making marks.

A surface to draw on: this booklet, paper, junk mail, the back of a shopping list – anything will do!

## Look for pattern and colour

We're going to use historical pottery as a starting point to play with pattern and colour. Have a look at the examples around the edge of this page – the variety of patterns and marks that are used to decorate the surfaces.





When working with ceramics, patterns can be pressed into the clay before it is fired, or painted onto the surface.

Experiment with pressing your tools against your drawing surface, dragging across, scratching lines onto the surface and shading over the top, etc.

If you're working with wet paint, you can scrape away the paint to reveal the paper underneath!

### Now you try!

Try copying the patterns. Feel free to add other patterns you see around you – if you have pottery at home with lovely patterns – fabric, wallpaper, anything that sparks your imagination!

Experiment with overlaying pattern, embellishing them, contrasting areas of solid colour with areas full of marks, and using your tools in different ways until you have a full page of colour!

Even if you don't think of yourself as an artist, it can be fun to create something! Try to leave your expectations behind and just play with pattern and colour – the end goal is just to spend some time creating and relaxing, not to make a masterpiece for others to see or critique.

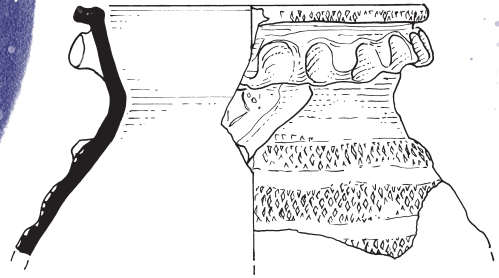




# Drawing on Heritage

Colouring can be a great exercise to help you relax.

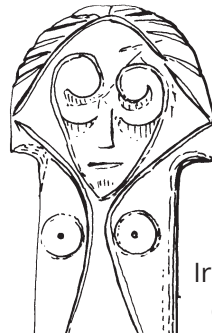
Have fun adding colour and pattern to these artefacts!



Medieval pottery,  
Steart Point

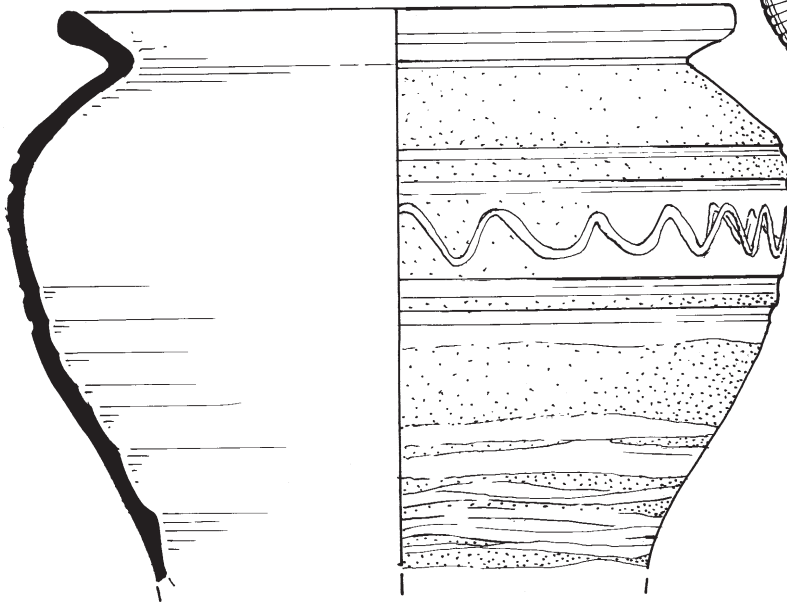
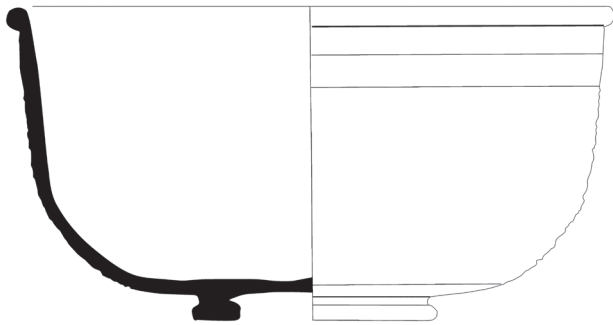


