This virtual visit could be adapted to suit upper First or Second Level learners (7 to 12 years). Learners could pick a few activities or complete all of them over several days.

Get to know your new workplace
Check out the [360 views](#) and [highlights of Stirling Castle](#) and pick a few activities linked to medieval jobs.

Be an artist for the lord and lady of the castle
Only the richest people could afford to have portraits painted or carved.
- Look at [3D models of the Stirling Heads](#) and draw a portrait inspired by them.

Work in the castle kitchen
Children called ‘turnbrochies’ worked to turn the spit of meat in the kitchen fireplace.
- Read ‘[cooking in a medieval castle](#)’ and write a story about the life of a turnbrochie.

Plan a feast for the Great Hall
Lords and Ladies held lavish parties with fancy food and entertainment for their guests.
- Read ‘[feasting in the great hall](#)’ and plan your own feast menu and entertainment.

Defend yourself against attack
Drawbridges, gates, arrow slits and battlements helped defend castles from attacks.
- Watch the BBC Bitesize clip about a [siege at Stirling Castle](#), then make a castle stronghold and write a list of all the things you’d stock up on for a castle siege.

Become a master stonemason
Stonemasons had to transport very heavy stones for building work and repairs.
- Find out how pulleys were used in medieval times and make your own.

Hold a jousting tournament
- Watch the [Craft Knight video](#) and make your own clothes peg horse and knight.

Plan some medieval home-schooling fit for royalty
- Read about [home-schooling at Stirling Castle](#) and write an imaginary school timetable or diary entry for the young James V or Prince Henry.