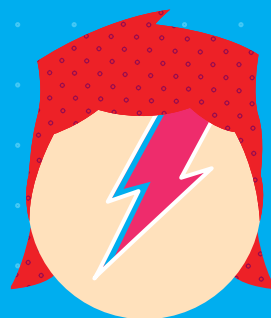


MAYOR OF LONDON



London Heroes

LONDON HISTORY DAY
AT HOME – FAMILY GUIDE

Sunday 31 May 2020

#LondonHistoryDay
#LondonTogether

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May 2020

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Historic England



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Introduction

London History Day is a celebration of what makes London a unique city.

Launched by Historic England in 2017, London History Day is celebrated annually on 31 May. The date marks the anniversary of the day Big Ben first started keeping time in 1859.

This year, in a tough and challenging time for the city, the day will celebrate London's resilience. From small acts of kindness and individual heroism to battles fought and won, London's history is teeming with stories of resilience, courage and compassion.

On 31 May 2020 Londoners will come together virtually to celebrate the city's proud history of resilience. We will share stories that remind us of the incredible strength, courage and community spirit of Londoners today, and throughout history. It will be a day to reflect, create, connect with each other and have fun.

Learn more about London History Day at **www.HistoricEngland.org.uk/LondonHistoryDay**



Celebrate London History Day at home

In previous years, London primary schools and nurseries have celebrated London History Day on the last Friday before half-term. This year, the Mayor of London is inviting London families celebrate at home instead on Sunday 31 May.

In this pack we showcase some of London's heroes, past and present, who embody 2020's theme of resilience. They're people who have been courageous in challenging circumstances, have shown compassion to others and are an inspiration to many.

Families can celebrate in lots of different ways. We always encourage children - and adults! - to dress up on London History Day as their favourite historic Londoner. This guide has suggestions for simple costumes to make related to the theme of London heroes.

Parents and carers can inspire children to find out more about their city's cultural heritage with fun activities. You'll find ideas for props and accessories to make in our Activities section. There are also suggestions for things to do on the day.

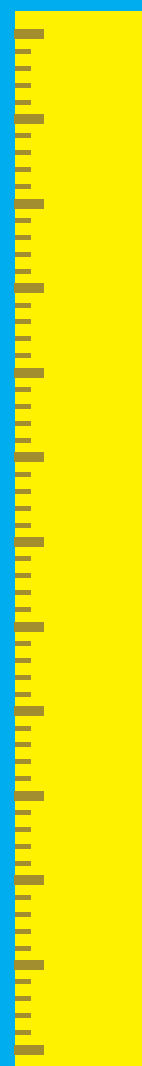
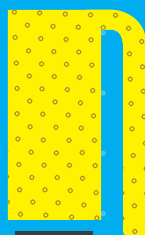
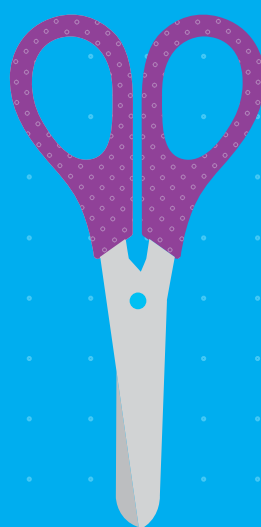
Share your creations using the hashtags #LondonHistoryDay and #LondonTogether.

We appreciate that all Londoners are facing challenging circumstances at present. We hope by taking part, families will feel encouraged and uplifted by the stories of our London heroes. Above all, we want London History Day to be a chance to have fun together.

Do follow the government's latest guidelines on social distancing when preparing for or taking part in London History Day. Find out more at **www.gov.uk/coronavirus**

Checklist

1. Start planning for London History Day at home in the week before.
2. Each member of the family can choose their favourite London hero to dress up as. Find out more about them online (see the Useful links section).
3. Are there any clothes you can use or borrow from each other? Do you have any old items that you could adapt or repurpose? We've included some ideas for simple costumes to create without leaving your home!
4. Hunt out props and accessories from around your home to use. Make new ones from any materials that you have available (see the Activities section).
5. Use the Activities section to help you plan one or two fun activities for the day.
6. Share photos of your family's celebrations online using the hashtags #LondonHistoryDay and #LondonTogether. Be sure not to include any personal information in public posts.
7. Do you use video calling to keep in touch with extended family and friends? Arrange a call so they can see your costumes and you can tell them how you've been celebrating!



London icons





NHS NURSES AND DOCTORS (from 1948)

Who are they?

Staff working for the National Health Service including in hospitals, doctors' surgeries and other medical centres.

London links

London has more NHS organisations than anywhere else in Britain. The largest is Barts Health NHS Trust with five hospitals including St Bartholomew's and The Royal London. Over 16,000 members of staff work at the hospitals. They treat 1,255 patients in Accident and Emergency every day and 1.4 million outpatients every year. London also has several trusts which provide specialised care including Great Ormond Street Hospital for Children.

Get the look

Tracksuit bottoms or trousers and a loose top or T-shirt in a matching colour. Flat shoes or trainers. Accessorise with a toy stethoscope or make your own (see Activities).

Doctors: add a large white adult's shirt over the top, unbuttoned.

Surgeons: add a swimming or shower cap.



WALTER TULL (1888-1914)

Who was he?

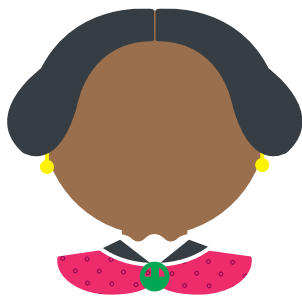
Professional footballer and pioneering black officer in the British Army. He was killed in action during the First World War. In 2018, Tull featured on a set of Royal Mail stamps marking the war's end 100 years earlier.

London links

After the deaths of his parents, Tull was brought up in an orphanage in Bethnal Green. Aged 20, he signed for Clapton FC, a top amateur club based in Forest Gate. A year later he moved to the professional team Tottenham Hotspur. He suffered racial abuse from spectators when playing for Spurs' first team but stayed calm and professional. When the First World War started, he enlisted in the British Army, rising to the rank of second lieutenant.

Get the look

Brown or khaki shirt. Brown or khaki coloured trousers or tracksuit bottoms. Tuck into long beige or grey socks. Black or brown shoes or ankle boots. Add a belt over the top of the shirt and a cap. Alternative: football shirt and knee length shorts. Draw on a moustache using face paints or eye liner pencil. Make a medal (see Activities).



MARY SEACOLE (1805-1881)

Who was she?

Businesswoman and pioneering nurse. During the Crimean War (1853-1856) she visited the battlefield to nurse wounded soldiers. She also set up the British Hotel where recovering officers were cared for. Later in life she often wore military medals.

London links

Seacole was born in Kingston, Jamaica, and travelled widely. After the Crimean War she lived in Covent Garden. She died in Paddington and is buried in the Catholic Cemetery at Kensal Rise. In 2016, a statue of Seacole was unveiled outside St Thomas' Hospital in Lambeth. It stands opposite the Houses of Parliament and is thought to be the UK's first to honour a named black woman.

Get the look

Plain coloured blouse or shirt and long skirt, or long dress. Black shoes or ankle boots. Add a scarf or length of fabric around your neck. Accessorise with beads, a brooch and a military medal (see Activities).



DAVID BOWIE (1947-2016)

Who was he?

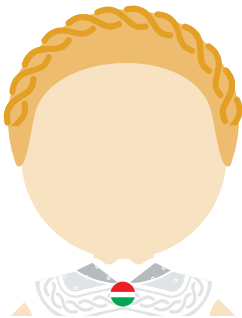
Singer, songwriter and actor. His song 'Heroes' was recorded in 1977 and includes the lines 'We can be heroes/ Just for one day'.

London links

Bowie was born in Brixton and went to school in Stockwell and Bromley. He played live in venues across London including the Hammersmith Apollo. He also recorded some of his most famous albums at a studio in Soho. There's a mural featuring Bowie as his character Ziggy Stardust on a wall opposite Brixton Tube, near where he was born.

Get the look

Brightly coloured tights or leggings. Leotard or blouse. Boots or platform shoes. Blue eyeshadow, black eyeliner, orange blusher and lipstick. Paint a 'lightning bolt' across the face using face paints or an old lipstick. Spray hair with temporary red or orange hair colour (optional). Make a microphone (see Activities).



DAME MILLICENT GARRETT FAWCETT (1847-1929)

Who was she?

Leading campaigner for equal rights for women. As president of the National Union of Women's Suffrage Societies (NUWSS) she played an important part in winning women the right to vote.

London links

Fawcett went to school in Blackheath. After marrying, she lived in London and Cambridge, often speaking at large meetings to campaign for women's right to vote. In 2018, a statue of Fawcett was unveiled in Parliament Square to mark the centenary of some women gaining the vote. The statue has a banner with the words 'Courage calls to courage everywhere'. This is an extract from a speech Fawcett gave after the death of a fellow campaigner.