Roman brooch,  
Beanacre

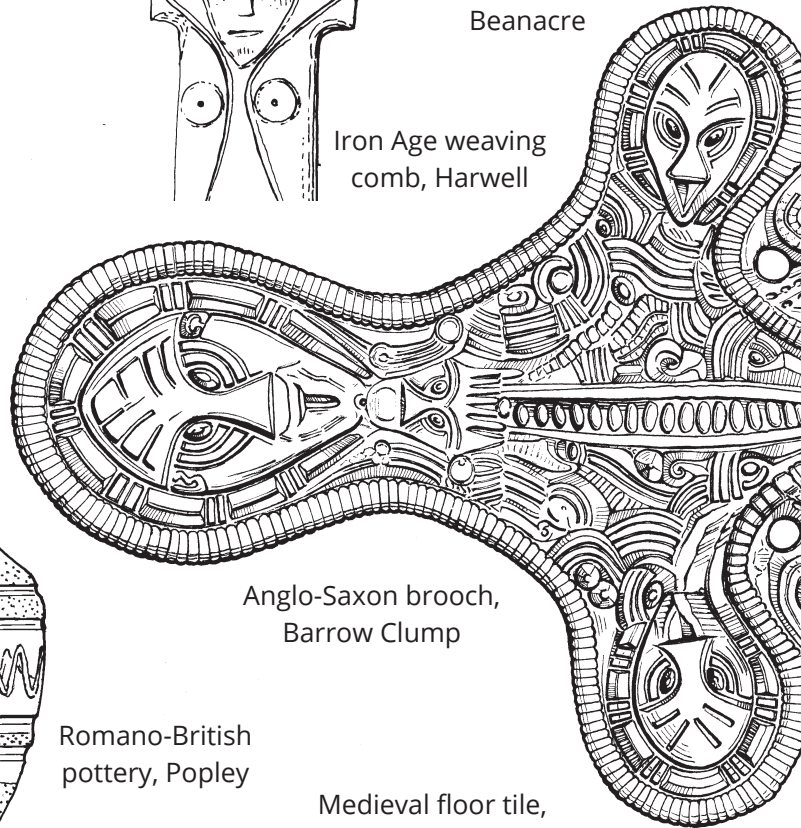


Iron Age weaving  
comb, Harwell

Roman pottery,  
Kingsmead Quarry



Romano-British  
pottery, Popley

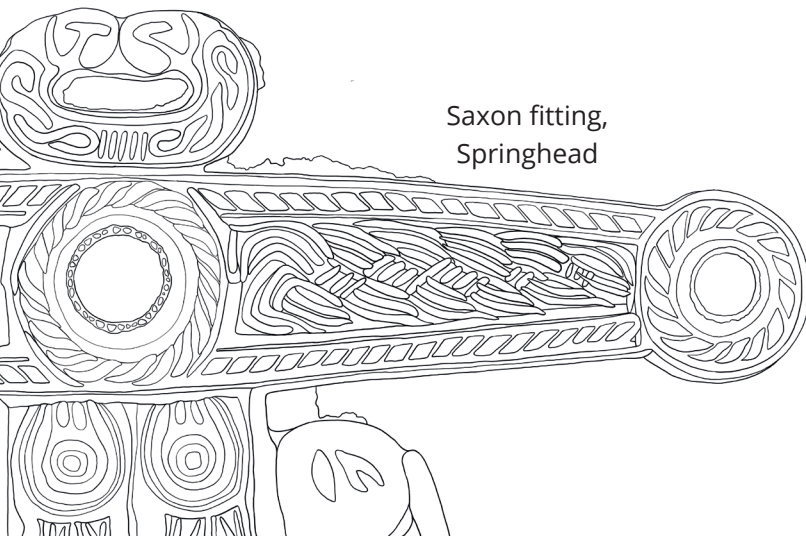


Anglo-Saxon brooch,  
Barrow Clump

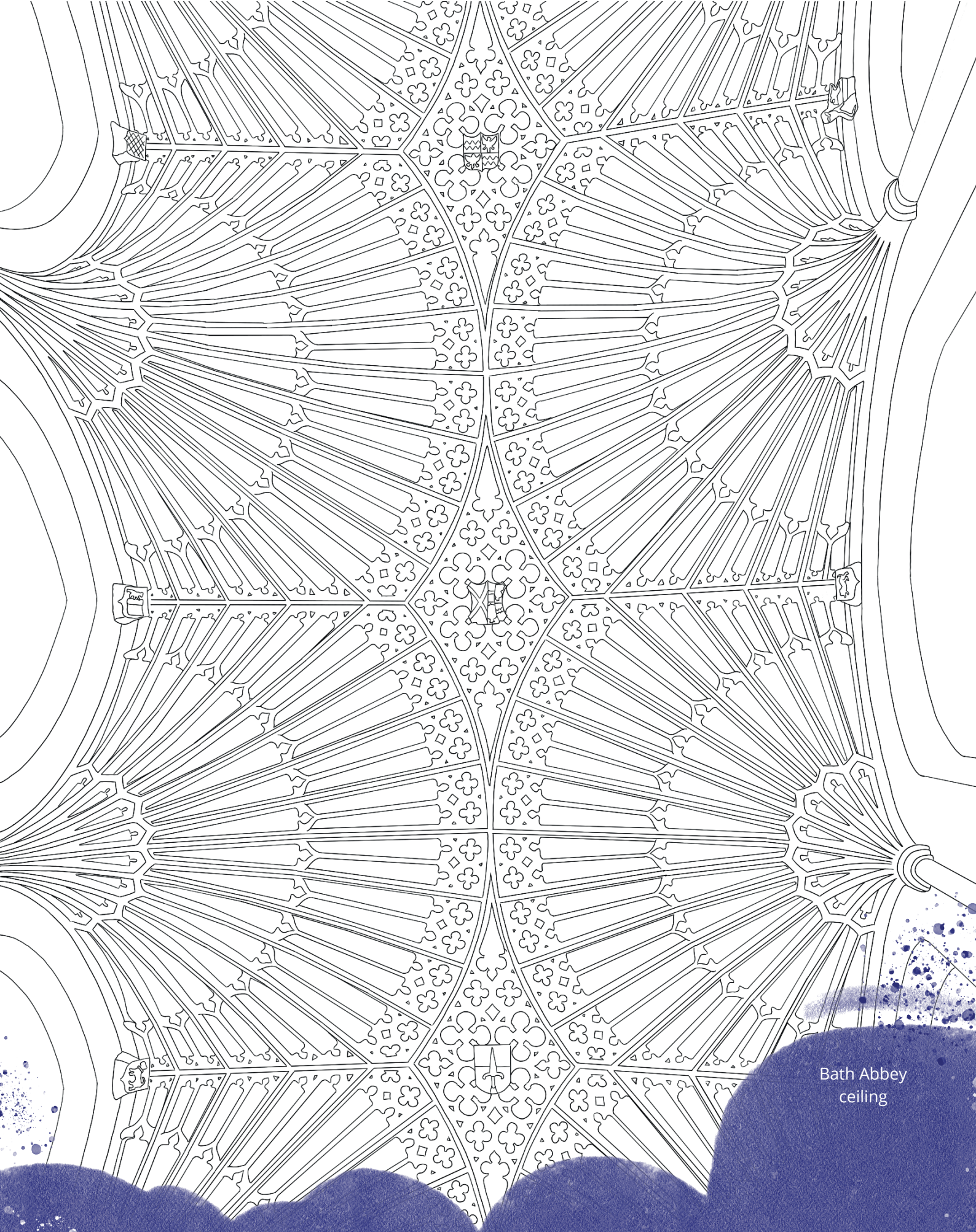
Medieval floor tile,  
Hill Hall



Saxon fitting,  
Springhead







Bath Abbey  
ceiling

More historical colouring pages can be found at:  
[wessexarch.co.uk/news/drawing-heritage-mental-health-awareness-week-resources](https://wessexarch.co.uk/news/drawing-heritage-mental-health-awareness-week-resources)

