



pamis
promoting a more inclusive society

NORSE CREATION

MULTI-SENSORY STORY **RESOURCE**





INTRODUCTION

As part of the Nithraid Festival 2020 in Dumfries, PAMIS (promoting a more inclusive society) have worked in collaboration with The Stove Network and Simon Lidwell of Wordsmithcrafts to develop a multi-sensory story about the Viking creation myth.

Due to current lockdown restrictions, it was decided that the festival will go online, and we will therefore be presenting the story as a video.

In this resource, you will find a copy of the story and everything you will need to recreate the multi-sensory experience at home.

PAMIS is the only organisation that works solely for people with a profound learning and multiple disabilities (PMLD) and their family carers to ensure they have access to healthy, valued and included lives.

PAMIS are pleased to be working with our partners to create this new opportunity for people with PMLD and their families in Dumfries and Galloway. We would like to thank The Holywood Trust and Tesco Bags for Help for their support in making this opportunity possible.

For further information about PAMIS' work in Dumfries and Galloway you can contact Programme Lead Heather Molloy at hmolloy001@dundee.ac.uk or visit our website www.pamis.org.uk



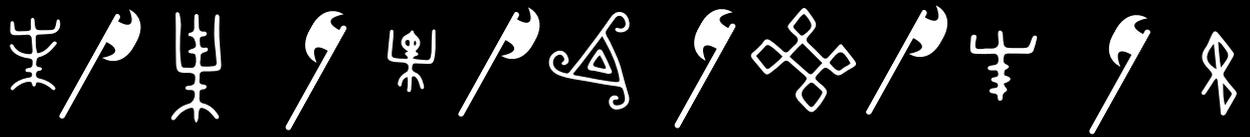
TESCO Bags of Help

the
stove
network



The Holywood Trust

Scottish Charity No. SC009942



NORSE CREATION

"Wearing this helmet I wonder, what did the world look like to Vikings?"

Put on the Viking helmet.

"It begins with a yawning gap, (Yawn) Ginnungagap !"

Blow on the horn gently along with the Narrator
Narrator blows a tune on the horn and then either sings or speaks:

"In the beginning everything was just a mess,
A jumble of nothing, with nothing to know.
A yawning Ymir asleep. Ice at his head and fire at his feet
Trees bare with no branches waiting to grow."

Repeat horn blowing.

"In the branches and roots of the world tree there were nine worlds"

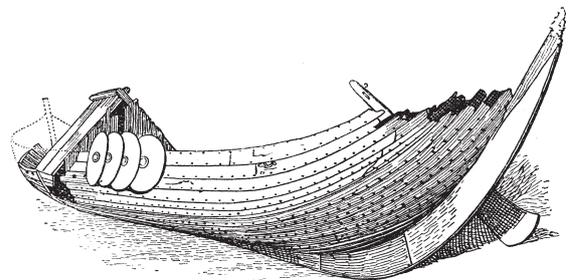
Hang the nine worlds (baubles) onto the world tree (branch). You can count them out as you hang them if you wanted to.

"The world in the Southern region was called Muspelheim and it was very hot and smelt like fire."

Red hot water bottle filled with warm water

"In the North, called Niflheim, there is a frozen world with ice waves so cold it bites."

Block of ice in a container



"A windless air blew the heat from Muspelheim and melted the ice."

Pour the warm water over the ice block

"Fire melted ice and a giant was found, Ymir you can call him"

Ymir mobile

"All sweaty and sleeping that one giant, Ymir, made more!"

Attach the man and woman figures to the Ymir mobile

"Lucky for hungry Ymir, more ice melted to find a cow called Audumla."

The sound of a cow

"Audumla had 4 udders from which Ymir drank milk."

Squeeze the udders (rubber glove with corn flour).

"Gulp, gulp"

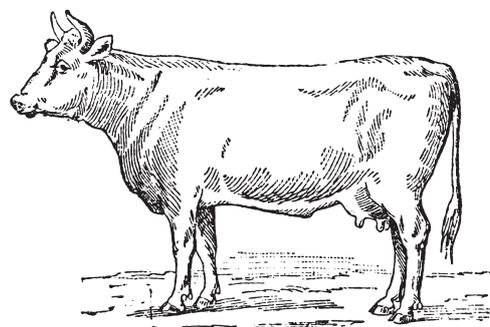
Drink a glass of milk (dairy alternative if needed)

"Audumla fed herself by licking the ice blocks which she thought was tasty."