Get the look

Plain coloured blouse or shirt and long skirt, or long dress. Black shoes or ankle boots. Gather a strip of white fabric, ribbon or lace to make a frilled collar and fasten with a safety pin or brooch. Make a red, green and white suffragist rosette (see Activities).



THE WINDRUSH GENERATION (from 1948)

Who are they?

Women and men who were recruited from the Caribbean to live and work in Britain to fill labour shortages after the Second World War.

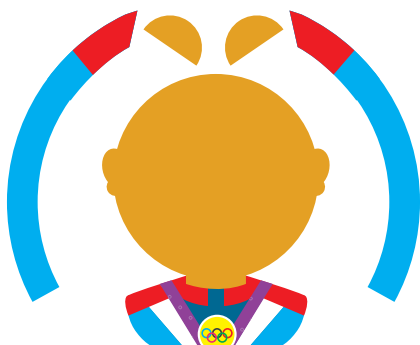
London links

SS Empire Windrush's arrival at Tilbury Dock in June 1948 is celebrated as the start of large-scale post-war migration from the Caribbean. On board were almost 500 passengers, including many Caribbean men who had fought for Britain in the Second World War. Over the next few years they were joined by other men and women. Many settled in London and worked in public services such as London Transport and the newly founded NHS.

Get the look

Girls: Smart dress or skirt and blouse with a belt at the waist. Add white gloves, a hat, clip on earrings and a bead necklace. Carry a handbag and a small case.

Boys: Long dark coloured trousers. White shirt and narrow tie. Straw boater or black felt hat. Carry a small case.



SIR MOHAMED 'MO' FARAH (born 1983)

Who is he?

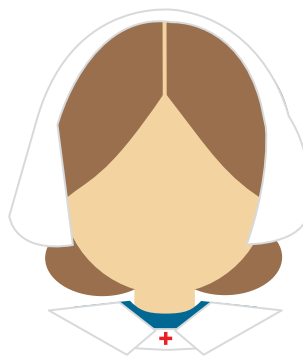
Long distance runner. Britain's most successful track athlete in the history of the modern Olympics, winning 'double gold' at two consecutive Games.

London links

Farah moved from Somalia to Britain aged eight and lived in Hounslow. He went to local schools and represented Hounslow at cross-country in the London Youth Games. After leaving college he lived and trained at St Mary's University College, Twickenham. At London 2012 Farah won his first two Olympic gold medals in the 5,000 and 10,000 metres. In 2018 he finished third in the London Marathon, comfortably beating the previous record time by a British runner.

Get the look

Trainers and tracksuit bottoms or running shorts. Red, white or blue vest or T-shirt. Pin fabric cut outs of the letters 'G' and 'B' to your vest or T-shirt. Add a thick gold or silver neck chain. Draw a moustache and small beard on your face with face paints or eyeliner pencil. Make a gold medal (see Activities).



FLORENCE NIGHTINGALE (1820-1910)

Who was she?

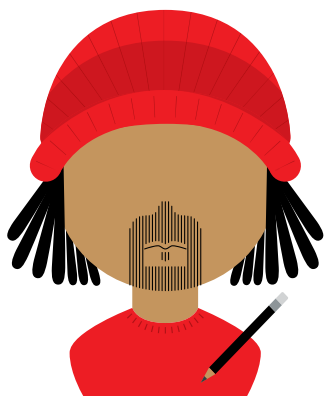
Pioneering nurse and social reformer who is often regarded as the founder of modern nursing. She became famous during the Crimean War (1853-1856) for the improvements she made to military hospitals. This year marks the 200 year anniversary of her birth.

London links

Nightingale was born in Florence, in Italy, and travelled widely as a young woman. Aged 33 she became superintendent of a women's hospital in Harley Street. After the war she used donations to the Nightingale Fund to set up the Nightingale Training School at St Thomas' Hospital in 1860. Today the Florence Nightingale School of Nursing and Midwifery is part of King's College London. Seven NHS critical care temporary hospitals set up in Britain in 2020 have been named after Nightingale including one at ExCel London.

Get the look

Plain blouse or shirt and long skirt, or long dress. Gather a strip of white fabric, ribbon or lace to make a frilled collar and fasten with a safety pin or brooch. Gather a second strip to look like the front of frilled cap and fasten to your hair with grips. Make a paper lamp (see Activities).



AKALA (born 1983)

Who is he?

Akala is the stage name of the rapper, activist, lecturer, author and poet Kingslee James McLean Daley. He has spoken about his own experience of racism and overcoming the difficulties of growing up in a poor community.

London links

Akala grew up in a single-parent family in Kentish Town with his older sister, Ms Dynamite. He attended Brookfield Primary School and Acland Burghley Secondary School where he gained 10 GCSEs. As a teenager he played football for West Ham United's under-18 team. Akala has performed at the British Library as well as at many major music festivals. He gives guest lectures at universities and schools and founded The Hip-hop Shakespeare Company (THSC). He lives in west London.

Get the look

Round necked T-shirt, jumper or sweatshirt. Loose fitting trousers. Black shoes, trainers or ankle boots. Woollen beanie hat. Make a microphone (see Activities).



EVACUEES (1939-1945)

Who were they?

Children who were moved from their homes in big towns and cities to protect them from air raids during World War II.

London links

On 1 September 1939, two days before war was declared, children began to be evacuated from their homes. In London, children gathered at their schools with their teachers. They were then transported by specially commissioned buses and steam trains from London to country areas to live with local people. Some pregnant women and mothers with babies were also evacuated.

Get the look

Girls: knee length dress or skirt and top. Cardigan. Ankle socks and school shoes or plimsolls. Add hair ribbons and a woolly hat or beret.

Boys: long shorts and plain shirt. V-necked jumper, with or without sleeves. Long socks and school shoes or plimsolls. Add a woolly hat or cap.

All: carry a small case and a favourite toy. Tie a label with your name, address and the name of your school onto your clothing.



DAME CRESSIDA DICK (born 1960)

Who is she?

Senior police officer and current Commissioner of the Metropolitan Police in London, the first woman ever to hold this rank.

London links

The Metropolitan Police Service (MPS) is responsible for law enforcement in Greater London. Dick joined the MPS as a constable in 1983, later transferring to Thames Valley Police. She returned to the MPS as a commander in 2001 and was appointed Commissioner in 2017. She is based at New Scotland Yard, the headquarters of the MPS on the Victoria Embankment in Whitehall.

Get the look

Black skirt or trousers and white shirt or blouse. Flat black shoes. Make a checked cravat by drawing black squares onto a strip of old white fabric. Pin two strips of black fabric onto the shoulders as epaulettes; decorate with metal buttons or badges (optional). Make a medal (see Activities).



THOMAS JOHN BARNARDO (1845-1905)

Who was he?

Founder and director of Barnardo's charity, which originally provided schools and homes for very poor and orphaned children. Today Barnardo's is the UK's largest children's charity with its headquarters in Barkingside. Its official mascot is a bear called Barney.

London links

Barnardo was born in Dublin, Ireland, but moved to London aged 21. He studied at the London Hospital in Whitechapel and used the title 'doctor' although he did not qualify as one. He opened his first Ragged School in London's East End in 1867 and his first home for boys in Stepney in 1870. Later he founded homes for London children on the 'cottage home' model in country areas. By the time of his death, the charity had opened 96 homes.

Get the look

Jacket and white shirt. Turn up the collar of your shirt and add a ribbon as a bow tie. School trousers and shoes. Wear or make a pair of glasses (see Activities).



SIR DAVID ATTENBOROUGH (born 1926)

Who is he?

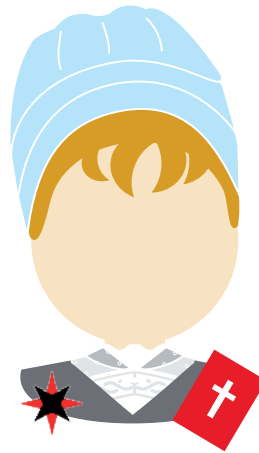
Natural historian, conservationist, writer and one of the pioneers of television nature documentaries, with over 50 years' experience. As a World Wildlife Foundation (WWF) patron he helps raise awareness of human impact on animals and the natural environment.

London links

Attenborough was born in Isleworth and lives in Richmond. His first wildlife programme for the BBC featured animals from London Zoo. After his postgraduate degree at the London School of Economics he returned to the BBC, becoming Director of Programming at White City. He later resigned to concentrate on making documentaries and his conservation work.

Get the look

Beige coloured trousers or shorts. Light blue open-necked shirt or polo shirt. Plain shoes or plimsolls. Comb talcum powder through hair (optional). Carry a toy animal.



ELIZABETH FRY (1780-1845)

Who was she?

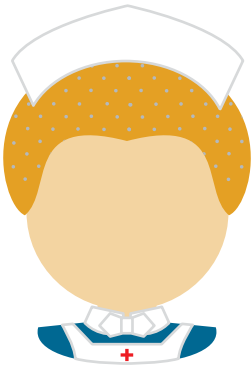
Prison reformer and humanitarian worker. Her image was on the Bank of England £5 note from 2002 to 2016.

