

This pack has been designed to support the teaching of History and PSHE.

HOW TO USE THIS PACK

This pack contains one lesson plan as well as notes and resources to support classroom delivery.

THE PRIMARY LESSON PLAN and resources are targeted at Lower KS2 reading level but can be adapted for older or younger learners. The 'Ideas for additional activities' has suggestions for differentiated activities that could be used to replace any in the pack, or as extension tasks. The lesson could be used as part of the schools' health education programme, to support the study of an aspect or theme in British history or the teaching of lives of significant individuals in the past.

THE PACK INCLUDES:

Activity Cards

These are designed for teachers and provide instructions for each activity. They include questions in **bold** to read aloud directly to students.

Activity Resources (AR)

These are designed for students to complete independently, while working with a partner or group. They need to be photocopied or printed out.

Supporting Materials (SM)

These are designed to support the lesson and individual activities. They need to be photocopied or printed out and could be laminated.

OVERVIEW OF LESSON PLAN

The theme is how Sir Walter Raleigh tried to keep himself and his family physically and mentally well during his imprisonment in the Tower.

The lesson begins with a starter activity designed to help students to think about how we keep ourselves healthy today.

The structured activities that follow enable students to find out who Sir Walter Raleigh was and the story of his imprisonment in the Tower, with the focus on his medicinal garden and the plant-based remedies he created. They include some information on medical treatments and beliefs in the late 1500s and early 1600s, and about Raleigh and his family's physical and mental health.

The plenary activity encourages students to compare medicine and healthcare today, with that in the past.

TOPIC INTRODUCTION

Teachers may want to introduce the topic through PSHE lessons.

- The PSHE Association website has free mental health and wellbeing lesson plans for Key Stages 1-4:

<https://pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

- The free Every Mind Matters teaching resources from Public Health England support Year 6 primary school teachers and secondary school teachers to promote health, wellbeing and resilience among young people aged 10 to 16:

<https://pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources>

It may also be useful if students have some knowledge of the history of medicine in Britain.

- St. Bartholomew's Hospital Museum has a free downloadable resource pack designed to introduce KS2 students to the story of healthcare at the hospital. The Discovery Sheet and Activity Sheet 2 are particularly suitable as an introduction to the lesson:

<https://www.bartshealth.nhs.uk/bartsmuseum>

- The Old Operating Theatre Museum and Herb Garret has a range of free resources for older students on their website. The Diagnosis and Treatment Resource is particularly suitable as an introduction to the lesson:

<https://oldoperatingtheatre.com/education-diagnoses-treatment/>

Film

To introduce students to Raleigh's garden story, show them the short film Soldier to Healer: Sir Walter Raleigh's Medicinal Garden at the Tower. This film is available on Historic Royal Palace's YouTube channel at *<https://www.youtube.com/watch?v=jdIf2kUdAKk>*.

LEARNING OBJECTIVES

For students to:

- Learn about Sir Walter Raleigh through the story of his imprisonment in the Tower of London and his medicinal garden;
- Understand that Raleigh's health and wellbeing suffered when he was imprisoned;
- Learn what people in the past believed about the healing properties of certain plants and how Raleigh used them to make medicines for himself and his family;
- Understand that artefacts can tell us about the lives and beliefs of people in the past;
- Make comparisons between medicine in the past and medicine today.

CURRICULUM LINKS

KS2: History

Students should:

- Note connections, contrasts and trends over time;
- Address... historically valid questions about change, cause, similarity and difference, and significance;
- Understand how our knowledge of the past is constructed from a range of sources;
- Study an aspect or theme in British history that extends their chronological knowledge beyond 1066.

KS1 and KS2: PSHE

Compulsory subject:

- Health education

BEFORE THE LESSON

Prepare a PowerPoint presentation to include discussion questions and activity instructions (*optional*).

Photocopy or print out:

- Sufficient copies of Activity Resources for students to have one each
- Sufficient copies of Supporting Materials for students to share in pairs

Additional resources needed

Atlases or political maps of the world (Activity 2).

Room set-up

It is envisaged that students will work in their table groups for some activities and in pairs for others.

INTRODUCTION

Explain that in this lesson students will be finding out about an important person who lived over 400 years ago. They will be discovering the ways in which he tried to keep himself and his family well while he was imprisoned in the Tower of London. They will also be finding out about treatments for health problems in the past, and how these were the same or different to healthcare today.