Lick an ice lolly

"On the first day, of licking the ice block, some hair appeared."

Comb the hair



"On the second day a whole head appeared."

Place the hair on the head

"And, on the third day, another giant was there and his name was BÚri."

He had three grandsons; Mind, Will and Way, and they chopped up Ymir."

Unzip Ymir on model and pull out the green material

"His body became the earth
and his skull became the sky."

Pull out the blue material and place over the green material.

"The Vikings called the grandsons Odin, Villi and Ve.

They made people out of Ash and Elm trees."

Put two stick people standing where the brown meets the blue

"Odin gave them Inspiration. Villi gave them thinking. Ve gave them the power to do all the things you hear in stories.

But that is the end of this story and the start of many more."

Blow on the horn along with the Narrator
to the earlier tune.



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WHAT YOU WILL NEED

Viking Hat

Where to buy:

https://www.partydelights.co.uk/Fancy-Dress/ProductDetail.aspx?StockCode=HATS093&gclid=CjwKCAjwr7X4BRA4EiwAUXjbt_UqoJsq1upuWGJ5iqQnnoHBpyQshNBqd-tdnu4t4NDE_nz2v8p8jRoCIIQAvD_BwE £2.99

How to make:

<http://www.stormthecastle.com/how-to-make-a/make-an-easy-viking-helmet.htm>

Viking Horn

Where to buy:

https://smile.amazon.co.uk/dp/B00KL5MB60/ref=dp_prsubs_2 £6.39

How to make:

https://www.youtube.com/watch?v=zNpkdJCCgbA&feature=youtu.be&fbclid=IwAR18HCzaSJAmyeWs-qGIA-UprKrNnOFKTVSnKTSbmMfITVijL9AZVKo_ooo

The Word Tree

We used a branch and 9 Christmas baubles to represent the 9 worlds

Muspellheim

Any receptacle that can hold warm water - we recommend a red hot water bottle

Niflheimlce cubes

The warm water will be poured over so a container to place it into too.

Ymir Mobile

Ymir and the other giants can all be represented by dolls or action figures.

Audumla

Where to buy:

https://smile.amazon.co.uk/gp/product/B08BPFJBXW/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1 £22.99

We chose to use this one as you can stuff it and add a sound recording to it yourself.

Audumla's Udders

How to make:

Fill a pink rubber glove with corn flour. Make sure the cornflour goes all the way down into the four fingers of the glove. Push the thumb back into the glove and tie at the top with an elastic band.

Odin, Vili and Ve

How to make: <https://www.diys.com/crafts-made-from-sticks-and-twigs/>

Other items you will need:

A glass of milk (or dairy alternative)

A background of intense, bright orange and yellow flames against a dark background.

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NORSE CREATION

PROP MAKING FOR **MULTI-SENSORY STORY**



VIKING HELMET



METHOD

Cut a strip of card (2 inches wide) and measure it to fit around your head.

Stick the ends of the card together using a stapler or tape forming a circle.

Cut 2 further strips (2 inches wide) to attach inside the circle - crossing over to create a cross. This will make a bowl shape to sit on your head.

One of the strips used to form the cross, should be left longer to create a nose guard.

Next, draw 2 horn shapes onto card.

Cut these out and attach to both sides, using glue or tape.

Paint the helmet and horns. (grey for the helmet; white, black and brown for the horns)

Create some rivets across the helmet using found objects- felt circles; bottle tops; buttons etc- sticking them down with glue.

Paint the rivets. (Brown)

Ta-dah! You can now wear your Viking helmet!

INGREDIENTS

- Cardboard strips- enough to wrap around your head
- 2 strips of card to attach across the head
- A piece of card to create the 2 horns
- Pieces of foam; buttons; bottle tops for the rivets
- White, black, brown and gold paint
- Paintbrush
- Glue; duct tape; cellotape; stapler



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METHOD

In order to make a cone, take your piece of card or paper fold over to create a triangle. Cut the shape.