London links

Fry moved to London after she married in 1800. She went on to have 11 children and lived in the City of London, East Ham and Forest Gate. After visiting Newgate prison in 1813, she began campaigning for prison reform. In 1817, she founded an association to help female prisoners develop skills they could use to find jobs after their release. Fry also worked to improve nursing standards, campaigned for the abolition of slavery and set up soup kitchens for London's homeless.

Get the look

Blouse or shirt and long skirt, or long dress, and a belt. Wrap a white scarf, or long piece of fabric, behind your neck, cross it over your front and tuck it into the belt. Add a shawl or pashmina. Wear a frilly shower cap or make a mob cap (see Activities).



DAME EDITH CAVELL **(1865-1915)**

Who was she?

Nurse who saved the lives of soldiers on both sides during Word War One at a hospital in German-occupied Brussels, in Belgium. She was executed by a German firing squad for helping British and French soldiers escape from the hospital.

London links

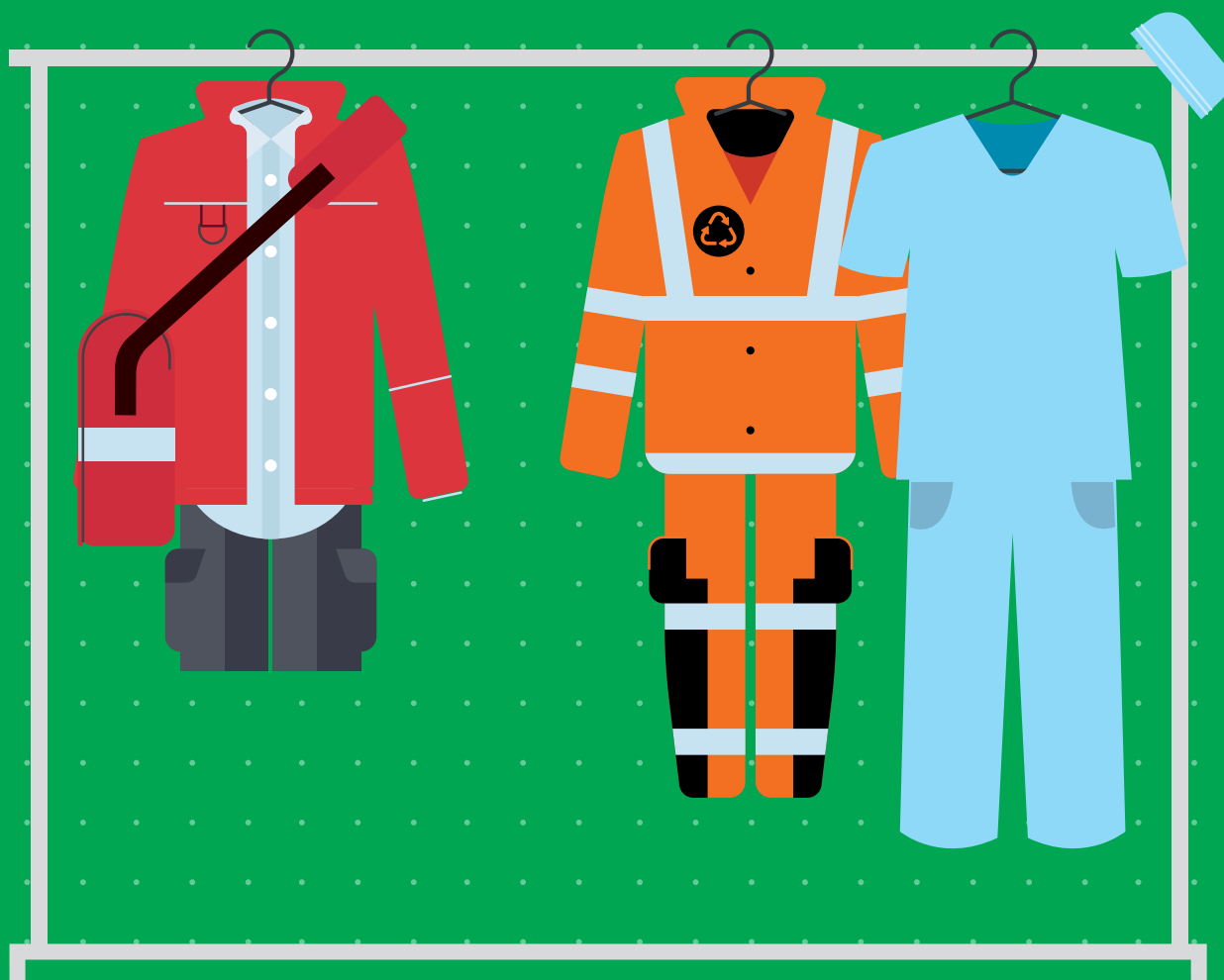
Cavell trained as a nurse at the London Hospital in Whitechapel. She then worked in various hospitals including Shoreditch Infirmary and St. Pancras Infirmary. After the war, her body was returned to England and a state funeral was held at Westminster Cathedral. There is a statue and memorial to Cavell in St. Martin's Place, near Trafalgar Square.

Get the look

Plain blouse or shirt and long skirt, or dress. Make an apron out of an old pillowcase: cut out one large rectangle and a smaller square; pin the rectangle to your skirt and the square to your top. Make an armband from leftover fabric and draw a red cross on it.

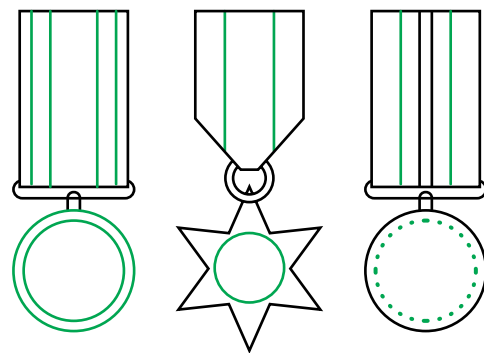
Make a nurse's cap by folding a large handkerchief, or square of fabric, in half to make a triangle. Or use our template (see Activities).

Hidden heroes



**Not all heroes wear capes like
Superwoman and Batman!**

And not all of them are as famous as the ones in this pack. Perhaps you would like to choose one as your London Hero for 2020? These are some of our suggestions for hidden heroes that you could dress up as on London History Day.



Forgotten heroes

Some London heroes are not very well known. Use the internet to find out more about one of these less familiar heroes or to search for others.

KOFOWOROLA ABENI PRATT (1915-1992)

First black nurse to work for the NHS

OLAUDO EQUIANO (c.1745-1797)

Writer and anti-slavery campaigner

ROSALIND FRANKLIN (1920-1958)

Pioneering scientist

DANIEL MENDOZA (1764-1836)

Boxing champion

ETHEL GORDON FENWICK (1857-1947)

Pioneering nurse and campaigner for state registration of nurses

ASQUITH XAVIER (1920-1980)

First black train guard at British Railways and campaigner against discrimination

ROSA MAY BILLINGHURST (1875-1953)

Suffragette, teacher and wheelchair user

SIR ALAN MONCRIEFF (1901-1971)

Pioneering children's doctor

SOPHIA DULEEP SINGH (1901-1971)

Princess, suffragette and wartime nurse

HENRY WHITEHEAD (1825-1896)

Priest and pioneer in mapping the spread of infection

Family heroes

Is there someone in your family that you would like to celebrate? Perhaps a relative who served in the Second World War. Or one who works as a nurse or doctor. Maybe your hero is your mum or dad, your foster carer or your nan.

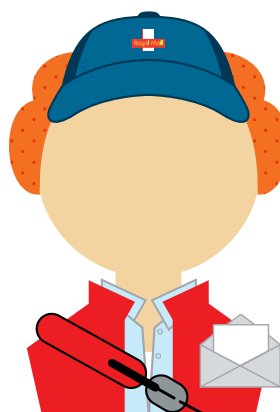
Plan 10 questions you'd like to ask them about their life, then phone, email or talk to them (or someone who knew them). You might be surprised by what you find out!



Community heroes

Is there a group of people that are your heroes at this moment? Perhaps people like cleaners and admin staff who keep our NHS hospitals running behind the scenes. People who care for the elderly or the disabled, or who volunteer their time to help others. Or maybe those keeping us supplied with food and other essentials, or with power and water.

These are some of our community heroes, but you may want to choose a different group!