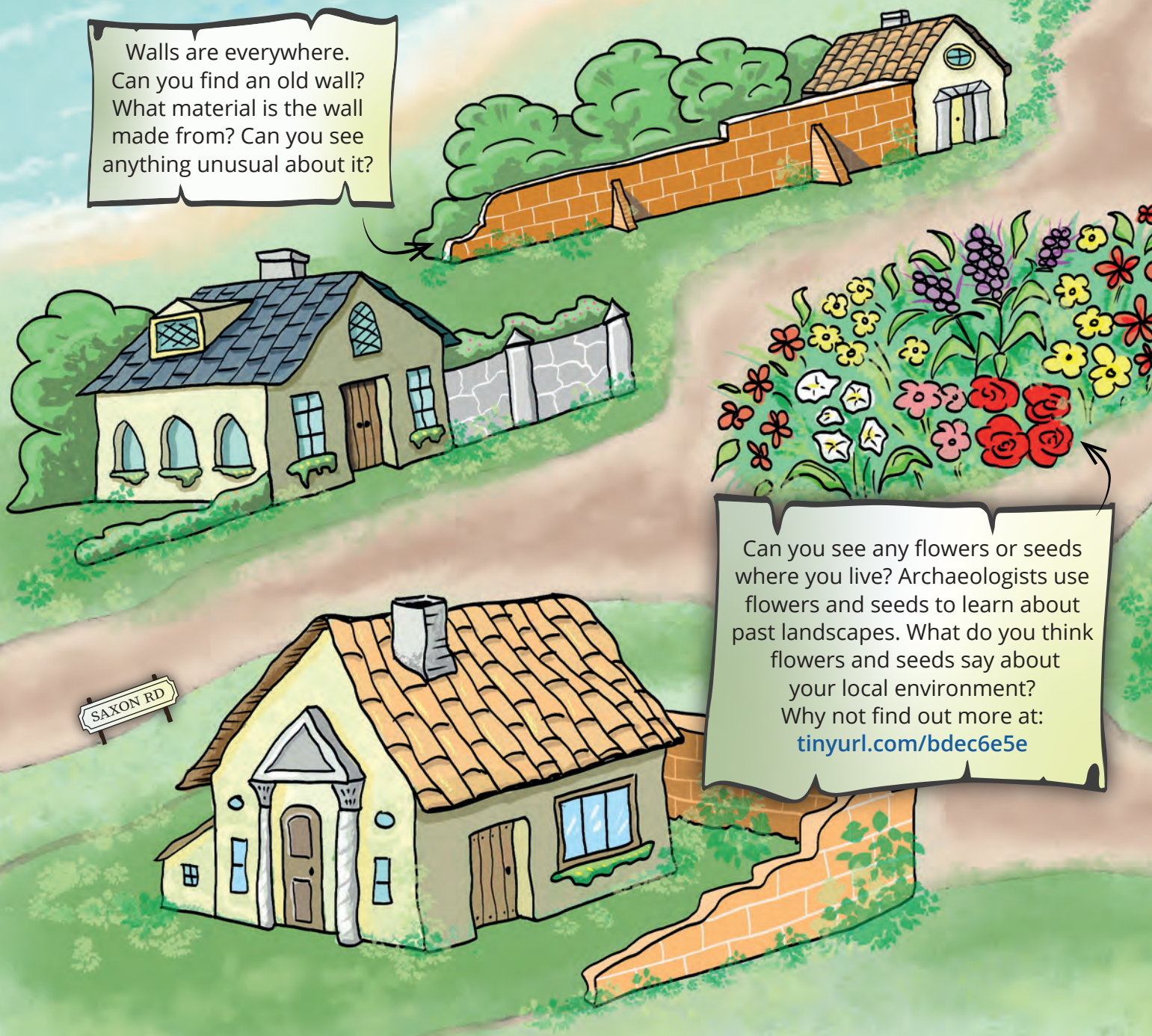


# HERITAGE SCAVENGER HUNT

History and heritage are all around us - in our streets, towns and landscapes.  
What can you find where you live?