ACTIVITY 1

Starter: How do we keep ourselves healthy today?

The aim of this activity is for students to think about the different ways we keep ourselves healthy today and whether people in the past could do the same.

You may like to explain that people in the past didn't have the same knowledge and understanding of germs and diseases that we do today. There was no NHS or free healthcare. Most sick people were cared for in their own homes by their families. There were doctors who visited sick people but they charged a lot of money. There were only a few hospitals that cared for very sick or very poor people.

Pack resource: Activity Card 1

ACTIVITY 2

Who was Sir Walter Raleigh?

The aim of this activity is to introduce students to the character and life of Sir Walter Raleigh, with the emphasis on him as a man who loved adventure and exploration.

You may like to explain to the students that in the 1500s North and South America had only relatively recently been discovered by Europeans and were still largely unexplored by them.

The biography (SM1) is designed to be read aloud to the class, or to groups, by a teacher or teaching assistant, who can explain any unfamiliar words or ideas. You may like to give older students their own copies so that they can follow but this is not essential.

Pack resources: Activity Card 2 | AR1 | SM1

ACTIVITY 3

How did Sir Walter try to keep himself and his family well in the Tower?

The aim of this activity is for students to find out about some of the different plants that Raleigh grew in his garden at the Tower, to understand why he grew them and where some of them originated.

You may like to explain that people didn't have the same medicines in the past that we do today. Many people made their own medicines out of plants and other ingredients.

The information sheet (SM2) is designed to be read independently by KS2 learners, although they may need support with some unfamiliar vocabulary.

Pack resources: Activity Card 3 | AR2 | SM2

ACTIVITY 4

What can we learn from objects that Sir Walter might have used?

The aim of this activity is for students to find out more about medicine and beliefs in the past through object investigation.

Pack resources: Activity Card 4 | AR3 | SM3

ACTIVITY 5

Plenary: What is the same and what is different about medicine today in the past?

The aim of this activity is to for students to consolidate what they have learned by thinking about the similarities and differences between healthcare and medicine in Raleigh's time and today.

Pack resource: Activity Card 5

IDEAS FOR ADDITIONAL ACTIVITIES

These activities could be set as homework or extension tasks, or instead of one of the activities suggested in the lesson plan. You could also use them if you want to plan follow-up lessons.

In the frame

Use SM1 to help you draw your own or paint your own portrait of Sir Walter Raleigh. Make a frame for it out of four strips of cardboard. Decorate your frame with pictures that tell the story of Sir Walter's life and interests. You might include ships, the Tower of London and plants. Finally glue your frame over the portrait and hang it on the wall of your classroom.

Tales of wonder

Look at this painting of the young Sir Walter Raleigh:

<https://www.tate.org.uk/art/artworks/millais-the-boyhood-of-raleigh-no1691>

The painting shows Raleigh as a boy (dressed in green) listening to stories told by an Italian sailor. Do you think the sailor is telling of his adventures at sea? Or of exploring faraway countries? Write the story that you think the sailor is telling or draw a picture of an exciting part of it.

Letter from the Tower

Imagine that you are Sir Walter or his wife, Bess. Write a letter to a friend explaining why you feel sad and anxious in the Tower. Describe the medicine garden and how you think it helps to keep you all well. You could include a plan of it with a key to some of the different plants growing there.

My Great Cordial!

Find out more about plants that are used in medicine and herbal remedies today. Decide which of them you would use in your own cordial to keep you and your family well. What ingredient would you add to make it taste sweet?

Write out the recipe for your cordial using the headings: 'Ingredients' and 'Method'.

Medicine around the world

Find out how plants were used in medicine by people in other parts of the world in the past.

For example:

- Aboriginal peoples in Australia
- San people in southern Africa
- Maori people in New Zealand
- Native Americans

Draw a picture of one of the plants used in a traditional medicine. Write its name underneath and what it was/is used to treat.

ACTIVITY CARD 1

Starter: How do we keep ourselves healthy today?

Write the question on the whiteboard/ bring up on the PowerPoint.

Give students a few minutes to talk about the question in their pairs or groups then to feedback.

Possible answers: making healthy food choices; playing sports; going for walks; getting enough sleep; washing our hands regularly.