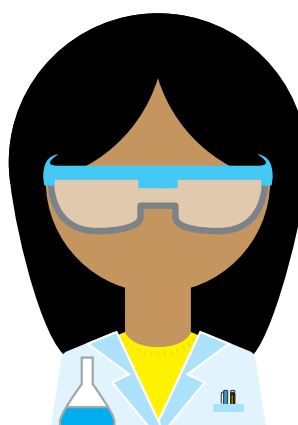
POSTAL WORKERS



**TRANSPORT FOR
LONDON WORKERS**



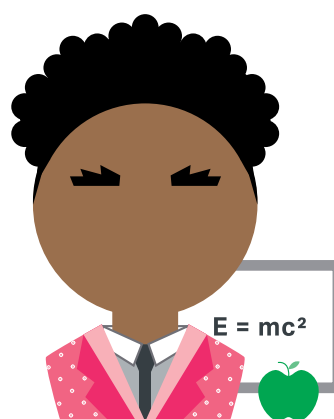
SHOP WORKERS



SCIENTISTS



BIN WORKERS

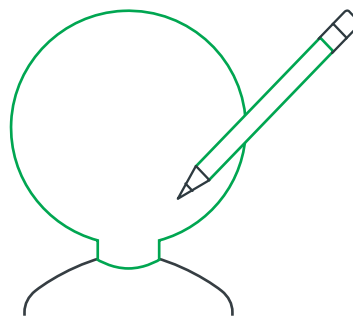


TEACHERS

My hidden hero

When you've chosen your hidden hero, draw a picture of them.

You could also write a short biography (an account of their life) in a similar style to the ones of the famous people in this pack:



Who are (or were) they?

Briefly describe what they do, or did, and why they are a hero.

London links

Do they live or work in London? Were they born or married here? Did they go to school or university here? Are any places in London connected to them in other ways?

Get the look

What clothing and accessories could you wear or make to dress up as your hero? Don't forget that you must be able to find all your suggestions around your home!

Share your hero

If you want to, you could share the story of your hero on social media using the hashtags **#LondonHistoryDay** and **#LondonTogether**. If your hero is a personal friend or family member, don't forget to ask them first.

Activities



Activities:

Preparation for the day

MAKE A SUFFRAGETTE OR SUFFRAGIST ROSETTE

Materials

White card; scissors; coloured tissue paper or felt pens, glue; a safety pin; tape; coloured ribbons (optional); a set of compasses or different sized lids to draw around.

Instructions

Draw a circle on the white card approximately 12cm in diameter. Draw a small circle in the middle, then two more circles between the middle and the edge. Leave the centre white and fill the outer ones with scrunched up balls of tissue paper or colour them in with felt pens. Write VOTES FOR WOMEN in the centre. Cut out your rosette and fasten the safety pin to the back with tape. Glue ribbons to the back (optional).

Suffragette colours

green, white and purple

Suffragist colours

green, white and red

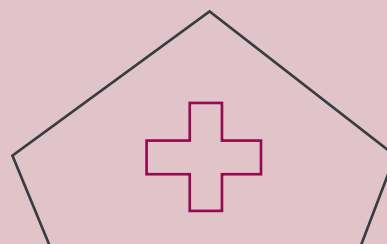
MAKE A NURSE'S CAP

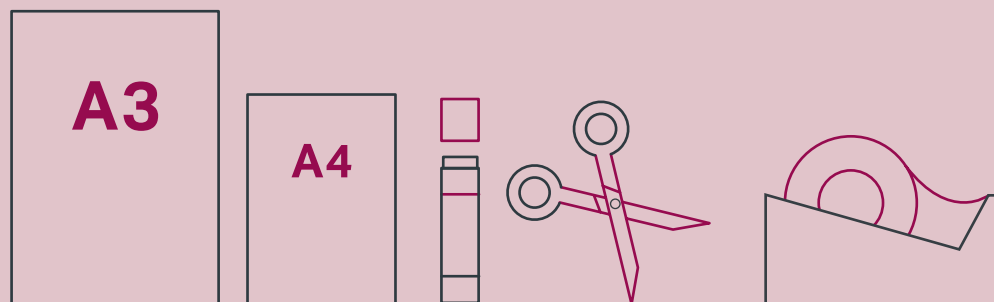
Materials

Nurse's cap template printed or drawn onto A4 size white card; scissors; red crayon or felt pen; strips of card or stiff paper approx. 3cm wide and 65cm long; stapler; tape.

Instructions

Colour in the red cross then cut out the cap template. Use the long strips of card to make a headband to sit just above your ears; staple the two ends together. (This is easier if two of you work together!) Tape the cap to the headband.





MAKE A MEDAL

Materials

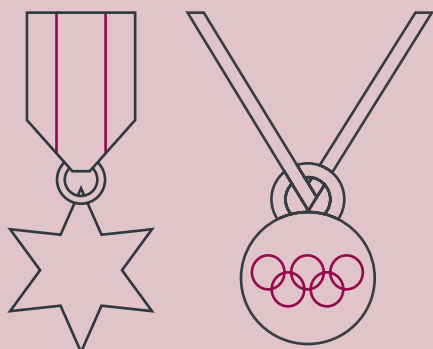
Salt dough (recipe on the right); lids, circular or star shaped cutters; modelling tools or a pencil; paint; ribbon.

Instructions

Press out the dough and use a lid or cutter to cut out a circle or star. Make a narrow roll of dough and press it into the top of your circle, or star, to make a loop. Use the tools or pencil to carve your design onto the medal. When your medal is dry you can paint it.

Olympic medal: Thread a long length of ribbon through the loop and tie at the back of your neck.

Military and police medals: Thread a short length of ribbon through the loop and fasten to your jacket with a safety pin. You could make a whole row of medals!



SALT DOUGH RECIPE

Materials

One cup of salt; two cups of flour; $\frac{3}{4}$ cup of water.

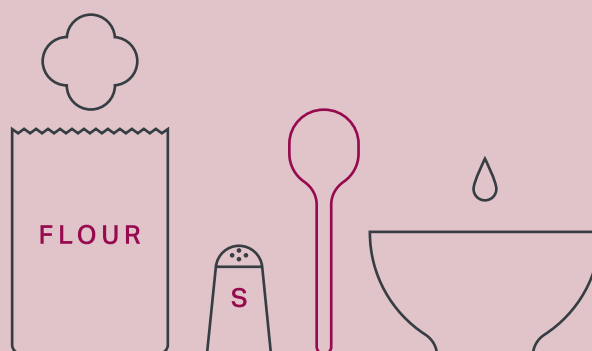
Instructions

Use a wooden spoon to mix the salt and flour together in a large bowl. Gradually add the water and mix well. Turn the dough onto a board or table and knead with your fists until it is smooth and combined.

When you have made your creations, these can be air dried or baked in the oven (with adult help!) at 180C.

Tip

Store any leftover salt dough in an airtight container as it keeps well for several days.



MAKE A WORKING STETHOSCOPE

Materials

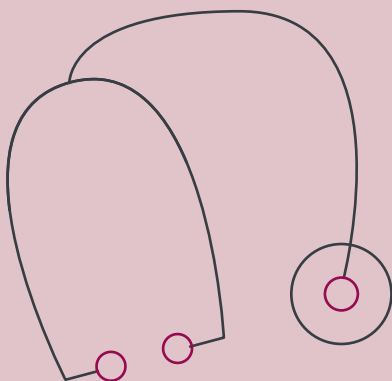
Two lengths of flexible plastic tubing approximately 30 cm long; one small plastic pot or cap with pre-drilled hole in centre; a balloon; coloured tape; scissors; craft knife; wire (optional).

Instructions

Bend the first plastic tube in half and make a small slit in the centre. Insert one end of the second tube into this and the other end into the plastic cap; fasten with tape. Cut off the narrow end of the balloon and stretch the rounded end around the pot or cap; fasten with tape.

Bend the wire into a U-shape and tape to the first tube (optional).

Now listen to your family's heartbeats!



MAKE A MICROPHONE

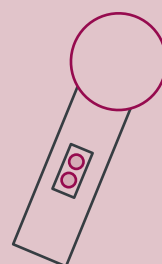
Materials

One cardboard tube; scissors; paint or felt pens; one polystyrene or table tennis ball; paper; tinfoil; glue; scissors; coloured paper.

Instructions

Cut the cardboard tube to the length you want your microphone to be. Paint it, or colour with felt pens. Cut out paper shapes to look like buttons, or just have fun with patterns and shapes. Glue these onto the tube.

Cover the ball with a large square of tinfoil. Insert the ends into the tube and secure with glue. Get ready to entertain your fans!



MAKE A MOB CAP

Materials

White or cream fabric, 50cm square; a pencil; string; a ruler or tape measure; scissors; a large needle; thick thread or knitting yarn.

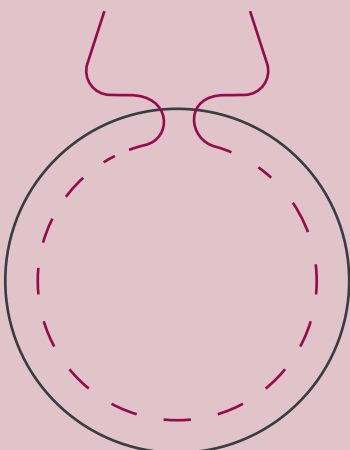
Instructions

Find the centre of the square by folding the fabric in half and half again; make a small mark in the centre with the pencil. Tie the end of the string to the pencil then cut so that the string measures 25cm in length. Place the tip of the pencil in the centre of the square and make a small mark on the fabric at the end of the string. (This is easier if two of you work together!) Make a series of marks about 1cm apart to form a circle. Cut out the circle.