Look out your window or grab a coat and head outside!  
Let's get hunting for heritage!

Walls are everywhere.  
Can you find an old wall?  
What material is the wall  
made from? Can you see  
anything unusual about it?



Can you see any flowers or seeds  
where you live? Archaeologists use  
flowers and seeds to learn about  
past landscapes. What do you think  
flowers and seeds say about  
your local environment?  
Why not find out more at:  
[tinyurl.com/bdec6e5e](https://tinyurl.com/bdec6e5e)





Look around your garden or local park.  
How many trees can you see?  
How old do you think they are?

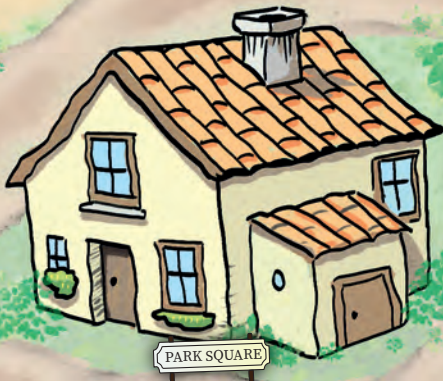


FISHERMANS VIEW

COPPICE WAY



Did you know the oldest tree  
in the world is 5000 years old?  
Imagine the history it has lived through!



PARK SQUARE



MONKS WAY

Take a walk to your local church.  
How old is it? If you can go inside,  
do you see any graffiti on its stone  
interior? Medieval churches often  
have graffiti carved into them,  
adding a personal touch  
to their history!



CHURCH WALK

History is often preserved in street names.  
What is your street called and where do you think the  
name came from? Are there any roads around you  
that have historic names? Roads might be named  
after a job, such as "Cutlers Walk", or after the road's  
past use, for example "Packhorse Way"...

Does your church have a graveyard?  
Have a look around!  
Can you find an unusual headstone?  
What is the oldest grave you can find?  
Do you see anyone that shares your  
first or last name?



# Map Making in the Mind

Today we are used to maps which show accurate birds-eye views, measured using sophisticated survey equipment. Maps in the past were very different: they were drawn to show landmarks, routes, ownership, and other things, emphasising what the map maker thought was important. Map makers were artists, not just surveyors.

## Make your own map...

Decide what your map will show; it could be your back garden, the route to the shops, or a memory of the woods you played in as a child.

If you choose a route, you might include key landmarks on the way, with distances 'measured' in how many minutes it takes you to walk between them. If you are drawing a familiar and easily accessible area such as your garden, you could measure using steps or just draw free-hand. A memory map might contain local names and stories.



Many old maps used a combination of perspectives: paths and boundaries were shown from a bird's eye view while buildings, trees and other features were shown as they would be seen by a person walking along.

If you want a more accurate basis for your map you could trace the main features from a paper or online map!



### Think about scale...

If you would like your map to be more accurate, you will need to think about scale. What does a set measurement on the ground (e.g. a metre or mile) equal on the page? Using graph paper may make this easier.



While modern maps have north at the top, earlier maps were centred and oriented depending on what worked best for the map's purpose.



- ✕ IMPORTANT PLACES
- ✕ PLACES FROM CHILDHOOD
- ➡ FAVOURITE VIEWS

### Use colour and symbols...

Map makers sometimes use different symbols, shading or colours to indicate different things more easily. These can be explained in a key.