What do your parents/carers do if you are feeling unwell?

Possible answers:

- Put them to bed
- Take their temperature
- Give them some Calpol
- Take them to the doctor's
- Call an ambulance

Do you think people in the past would have done the same if their children were unwell? If not, why not?

ACTIVITY CARD 2

Pack resources: AR1 | SM1

Who was Sir Walter Raleigh?

Give out copies of the images (AR1).

Ask students a few quick questions about the portraits and engraving. For example:

- What clues are there that these people lived a long time ago?
- How can we tell that they were rich and important?
- Do you think people who sailed in ships like these were brave? Why or why not?

Explain that you are now going to tell students the story of Sir Walter Raleigh.

Read Raleigh's biography (SM1) to the class. Ask students to discuss the following questions in their groups or with a partner:

- Why is Sir Walter Raleigh an significant person in history?
- What adjectives would you use to describe his character?

ANSWERS

A Sir Walter Raleigh

B Sir Walter Raleigh and his eldest son Walter

C Queen Elizabeth I

D Ark Royal - one of Raleigh's ships, it helped to defeat the Spanish Armada in 1588

ACTIVITY CARD 3

Pack resources: AR2 | SM2

How did Sir Walter try to keep himself and his family well in the Tower?

Give out copies of the information sheet (SM2). Students can take it in turns to read this as a class, or in their table groups or pairs. Ask one or two questions to ensure comprehension and as an introduction to the activity sheet (AR2). For example:

- How was Sir Walter treated when he was a prisoner in the Tower?
- Do you think he still sometimes felt sad and anxious? If so, why?
- Why do you think he wanted to grow plants and to make medicines?
- Have you heard of any of the plants in the table before? How do we use some of them today?
- Do you think all the remedies would have worked?

Give out the activity sheets (AR2) for students to complete, with adult support as appropriate.

ACTIVITY CARD 4

Pack resources: AR3 | SM3

What can we learn from objects that Sir Walter might have used?

Give out copies of the 'Mystery Objects' sheet (SM3) and the activity sheets (AR3).

Ask students to look at the objects and talk about the questions in their table groups or pairs, then complete the activity sheets.

Share ideas and give students the answers (*see below*).

ANSWERS

- A Fuming pot:** used to make a room smell sweet. Some people also believed that this purified 'bad air'. Herbs and spices were placed in the top and heated by charcoal placed in the base. Today we might use an essential oil burner, a scented candle, a reed diffuser or an air freshener.
- B Clay pipe:** used to smoke tobacco. Tobacco was placed in the bowl and lit. Some people still smoke pipes today.

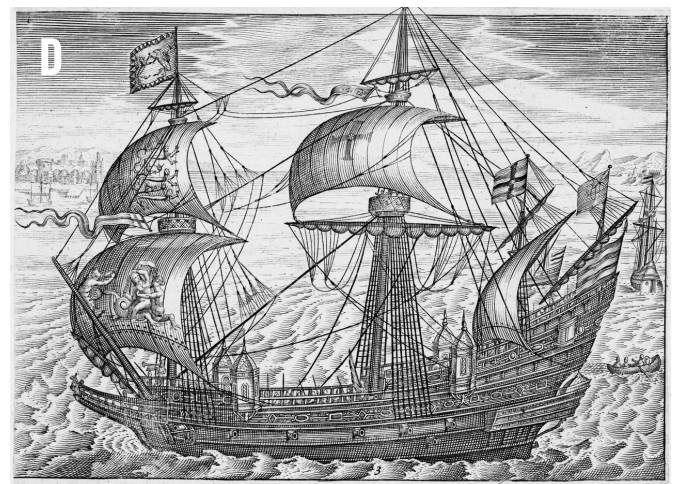
- C Mortar and pestle:** used to grind up ingredients for medicines. Today we might use mortars and pestles for grinding herbs and spices when we are cooking.
- D Drug (medicine) jar:** used to hold ointments or medicines. Today many medicines come in tablet form, sometimes in plastic pots.
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ACTIVITY CARD 5

Plenary: What is the same and what is different about medicine today and in the past?