Now use the ruler or tape measure to make a second series of marks 6cm from the edge of the circle. Cut a 90cm length of thread or yarn and make a line of large stitches around the circle, following the marks as a guide; leave 15cm of thread or yarn at each end.

Place the cap on your head and ask someone else to pull slowly on both ends of the thread or yarn until it fits comfortably. Tie the ends in a double bow. Remove the cap and adjust the gathers so they are even. Trim the ends of the bow.

Your cap is now ready to wear!



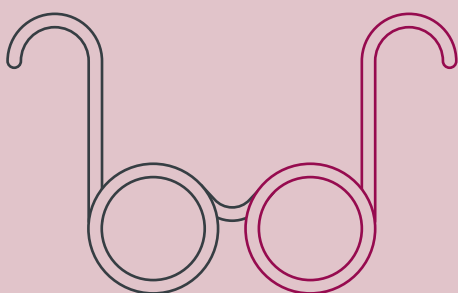
MAKE A PAIR OF GLASSES

Materials

5 pipe cleaners or lengths of wire approximately 15cm long.

Instructions

Bend two of the pipe cleaners (or wire) and wrap the ends round to make two circles for the front of the frame. Fold the third pipe cleaner in half, thread it through the circles, then wrap it round to make the bridge for your nose. Use the last two pipe cleaners to make the sides that go over your ears: fasten one to each side of the frame then shape the ends to fit around your ears.



MAKE A BEARD

Materials

Beard template drawn or printed onto paper; felt or stiff fabric; pins or a pencil; thick knitting yarn and glue or felt pens; scissors; 2 lengths of ribbon; a stapler or needle and thread

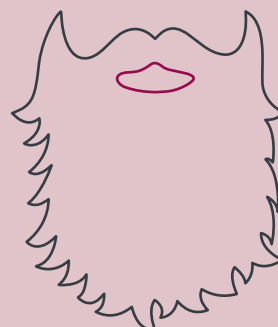
Instructions

Pin the template to the fabric and cut out. Cut the yarn into lengths approximately 5 cm long. Starting at chin level, glue rows of yarn to the fabric, overlapping each one.

OR

Draw around the template with a pencil. Draw 'facial hair' on the fabric using felt pens then cut out.

Staple or sew the ribbons to sides of the beard and tie around your head, above the ears.



MAKE A LANTERN

Materials

A4 size paper; a pencil; a ruler; scissors; tape or a stapler.

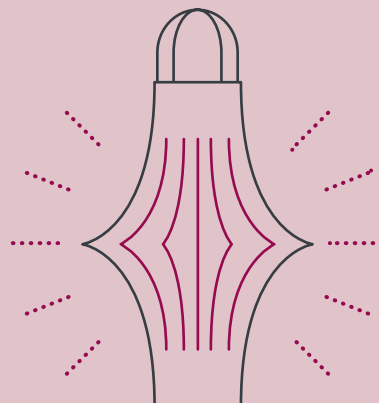
Instructions

Fold the paper in half lengthways. Place flat on a table with the fold at the bottom. Using the ruler, draw a faint horizontal line with the pencil 2cm from the top. Then use the ruler to draw vertical lines, approximately 1.5 apart, from the top line down to the fold.

Taking care to keep the paper folded, cut along the vertical lines from the fold up to the top line, through both layers. Unfold the paper and loop around to make a tube. Join the top and bottom of the tube with tape or staples.

Cut a 2cm wide strip from a second piece of paper to make a handle. Tape or staple your handle to the tube.

Your lantern is complete!



Activities:

On the day

We know that parents, carers and children work hard during the week. Here are our suggestions for some fun things to do as a family on London History Day at home and celebrate together!

LONDON LANDMARK

What is your favourite London landmark? Perhaps it is an historic building like the Tower of London or Buckingham Palace. It might be a monument like Nelson's Column or one of the bridges over the River Thames. Perhaps your vote would go to a modern landmark such as the London Eye or The Shard.

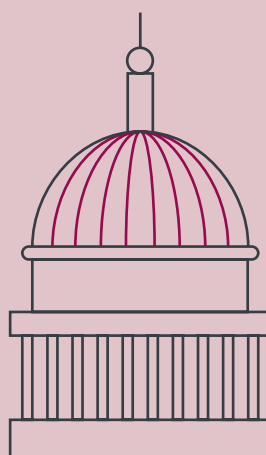
Make a model of your favourite landmark out of whatever materials you have available. You could use Lego, modelling clay or salt dough, drinking straws or pipe cleaners. Do you have any materials that are waiting to be recycled such as cardboard boxes and tubes, jar lids and cereal packets, tissue paper and bubble wrap? Or think big and use tables, chairs, sheets, blankets, buckets and brooms.

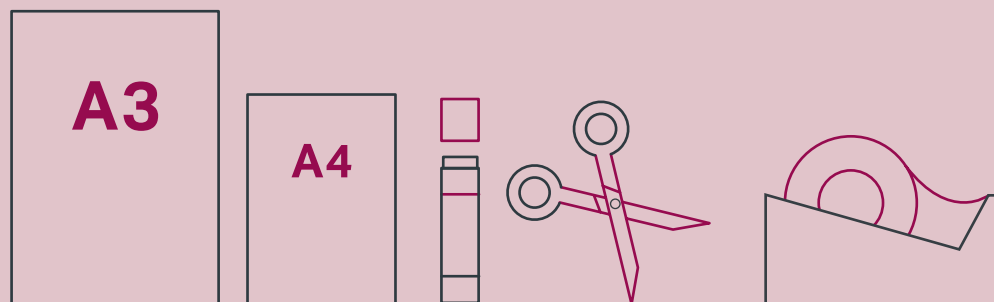
Make this a family project and build one big landmark. Or each create a model and make your own mini London!

Remember to share pictures of your creations using **#LondonHistoryDay** and **#LondonTogether**

You can also upload them to Historic England's 'Enrich the List' project by entering the name of your landmark in the search box:

<https://historicengland.org.uk/services-skills/education/teaching-activities/how-you-can-enrich-the-list/>





PORTRAIT OF A HERO

In the past there were no camera phones. Very wealthy or famous people had their portraits painted. When photography was invented in the 1800s people had formal photos taken in a studio. The cameras took longer to take a picture than today. This meant people had to stand very still and hold the same expression for several minutes!

Take a portrait photo of each of you in your costumes. Decide whether this will be a formal photo or a more modern, casual one. How will you pose? Will you smile or look serious? Think about what will be in the background. Can you add any props to suit your hero's achievements or the time they lived in? If there is a famous portrait painting or photo of your hero, you could try to recreate it!

Use the editing app on your phone if you want the photo to look like an old black and white one. Share it with your family and friends who can't be with you today.

WHO AM I?

Test your family's knowledge of the heroes in our pack with this fun game! Write the names of all the heroes onto different sticky notes. Include the hidden heroes if you want to make the game more difficult. Fold the notes and put them into a bag. Each member of your family takes it in turn to close their eyes, take out one of the notes and pass it to someone else. No peeking! Stick the note onto the player's forehead so that everyone can see it except them. The player can ask 20 questions to try to find out who they are but the others can only answer 'yes', 'no' or 'could be'. For example: Am I a woman? Am I alive?

Take it in turns until you have used all the sticky notes. The winner is the person who guessed who they were by asking the least number of questions!

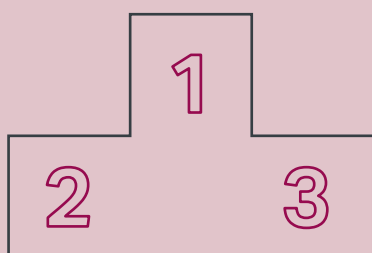


FAMILY CHALLENGE

Heroes must overcome lots of challenges, some of them physical! Can you set a challenge for your family and see who can complete it in the fastest time?

Plan your challenge. If you are indoors, set a certain number of star jumps, bunny hops, push ups and so on. If you have an outside space, create an obstacle course with things to climb or jump over, crawl under and balance along. Or set a running, skipping, hopping or hula hooping challenge! Could there be a fun way to finish such as bursting a balloon?

Decide how many turns everyone will have. Will you calculate an average time or take the best one? Will you all compete as individuals or will it be a team challenge? Don't forget to take photos of everyone completing the challenge in their costumes!

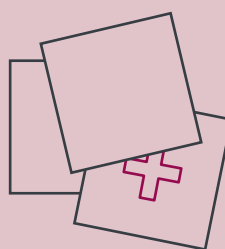


LONDON 2020 HERO OF THE YEAR

Imagine the heroes you are dressed as have entered a competition to find the greatest London hero of 2020. The award can go to an individual or a group of people.

You must persuade the rest of your family that your hero should win the award. Plan what you are going to say and write some points down if you want to. Explain what your hero does, or did, and why they should win. Take it in turns to argue for your hero. Then have a family discussion about which heroes you think are the greatest and why. Take a vote! Everyone can vote for one hero but not for themselves.

