



Monastic Life

KS1, 2, 3

Worcester Cathedral started life as part of a medieval monastery. Now it's your chance to be a monk for a day. Take a vow of silence, a promise to observe the rule of Benedict and explore what life as a monk was like in medieval Worcester.

As part of a local history study explore the role and importance of monastery in local life.

Links: History, RE

Sample Workshops:

Monastic Life in Worcestershire

The monastery at Worcester played a key role in life in Medieval Worcestershire. Learn about life in the monastery and community and its impact on society.

KS1, 2, 3

Scriptorium

Want to read and write in medieval times? Monasteries formed a key part of education. Have a go at learning to write like a monk.

KS2, 3

Prayer and Plain chant

The daily life of a monk was focused around the regular rhythms of prayer. Try out monastic prayer and worship.

KS2, 3

St Wulfstan Drama

St Wulfstan founded the current Cathedral and lead the monastery. Bring him to life with our Stained Glass Window Drama.

KS2, 3

Monastic Herbs & Medicines

Monasteries played a crucial role in health and wellbeing in medieval times. Uncover some of the beliefs, practices and unusual treatments!

KS2, 3

The Dissolution

Where are all the monks now? What happened during Tudor times to the monastery and worship for the average residents of Worcester?

KS2, 3

Other workshops: Daily Work & roles, Monastic Sign Language, The refectory, The Chapter Meeting, Getting ready for a feast, Meet a Modern day Monk (subject to availability).