Lots of map makers would add artistic flourishes such as ships, monsters, or people. These could be real... or not!

Learn more about myths, folklore and heritage here:

[youtube.com/watch?v=N2etg86PnHI](https://www.youtube.com/watch?v=N2etg86PnHI)

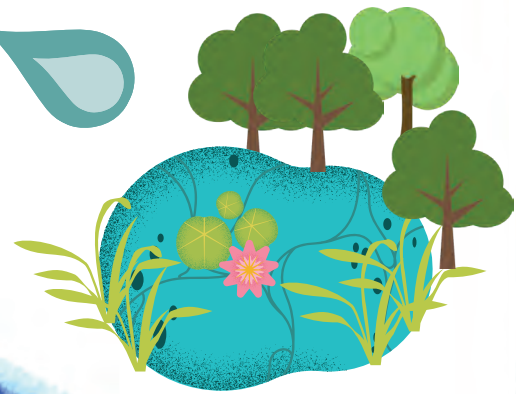
### Why not try...

If drawing isn't for you, what about tracing lines with sand or flour in a tray with everyday objects used to represent landmarks or features of your map?

Want a more hi-tech option? There are lots of apps that will track a route using your smartphone. You could combine this with a video commentary narrating directions, memories and things seen along your route.



**With this activity you can map the movement of water** around your home and your body, using a bit of detective work, some photos or drawings.



FOLLOWING THE

**Over time**, the way we collect and dispose of water for drinking and washing has changed enormously, and with it our relationship to rivers and streams.

**Where does the water you use come from?**

How does it enter the building and where does it leave?



**How does it feel** when you drink the water or stand in the shower?

What patterns do the ripples make in the kitchen sink?

Can you draw or describe them with words and pictures?

THE

**You will need...** a large sheet of paper, and a pen or pencil. Photos of pipes, taps, and plugholes can be printed, or drawings made. Cut them out and stick them onto the paper; connected together they form a watery map of your home or body.





**How near is your local stream or river?** In many towns and cities, streams and rivers have been diverted underground. By looking down as you walk around your neighbourhood, you can see signs of these underground waterways, drains or sewers.



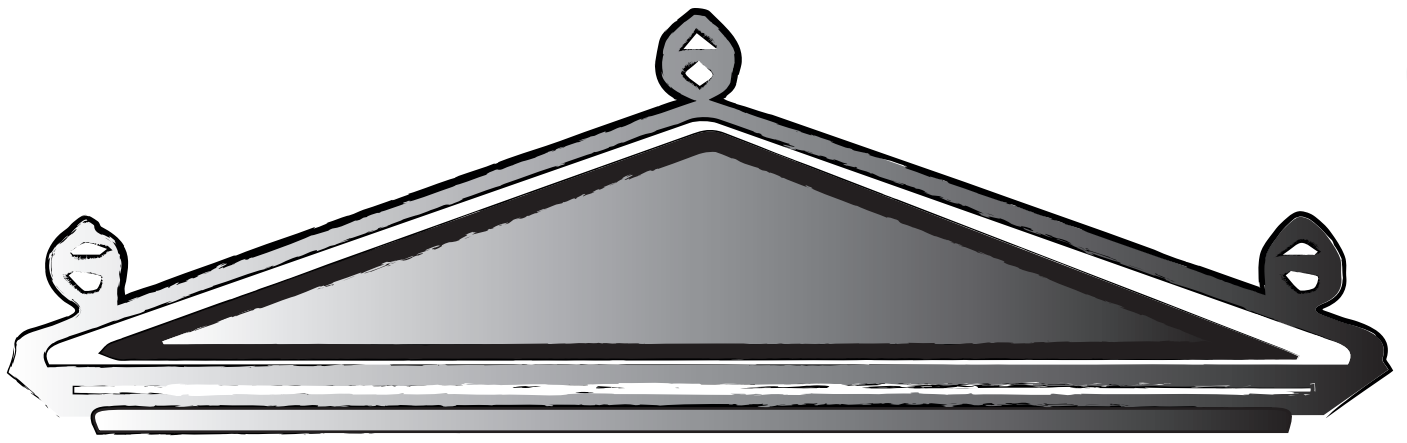
**If you'd like to...**you can expand your map outside, to connect with your road or garden. Where does the rainwater flow to after running down your drainpipes?