Suggested questions to talk about with the class:

- What have you learned today about medicine in the past?
 - What is different about medicine today? Is anything the same?
 - Do you know of any plants used today in medicines or herbal remedies?
(e.g. aspirin contains an ingredient derived from the bark of a tree; some people drink lemon balm or chamomile tea to relieve stress.)
 - Were you surprised that a man like Sir Walter sometimes felt sad and anxious?
 - Do you think growing plants and making cordials helped his wellbeing in any way? If so, how?
 - What can we do if we feel sad or anxious?
 - What do you think medicine in the future will be able to cure or prevent?
-



1. A 'privilege' is a special right that is only given to some people. What privileges did Sir Walter have as a prisoner?

List **two** of them below.

2. Look at the picture below. This shows how Sir Walter's study might have looked when he was a prisoner in the Tower.

Draw **two** objects from the room that show Sir Walter was quite comfortable there. Write the names of the objects underneath your drawings.



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3. Even though Sir Walter was quite comfortable in the Tower and had special privileges he often felt sad and anxious. Why do you think that was? Write your ideas below.

4. Look at the table of plants. Draw a line from each plant to match it up with the problem they were believed to help or cure. One example has been done for you.

ALPINE THISTLE

POOR MEMORY

MINT

HEAD INJURIES

SWEET ORANGE

DEAFNESS

HOLY THISTLE

TOOTHACHE

ROSEMARY

POISONING

BETONY

FEELING SAD

LEMON BALM

THE PLAGUE

ANGELICA

HEADACHES



5. Look at the outline map of the world below. Use an atlas or world map to find the different countries or regions where the plants came from. Mark each one on your map using a letter of the alphabet. One example has been done for you.

Hint! You may need to write the same letter in more than one place.



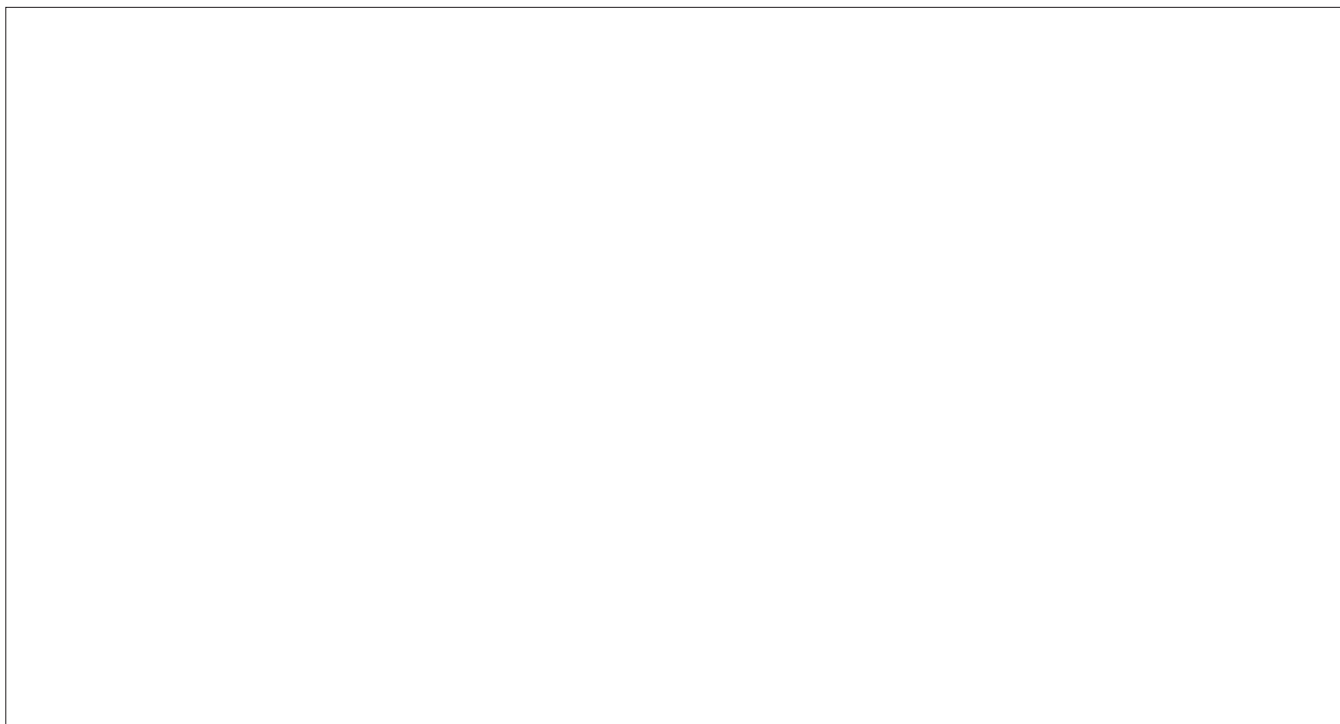
6. Why do you think Sir Walter made cordials while he was a prisoner?