If there is no outright winner then you will have to draw lots. Put the same number of pieces of paper in a bag as there are members of your family. One piece of paper has a cross on. Whoever pulls it out wins the award for their hero!



RAINBOWS OF HOPE

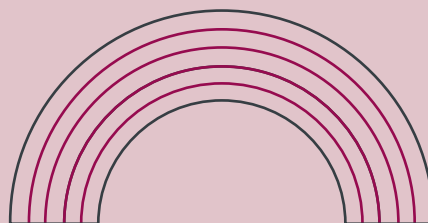
During the Second World War the dome of St Paul's Cathedral was a symbol of hope for Londoners. Today Londoners are putting pictures of rainbows in their windows, which are a symbol of hope in many cultures. Rainbows appear when the sun shines through rain and the water droplets break the light into different colours. The rainbows in our windows are a sign that, although we are hidden away, we're still all connected to our families and communities. They also show that we are hopeful for the future.

Why not make some rainbows to decorate your home? Draw them onto cardboard, model them out of salt dough or make them out of felt. Then make a hole at the top to thread a cord or ribbon through and hang them up.

If you have a garden, you could collect twigs or small sticks and paint them different colours. Make a rainbow wind chime by hanging them from a longer stick. Or glue them onto card and make a frame out of four other sticks.

Make rainbow bunting to hang in your windows. Draw or print the Bunting template onto cardboard. Use it to cut out triangles of different coloured paper or fabric. Don't worry if you don't have all the colours of the rainbow! Fold along the dotted line then tape or glue them onto a length of string or woollen yarn.

Why not eat a rainbow! Thread cubes or slices of different coloured fruit or vegetables onto wooden skewers to make rainbow kebabs. Use food colouring to make coloured popcorn, decorate biscuits with coloured icing sugar, or bake a sponge cake with different coloured layers. Or just enjoy a bowl of ice cream with coloured sprinkles!



OUR DAY OUT (AT HOME!)

If you could go out for the day to celebrate London History Day where would you go? Somewhere you've been to before or somewhere new? Would it be quite close to home or in another part of the city?

You could go on a river boat trip and visit one of London's historic ships. Maybe explore a museum or art gallery. Perhaps you'd like to visit an historic house, palace, castle, or public building. Or see a statue of a famous person or a monument to a famous event. Or do lots of different things!

How would you travel there? Perhaps you'd go on a bus or a train, or the London Underground. Would you take a picnic or go to a café, takeaway or restaurant?

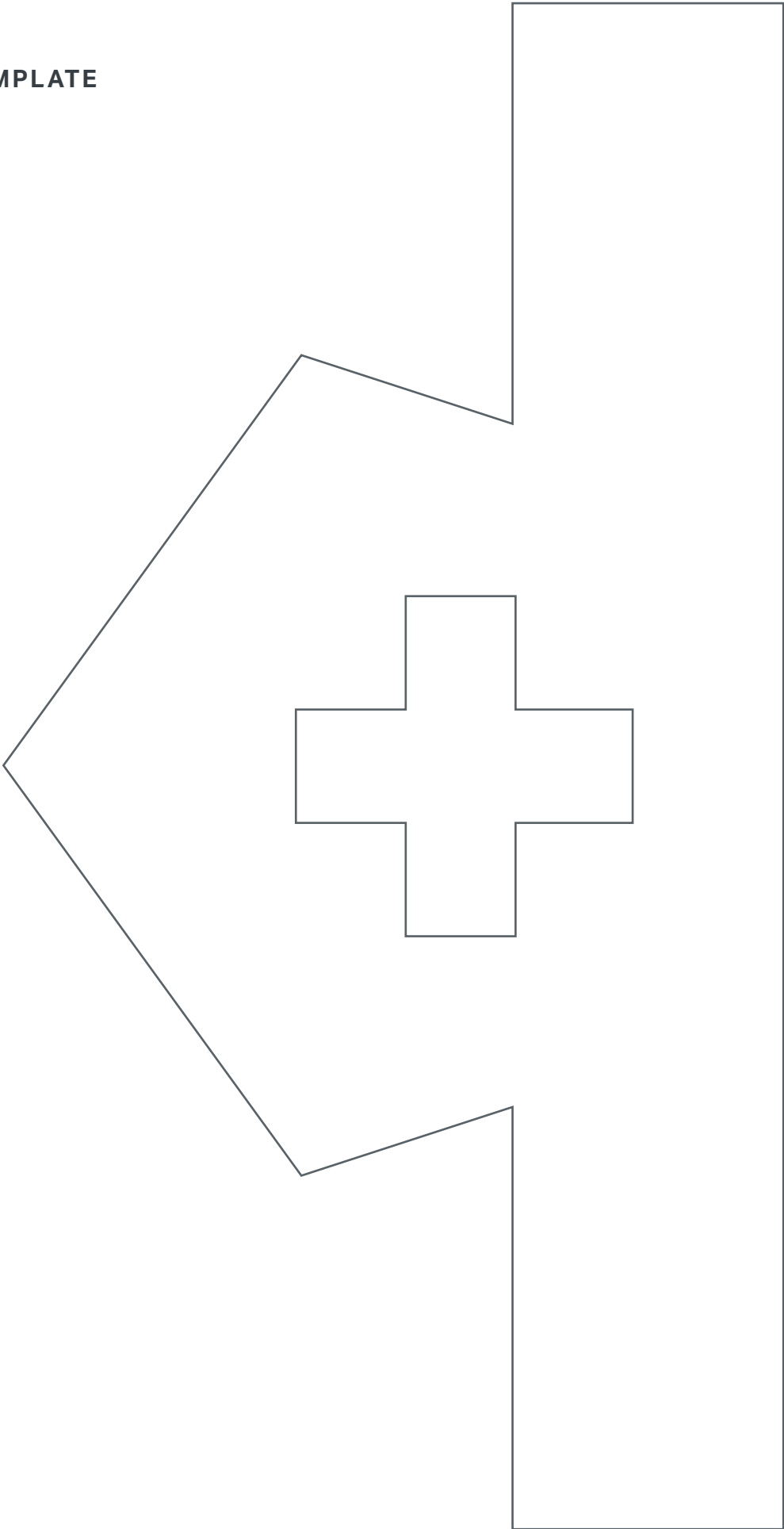
Plan your day out as a family then see if you can create it as a series of photos! Use your imagination and things around your home. For example, make a carriage on the London Underground using chairs and take a selfie of you all! Collect a selection of objects to admire in a 'museum'. Cut pictures out of magazines to create the wall of an art gallery. Set a table to look like one in a café, or put a rug on the floor, and eat a real afternoon tea or picnic.

You can also visit www.london.gov.uk/learning-at-home to get ideas and virtually explore London's cultural and learning offers!

Have a wonderful day!