**As well as drawings** and photos you can make rubbings of signs, drains and manhole covers by placing paper over the raised area, and rubbing the side of a wax crayon over the top.



Listen to artist James Aldridge notice and record changes to the River Avon in our film Ebb & Flow: [youtube.com/watch?v=\\_YhqnhibH1Q](https://www.youtube.com/watch?v=_YhqnhibH1Q)





# HOME MUSEUM

History is not just about the bigger picture. It is also about our own personal heritage.

Think about an object you love. What is it? Why does it mean a lot to you?

Draw or stick a photo of the object in the **Wellbeing Archaeology** display below and fill in the information label.

Now look around your home. What else could you put in the display?

What represents you as an individual, your background and your family?

Think about how our objects reflect our heritage and who we are.

You can always go and visit your local museum if you want to see how the objects on display there reflect the people of the past.

Or why not visit Wessex Archaeology's **Museum of Lost and Found** online?

[wessexarch.co.uk/our-work/lost-found-treasures-archive](http://wessexarch.co.uk/our-work/lost-found-treasures-archive)

**WELLBEING  
ARCHAEOLOGY**

**NAME :** \_\_\_\_\_

**OWNER :** \_\_\_\_\_

**DATE :** \_\_\_\_\_

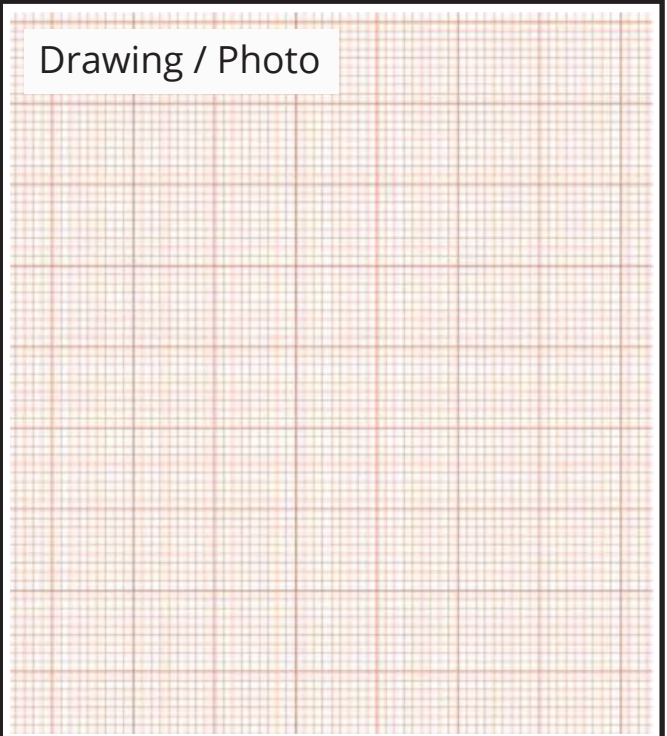
**Where is it from:** \_\_\_\_\_

**What is it made of:** \_\_\_\_\_

**Comments:**

\_\_\_\_\_  
\_\_\_\_\_

Drawing / Photo







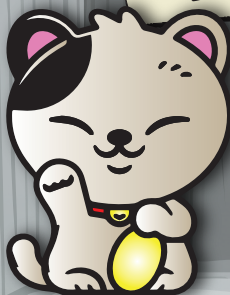
LANTERN  
1965



RED CLOCK  
1995



TEAPOT  
1981



LUCKY CAT  
Japan  
2019



DAD'S  
favorite mug  
2001

OLD BOTTLE  
PERFUME  
2013



FOSSILS  
Brighton  
2002



OLD BOOK  
1950

OLD CHEST  
2002



SNOW BALL  
Germany  
2005



OLD MUG  
1970

POSTCARD  
Paris  
1998



FLOWER POT  
Spain  
2017





# Creativity and Wellbeing

Sometimes just sitting down and writing some simple words can be calming, this basic expression of thoughts onto paper can become a form of creative writing or just creative thinking. It's free and totally private to you if that is what you want. It can be a great distraction and help you to relax and take your mind somewhere else.