Decorate your cone using paint or pens.



Above is the Norse Alphabet so you could write something perhaps- Hello!

Roll the triangle to form the cone and secure the open edge with tape, glue or staples.

Take the straw and flatten one end. Cut a triangle shape into the end of the straw.

Cut the straw to make it much shorter.

Cut the pointed end of your cone and pop the straw into the end. Secure well with tape.

Now you will be ready to play your horn to alert your enemies!

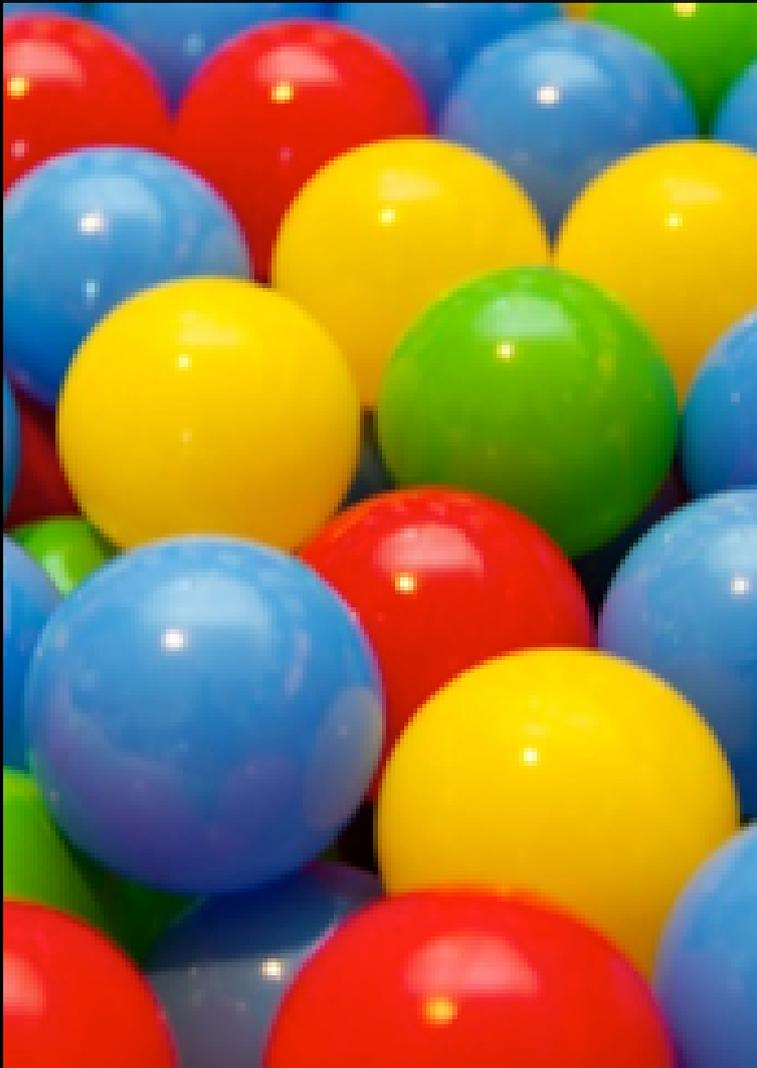


VIKING HORN

INGREDIENTS

- Thick paper or thin card
- Paint or pens to decorate
- Cellotape; stapler; glue
- Scissors
- straw

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INGREDIENTS

- **A small branch**
- **Nine baubles or balls**
- **String or ribbon to tie them onto the branch**
- **Paint; stickers; ribbons; tissue paper**
- **Glue; tape**

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THE WORD TREE

METHOD

Decorate each of your baubles to represent the nine different worlds.

Choose colours and textures to make each one individual.

Attach some string or ribbon around each one and attach them to your branch.