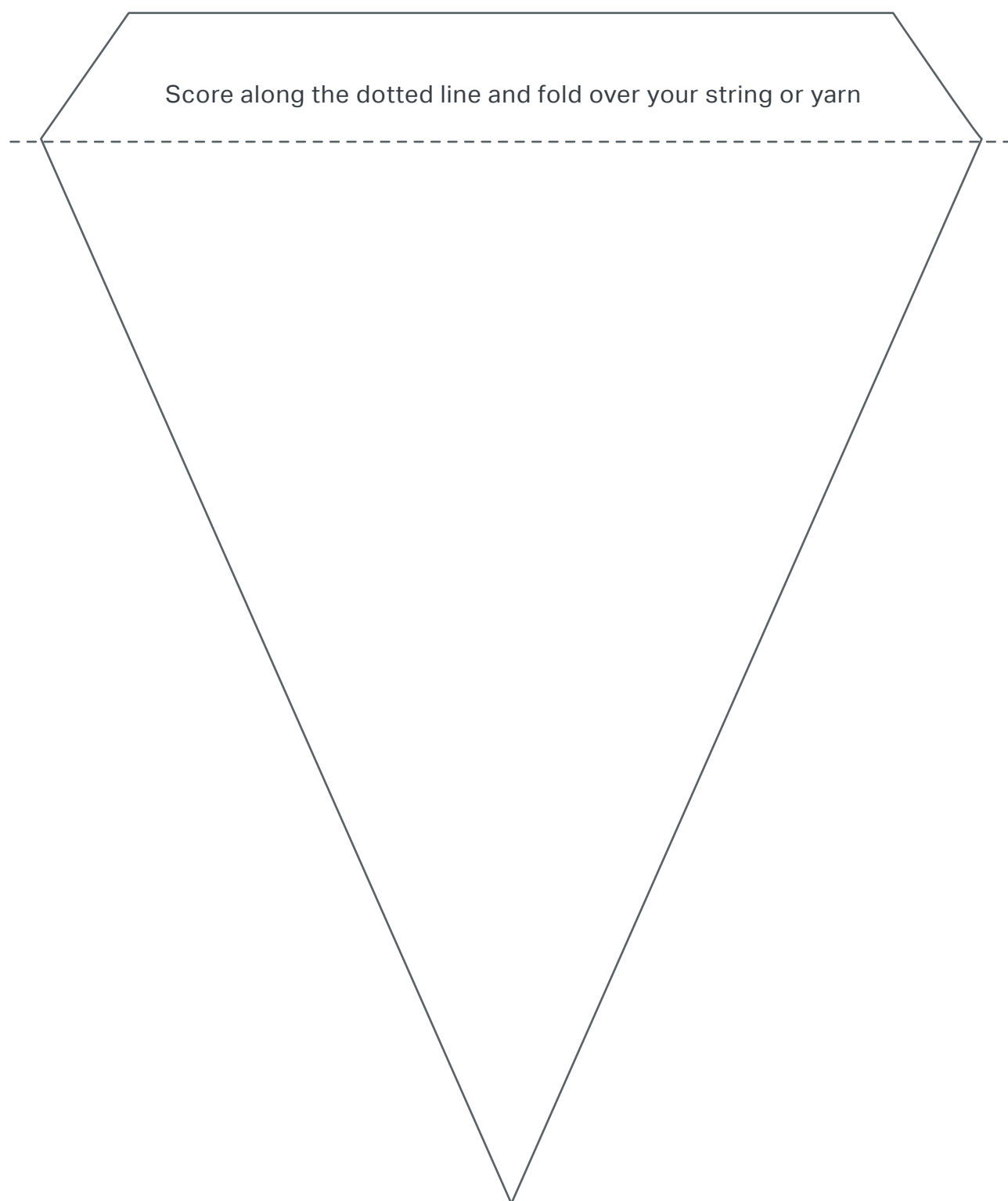


NURSE'S CAP TEMPLATE



BEARD TEMPLATE



BUNTING TEMPLATE

London heroes' timeline

Dates which celebrate the themes of resilience, courage and compassion associated with London History Day 2020.

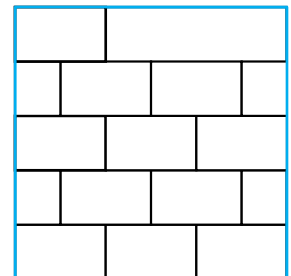
C.50 AD

Londinium is founded by the Romans on both sides of the River Thames. Later the first London Bridge is built to connect the two settlements.



200

Roman Londoners begin to build a wall around the settlement on the north bank. Today the boundaries of the 'square mile' of the City of London itself run close to the boundaries of the wall.



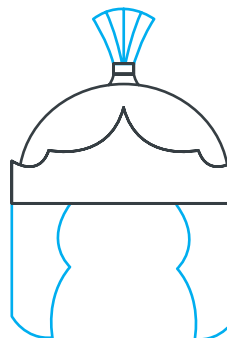
60

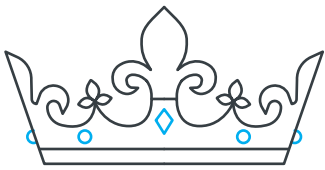
Londinium is destroyed by the freedom fighter Boudicca, Queen of the Iceni people. Roman Londoners rebuild it.



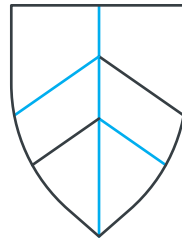
410

The Roman army leaves Britain and Londinium is abandoned



**886**

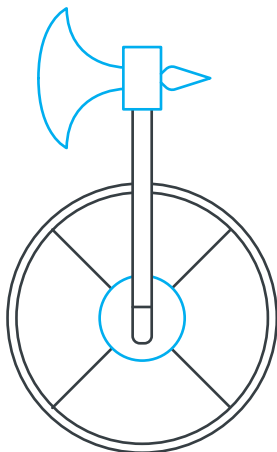
The Saxon king, Alfred the Great, re-founds the city within the old Roman walls. He names it Lundenburg.

**1123**

Rahere, an attendant to King Henry I, founds St Bartholomew's Hospital to provide free medical care to London's poor. Today it is the oldest surviving hospital in Britain to have given continuous care on the same site.

**994 & 1013**

Londoners successfully resist Viking attacks on the city.

**1066**

Londoners prevent the Norman army from crossing London Bridge after the Battle of Hastings. They do not let William the Conqueror into the city until all the local rulers have surrendered.

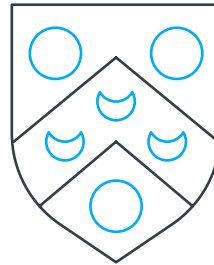
**1209**

The first London Bridge made of stone is completed. It survives for over 600 years.



**1371**

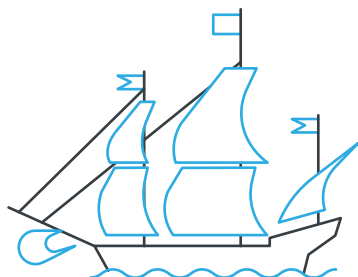
Walter Manny, a soldier, founds a monastery at Smithfield, known as The London Charterhouse. Later the monastery is closed by Henry VIII, but the buildings survive.

**1611**

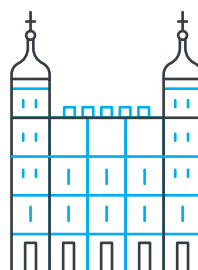
A businessman, Thomas Sutton, sets up a charity to provide a home for elderly men, and a school for boys, at The London Charterhouse. Today the site still provides housing for elderly people in need.

**1500s**

African traders and sailors start to arrive in the port of London. In the 1600s some settle in the areas east of the City. Later they are joined by lascar sailors from India, Bengal and China.

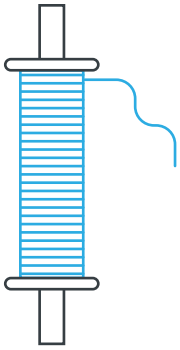
**1597**

John Gerard, a Catholic priest, is imprisoned in the Tower of London for his religious beliefs by Queen Elizabeth I. He escapes with the help of his friends by climbing along a rope across the moat.

**1666**

Most of the City of London inside the old walls is destroyed in the Great Fire. Within months Londoners start to rebuild their homes using brick instead of timber. Some streets are widened, and new public buildings built of stone.

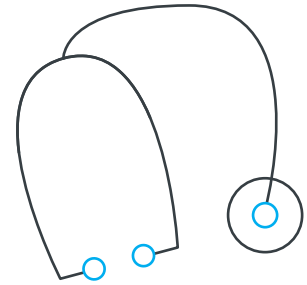


**1685**

Huguenot refugees escaping religious persecution in France start to arrive in England. Many skilled weavers settle in the Spitalfields area of London.

**1844**

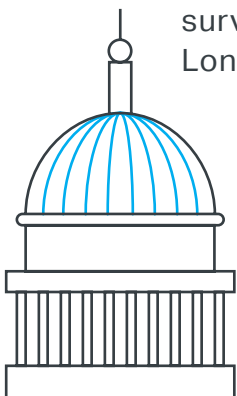
The London Ragged School Union is set up to provide free education, clothing and food for poor children. Most of the teachers are volunteers.

**1865**

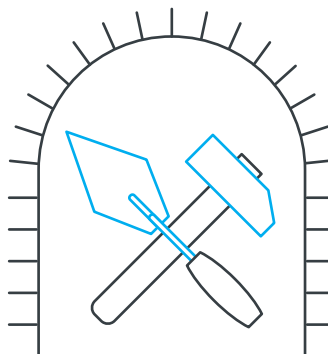
Londoner Elizabeth Garrett Anderson becomes the first woman in Britain to qualify as a doctor.

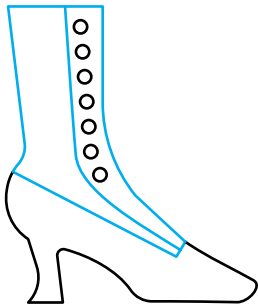
**1708**

The dome of the new St Paul's Cathedral, designed by Sir Christopher Wren, is completed. During the Second World War it becomes a symbol of survival and hope for Londoners.

**1859**

Work begins on a new sewer network for London designed and overseen by Joseph Bazalgette. It is still in use today.

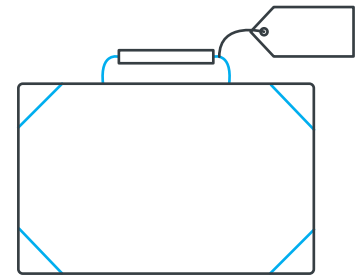


**1881**

Jewish refugees start to arrive from Eastern Europe, escaping religious persecution. Many skilled tailors and shoemakers settle in the East End.

**1908**

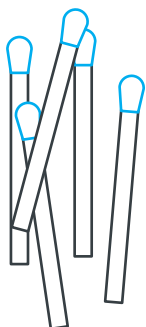
Some 30,000 women march through London to a rally in Hyde Park on 21 June to demand the right to vote in elections. The event is organised by the Women's Social and Political Union (the WSPU) led by Emmeline Pankhurst.