Here are some ideas relating to Heritage that might help you get started.

Heritage is people, places, events... **Connections.**

Think of a place that has meaning to you.  
It can be real, or imaginary.  
It can be from a book or a picture you have seen.  
Sit back and think about it.

Then begin to think about the five senses, one at a time,  
write down some thoughts about each sense:

## Sight

What does it look like? What's the light like? Is it day or night?  
What are the colours you see? Are there other people? Do you recognise them?

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## Sound

Are there noises linked to this place or maybe in the background? Voices, music, animals, or maybe a lack of background noise, peace? What appeals to you?

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## Touch

Are you warm, cold, comfortable, striding through long grass or barefoot on a beach or climbing on cold stones? Being jostled in a crowd?

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## Smell

Is there a scent of people, food, flowers or animals, or maybe an everyday comforting smell like coffee. Do the smells take you somewhere else, do they make you smile?

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## Taste

Are you eating a delicious fruit or sipping cold water on a beach?

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Think of a historic building or landscape, somewhere that your grandparents would recognise. Using the same senses as above, what would you hear, taste, smell if you were standing there 30 years ago or maybe 200 years ago? What would not be there that is now? Cars or roads even? Pylons? What would be there that is not now? Horses and factory workers? Smoke or open countryside?

For inspiration, try looking up a town you know on Old Maps of England ([oldmapsonline.org](http://oldmapsonline.org)) or simply look for a church you know and work from there. Build up a picture and sketch it in pictures or in words.





A decorative border surrounds the central text, featuring various archaeological artifacts and tools. In the top left, there are several seashells. In the top right, a bronze vessel with a wheel-like pattern is visible. On the right side, there are more bronze vessels, including a bowl and a jar. At the bottom right, there are modern tools like a paintbrush, a pencil, and a fork. At the bottom left, there is a black tool bag with a yellow handle and a tag that says 'Wellbeing tools!'. The background is a mix of white, blue, and green wavy lines.

# Thank You

To all of the wonderful people who have contributed to this pack.

## Artist James Aldridge

[jamesaldridge-artist.co.uk](http://jamesaldridge-artist.co.uk)  
[Facebook.com/JamesAldridgeArt](https://Facebook.com/JamesAldridgeArt)  
[Twitter.com/JamesAldridge4](https://Twitter.com/JamesAldridge4)  
[Instagram.com/JamesAldridgeArt](https://Instagram.com/JamesAldridgeArt)

## And the creative and knowledgeable team from Wessex Archaeology:

Lizzie Garwood – 2D Animator and Illustrator  
Will Foster – Illustrator and 3D Modeller  
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Amy Wright – Illustrator  
Tom Westhead – Photographer and Videographer  
Esther Escudero – Illustrator  
Naomi Brennan – Senior Heritage Consultant  
Jasmine Porter – Finds Assistant Supervisor  
Ashley Tuck – Senior Research Officer  
Sarah Generalski-Sparling – Senior Consultant  
Sue Johnson – Librarian  
Andrea Burges – Research Director  
Patrick Daniel – Senior Research Officer  
Sara Willis – Development Manager  
Leigh Chalmers – Heritage Inclusion Manager

A big thank you to Pound Arts for letting us partner up with them  
to create the first Heritage Feel Good Pack:

[poundarts.org.uk](http://poundarts.org.uk)

If you want to know more about the work Wessex Archaeology  
does across communities in the UK please visit:

[wessexarch.co.uk](http://wessexarch.co.uk)

If you need a large print version of this pack, please contact  
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