List **two** reasons below.

1.

2.

1. Choose **one** of the mystery objects and draw it in the box below.



2. Complete the three sentences with your own ideas.

I think the object is a _____

Sir Walter might have used it to _____

It is similar to a _____ that we use today.

DID YOU KNOW?

Native Americans use tobacco during religious and social ceremonies and for medical treatments.

People in the past believed that some diseases were caused by breathing in 'bad air'.

Sir Walter Raleigh was an English statesman, soldier, writer and explorer. He was one of the most notable figures of the Elizabethan era. He was a favourite in Queen Elizabeth I's court and is well-known for popularising tobacco in England. Raleigh was born into a protestant family in Devon, in 1554. As a young man he fought as a soldier in France and in Ireland.

He went on several expeditions to explore lands that were new to Europeans and attracted the attention of Queen Elizabeth I, who made him one of her 'favourites' in the royal court. He played the handsome courtier and wrote elegant poems in the Queen's honour. He was also a privateer and raided treasure from Spanish ships (most of which he gave to Elizabeth). The Queen rewarded Raleigh with land, property, business opportunities and a knighthood.

In 1585, Raleigh was granted a patent to colonise North America, sending a large expedition to Virginia (named after Elizabeth, who was known as the virgin queen). It was through this and future expeditions that tobacco was brought to England and began gain popularity.

In 1591, Raleigh married Bess, one of the Queen's maids of honour, in secret and without the Queen's permission. When Queen Elizabeth found out she was furious and imprisoned them both within the Tower of London. This imprisonment was short lived and, after playing a major role in defending England from the Spanish Armada in 1596, Raleigh was back in the Queen's favour.

However, when Queen Elizabeth I died in 1603, and her nephew King James I took the throne, Raleigh's luck started to run out. He found himself back at the Tower in 1603, accused of plotting against the new king.

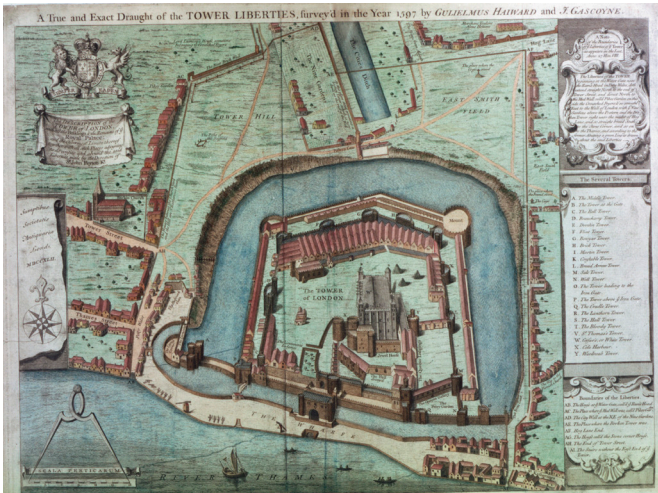
Despite being sentenced to death, Raleigh remained a prisoner at the Tower until 1616, living in the Bloody Tower, at times with his wife and family. Their youngest son Carew was born while his father was a prisoner and baptised in St Peter's in February 1605.

Living under threat of execution and frequently ill, Raleigh became suicidal. In the winter of 1604, he wrote of his 'misery drawn out into a long thread without all hope'. His poor health left him struggling to speak and temporarily paralysed on his left side, possibly as a result of a stroke. Eventually, Raleigh's health and intellectual spirit returned. He built up a magnificent library and wrote his greatest book *The History of the World*.

During his imprisonment, Tower officials let Sir Walter Raleigh create his own medicinal garden. Here, he grew herbal ingredients for his medicines, including plants from the New World, such as sassafras trees and tobacco. Raleigh is credited with popularising smoking in England, much to the distaste of James I. He also converted a henhouse into a laboratory to make his remedies, including his 'Great Cordial' and 'Balsam of Guiana' using strawberry water and quinine.

