

Stone Age History Activity

Become a Stone Age Hunter-Gatherer

To consider how stone age hunter-gatherers found their food.

Life in the Palaeolithic era could be tough. There was a constant search for food which meant moving around, hunting and gathering. Over time, farming techniques developed which meant people settled in one place; however, what would life have been for the early hunter-gatherers?

Re-enact the lifestyle of those hardy hunters and head outside for some practical, hands-on learning about our ancestors.

What you need:

- Plants, Berries and Nuts Cards (cut out and laminate the images)
- Cut-out and laminated images from [Stone Age Animals Large Display Cut-Out Pack](#) and [Prehistoric Beasts Display Posters](#)
- A basket, bag or shopping list to gather your 'food'
- A weapon made using the [Stone Age Weapon Activity](#)



What to do:

- Use the Stone Age Food Lesson PowerPoint to find out more about what was eaten during this time.
- Give each child a role as either a hunter or a gatherer.

Hunter

- Place enlarged copies of stone-age animals around your outside area. Don't make it too obvious where they are – the children have to hunt for them! Teachers could possibly have a pot with small images for the children to take as they make a successful strike. Alternatively, you could note it down on a whiteboard as they find each animal.
- Take your stone-age weapon of choice and try to hit the stone-age animal. If a child hits the target, they can 'collect' it. They only have three attempts!



Gatherers

- Place pictures of typical plants that could have been gathered in the stone age around your outside area.
- Don't make it too obvious where they are – the children have to work hard! It may be possible to use the real plants and trees in your setting. **Make sure the children Do Not eat any of the things they 'find'.**
- Among the images are some plants that are poisonous. Make sure the children read the information with each image to check that it is edible.
- The children can note down all the food that they find as gatherers on a whiteboard.

Back in the classroom, review how successful your hunter-gatherers have been. Which task was the most difficult? What would have made it more difficult in the stone age? Would the time of year affect the amount of food available?

When they have finished being hunter-gatherers, the children can then complete the Stone Age Survival – Seasons Wheel Activity Sheet.

Extension Activity

Try this [Stone Age Stewed Fruit Recipe](#).



The image shows a recipe card titled 'STONE AGE Stewed Fruit Recipe' with a 30 mins timer. The ingredients listed are 500g blueberries, 500g blackberries, 500g raspberries, and 6 tbsp honeycomb. The instructions are: 1. Add the blueberries to the pan. 2. Add the blackberries to the blueberries. Using a wooden spoon mix them together - make sure you do this gently so you don't crush the fruit. 3. Add the raspberries and honeycomb to the mixture. To the left of the recipe card are three cave art illustrations: a horse, a bison, and a handprint.



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