**1939**

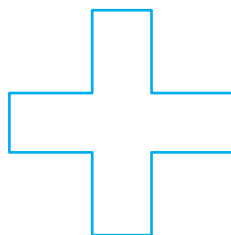
Operation Pied Piper begins. London children are evacuated to the country to keep them safe during the Second World War.

**1888 & 1889**

Match girls at the Bryant and May factory in Bow, and workers at London's docks, go on strike to improve their working conditions.

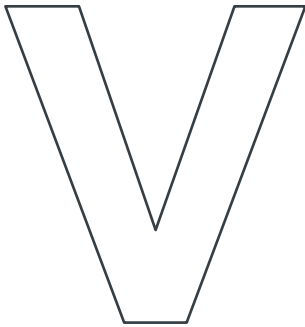
**1914-18**

Londoners go off to serve as soldiers or Red Cross volunteers during the First World War. Women take over jobs it had been thought only men could do.

**1939-1945**

Londoners serve on the Home Front as volunteers. This includes working as Air Raid Precaution (ARP) wardens, ambulance drivers, fire fighters and special police constables, and helping those bombed out of their homes.



**1945**

Londoners celebrate the end of the war in Europe on VE Day (Victory in Europe, 8 May) and in the Pacific on VJ Day (Victory over Japan, 15 August).

**1985**

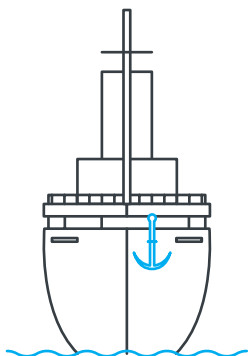
The Live Aid concert on 13 July at Wembley Stadium is watched by 1.5 billion people around the world. It raises an estimated £150m to help the victims of famine in Ethiopia.

**2020**

Londoners open their windows, or come out onto their doorsteps, at 8pm every Thursday to Clap for Carers, including all NHS staff.

**1948**

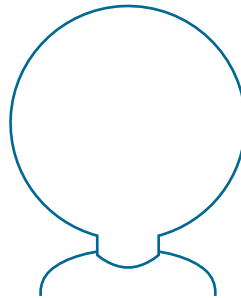
The SS Empire Windrush arrives at London's Tilbury Dock. On board are the first of many migrants from the Caribbean who help to rebuild London after the war.

**1990**

The Ragged School Museum in Mile End opens, run by volunteers. It is housed in the former Dr Barnardo's Copperfield Road Ragged School.



Useful links



Follow these links to find out more about some of the heroes, events and places in this pack. There are also links to museums and galleries in London that have fun suggestions for things to do at home while they are closed.

For more information on London History Day and fun things you can do to take part, visit **www.HistoricEngland.org.uk/LondonHistoryDay**

City Hall will be updating its London Learning at Home page throughout the lockdown, so do visit for an updated list of free activities children can do at home! **www.london.gov.uk/learning-at-home**

PEOPLE

Walter Tull

www.nationalarchives.gov.uk/education/resources/walter-tull/

Mary Seacole

www.maryseacoletrust.org.uk/learn-about-mary/

Millicent Fawcett

www.activityvillage.co.uk/millicent-fawcett

Thomas John Barnardo

www.barnardos.org.uk/who-we-are/our-history

Elizabeth Fry

www.elizabethfry.co.uk/History

Florence Nightingale, Mary Seacole and Edith Cavell

www.florence-nightingale.co.uk/resources/



ERAS AND EVENTS

Roman London

[www.museumoflondon.org.uk/
application/files/6314/5434/0203/life-
in-roman-london.pdf](http://www.museumoflondon.org.uk/application/files/6314/5434/0203/life-in-roman-london.pdf)

Queen Boudica

[www.museumoflondon.org.uk/
application/files/1214/5433/9990/
queen-boudica-in-london.pdf](http://www.museumoflondon.org.uk/application/files/1214/5433/9990/queen-boudica-in-london.pdf)

Saxon London

[www.museumoflondon.org.uk/
application/files/8015/1843/4079/PH_
AngloSaxonsinLondon.pdf](http://www.museumoflondon.org.uk/application/files/8015/1843/4079/PH_AngloSaxonsinLondon.pdf)

Viking raids on London

[www.museumoflondon.org.uk/
application/files/6415/1843/5410/PH_
VikingsInLondon.pdf](http://www.museumoflondon.org.uk/application/files/6415/1843/5410/PH_VikingsInLondon.pdf)

Tudor London

[www.museumoflondon.org.uk/
application/files/5314/5450/2917/life-
in-tudor-london-pocket-history.pdf](http://www.museumoflondon.org.uk/application/files/5314/5450/2917/life-in-tudor-london-pocket-history.pdf)

The Great Fire of London

[www.museumoflondon.org.uk/
application/files/6514/5511/5493/what-
happened-great-fire-london.pdf](http://www.museumoflondon.org.uk/application/files/6514/5511/5493/what-happened-great-fire-london.pdf)

Life for children in Victorian London

[www.museumoflondon.org.uk/
application/files/1414/5579/2208/what-
was-life-for-children-victorian-London.
pdf](http://www.museumoflondon.org.uk/application/files/1414/5579/2208/what-was-life-for-children-victorian-London.pdf)

Suffragettes

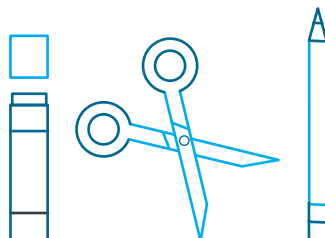
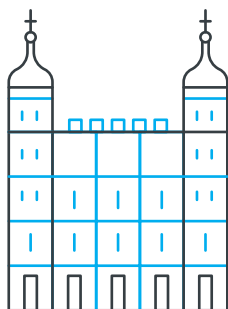
[www.museumoflondon.org.uk/
application/files/4914/5449/8603/
suffragette-city-pocket-history.pdf](http://www.museumoflondon.org.uk/application/files/4914/5449/8603/suffragette-city-pocket-history.pdf)

The Home Front during the Second World War

[www.museumoflondon.org.uk/
application/files/9714/5579/9489/what-
was-life-like-London-world-war-2.pdf](http://www.museumoflondon.org.uk/application/files/9714/5579/9489/what-was-life-like-London-world-war-2.pdf)

The Huguenot, Jewish and post-war Caribbean communities

[www.museumoflondon.org.uk/
application/files/3614/5442/6662/
where-do-londoners-come-from.pdf](http://www.museumoflondon.org.uk/application/files/3614/5442/6662/where-do-londoners-come-from.pdf)



PLACES

The Tower of London

www.hrp.org.uk/tower-of-london/history-and-stories/the-story-of-the-tower-of-london/#gs.50gkfb

St. Bartholomew's Hospital

<https://bartsheritage.org.uk/museum-and-history/>

The London Charterhouse

www.thecharterhouse.org/explore-the-charterhouse/history/

The Royal London Hospital

www.bartshealth.nhs.uk/the-royal-london-our-history

St. Paul's Cathedral

www.stpauls.co.uk/history-collections/history

The Ragged School Museum

www.raggedschoolmuseum.org.uk/

ADDITIONAL ACTIVITIES

Listen to the inspiring story of Faith the Cat who lived in wartime London

www.youtube.com/watch?v=pW9K0EaPjnQ&feature=youtu.be

Discover Billingsgate Roman House and Baths and complete activity sheets

www.cityoflondon.gov.uk/things-to-do/visit-the-city-from-home/Pages/family-activities.aspx

Colour in a police helmet, design your own ambulance or train like a police officer

www.cityoflondon.gov.uk/things-to-do/visit-the-city/attractions/guildhall-galleries/Pages/City-of-London-Police-Museum.aspx

Find out more about the histories of African and Caribbean people in Britain

<https://blackculturalarchives.org/subject-guides>

Watch Adventures in History videos from the Imperial War Museum

www.youtube.com/playlist?list=PLolzHiCNNbO--qp4zN6MgVSCqEsv8SDk3

Explore the Great Fire of London through interactive games and stories

www.museumoflondon.org.uk/families/fun-home

Find out more about the Windrush Generation or Children's Health in the past

www.tes.com/teaching-resources/shop/LMA-Learning

Build a new bridge for London or design your own poster for a London landmark

www.ltmuseum.co.uk/learning/activities

Explore medical equipment used in the past and in different cultures through 3D images

<https://learning.sciencemuseumgroup.org.uk/resources/>

Discover sporting heroes who have overcome barriers to achieve success

www.big-ideas.org/nobarriersathome/

Make a rainbow or a friendship bracelet

www.tate.org.uk/kids/make

Bring sunshine into your homes with fun ideas for things to grow and make

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

Follow the **London Learning at home** link below to find lots of other free learning activities that children can do at home!

<https://www.london.gov.uk/coronavirus/london-learning-at-home>

London Curriculum

The Mayor's London Curriculum is a free set of key stage 2 and 3 teaching resources.

Find out more at
london.gov.uk/london-curriculum

Contact the team
curriculum@london.gov.uk

This guide was created in collaboration with Historic England and The Museum of London.