Despite being a prisoner, Raleigh received regular visitors at the Tower, many of whom wanted to buy his medicines. He was allowed to talk with fellow prisoners, including Lord Cobham, Lord Grey and Henry Percy, the Earl of Northumberland. Percy was known as 'The Wizard Earl' due to his interest in alchemy and science. These men spent their time reading, writing and conducting experiments, creating a hub of intellectual activity within the Tower walls.

James I eventually pardoned Raleigh and released him in 1616 to search for gold in Guyana (in South America). However, the voyage was a huge failure and the King ordered Raleigh's execution. On October 29th 1618 Raleigh was beheaded at Westminster.



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Sir Walter was a prisoner in the Tower of London for thirteen years.

Sir Walter was an important person so he was well-treated. He had large rooms, comfortable furniture and three servants. His wife, Bess, and son, Walter, also lived with him sometimes. Their son Carew was born while Sir Walter was a prisoner.



Sir Walter was allowed to have a small area in one of the Tower's gardens. He could exercise there and grow plants which he used to make cordials. He grew some plants from seeds that he had collected on his expeditions. He also grew and smoked tobacco from South America.

DID YOU KNOW?

Someone who made medicines and ointments in the past was called an apothecary.



© Welcome Collection

Sir Walter's Garden

The picture shows the original site of Sir Walter's garden, outside the door of his cell in the Bloody Tower (on the left).

This table shows some of the plants Sir Walter may have grown in his garden and where in the world they first came from.

Find out from the table what people in the past believed the plants could cure or help. Ask your teacher or teaching assistant if there are any words you do not understand.



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	Name	From	Remedy for
A	Sweet Orange	India	Poisoning
B	Rosemary	The Mediterranean	Poor memory
C	Alpine Thistle	European Alps	Toothache
D	Angelica	Northern Europe	The plague
E	Betony	England and Europe	Head injuries
F	Holy Thistle	The Mediterranean	Deafness
G	Lemon Balm	The Mediterranean and Asia	Feeling sad
H	Mint	England and Europe	Headaches

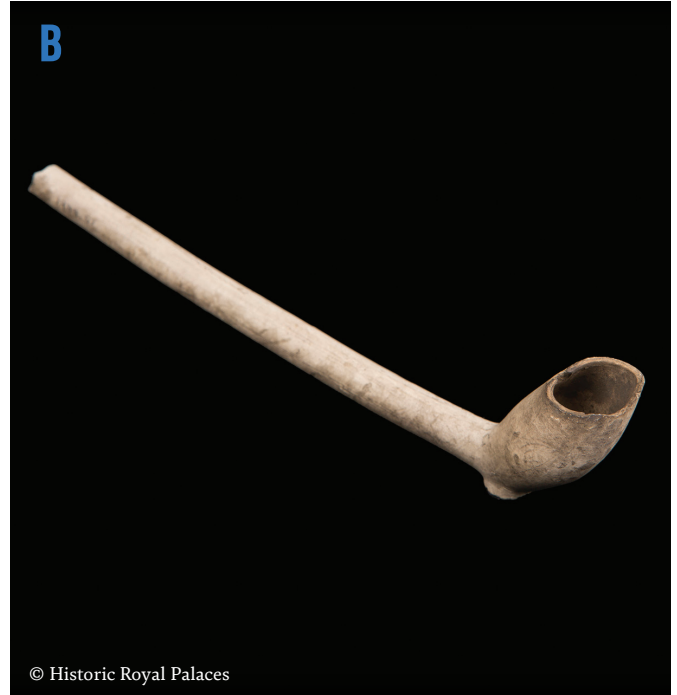
Word power!

CORDIAL	a sweet tasting medicine
PLAGUE	a disease that killed many people
REMEDY	a treatment or cure

DID YOU KNOW?

Sir Walter's most famous cordial was called his 'Great Cordial'. It had over 40 ingredients in it!

Sir Walter may have used objects like these when he was a prisoner in the Tower. Can you think like a detective and work out what they were used for? There might be some clues on the **Sir Walter in the Tower of London** information sheet!



Questions to talk about

What is the object? | How might Sir Walter have used it? | Do we use anything similar today?