YMIR MOBILE

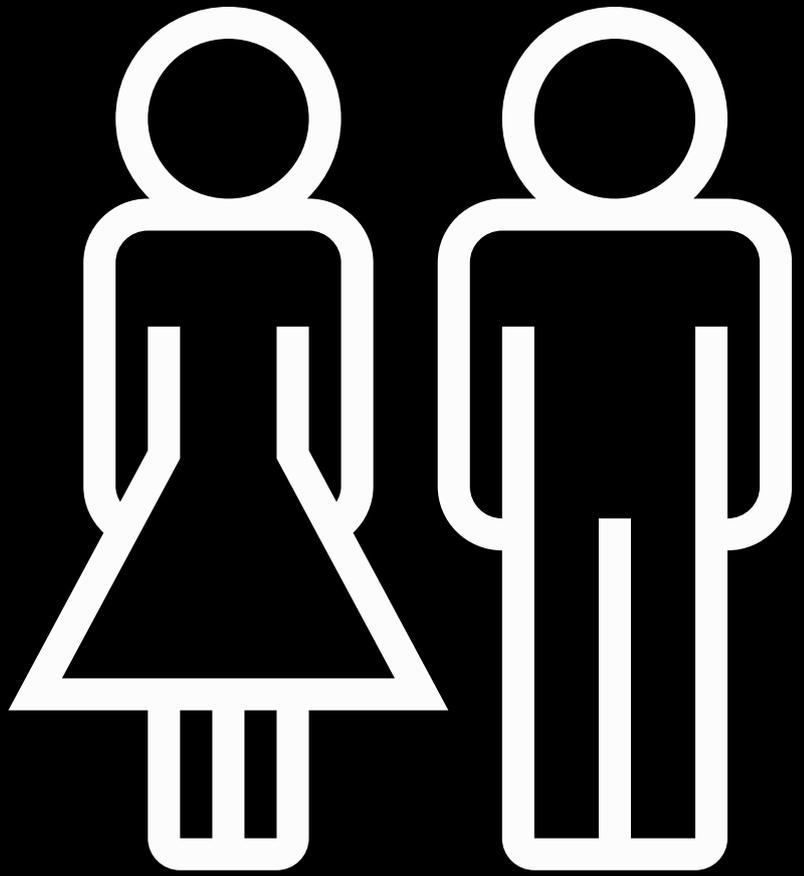
METHOD

Cut out images of a man and a woman from magazines.

Stick to some card to make it stronger.

Place a small hole in the top of each image.

Thread some string or ribbon and attach to the branch.



VIKING HORN

INGREDIENTS

- Thick paper or thin card
- Paint or pens to decorate
- Cellotape; stapler; glue
- Scissors
- straw

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ADUMLA; ODIN, VILI AND VE

METHOD

Take a rubber glove and fill with cornflour.

Secure the open end to avoid leaks.

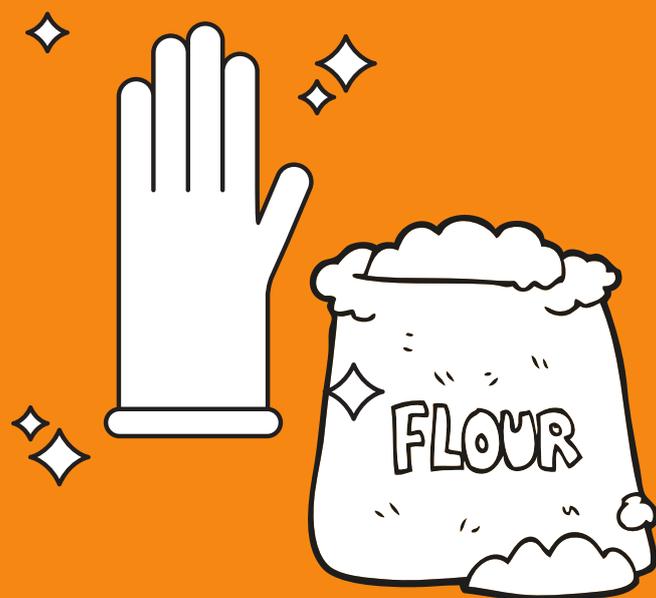
Create some twig/stick people.

Add cloth to add colour and textures.

Add googly eyes

INGREDIENTS

- Rubber glove
- Cornflour
- Twigs and sticks
- Googly eyes
- Different fabric; ribbons



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HAVE FUN!