

WHAT IS A MYTH?

- A myth is a story from a long time ago. Some myths are thousands of years old.
- In Greek, the word 'mythos' means 'story'.
- There are myths from every culture in the world, but the best-known ones are from Ancient Greece, Rome or from the Norse people of Northern Europe.
- Myths usually have heroes or heroines who are gods or people with amazing strength or super powers.
- The hero or heroine often has to go on a journey to outwit or do battle with a frightening beast or monster.
- Gods and monsters are the two main ingredients of many myths.
- Some myths try to explain how the universe or natural world was created. These are called 'creation myths' or 'nature myths'.
- Here are some famous myths we've featured in Storytime magazine:
 - [Perseus and Medusa \(Greek, Issue 1\)](#)
 - [Thor's Stolen Hammer \(Norse, Issue 3\)](#)
 - [The Hero Twins \(Mayan, Issue 4\)](#)
 - [The Midas Touch \(Greek, Issue 8\)](#)
 - [Theseus and the Minotaur \(Greek, Issue 12\)](#)
 - [Cupid and Psyche \(Roman, Issue 17\)](#)
 - [Ra's Secret Name \(Egyptian, Issue 22\)](#)

{ LESSON IDEAS }

- ▶ Learn about how people lived in Ancient Greece or Rome. What were their homes like? What did they wear and eat? Did children go to school? Write down three fascinating facts.
- ▶ Many old Greek vases have paintings of mythical heroes and beasts on them. Find some examples and talk about them in class. Can you guess the story from the painting? Create a painting of your favourite myth in the style of a Greek vase.
- ▶ For more ideas and helpful downloads, read our **Create A Myth or Legend Sheet** and have a go at making your own myth using our Hero's Quest Story Mountain. Also see our **Top 10 Sheets** for character inspiration.

WHAT IS A LEGEND?

- Legends are old stories, which have a little bit of truth in them. They might be based on a real event, place, person or a true fact from long ago, which got exaggerated over the years.
- Some legends are famous all over the world – like the legends of King Arthur – but some are only well known in the local towns or counties they came from.
- The heroes and heroines in legends aren't gods, but they are courageous, strong or clever. Sometimes all three!
- There are often magical people or beasts in legends, such as wizards, witches, fairies, giants, mermaids, dragons or knights – these can be bad or good.
- Like in myths, legends tell you how a hero or heroine solves a problem or beats the bad guy. Not all legends have monsters or beasts in them.
- Here are some of the famous legends we've featured in Storytime:
 - **St George and the Dragon (Issue 2)**
 - **Mermaid of Zennor (Issue 4)**
 - **Sir Gawain and the Green Knight (Issue 6)**
 - **Finn MacCool (Issue 7)**
 - **Robin Hood and the Silver Arrow (Issue 9)**
 - **Gilgamesh the Great (Issue 11)**
 - **The Sword in the Stone (Issue 13)**

{ LESSON IDEAS }

- ▶ Maybe there is a local legend near you? Find a legend in your town, city or county and learn all about it – it could be about a person or a fantastical beast. Write about the legend and draw a picture too. There are many on the Mysterious Britain site: <http://www.mysteriousbritain.co.uk/folklore/folktales/english-folktales.html>
- ▶ Choose your favourite legend and use our **Storytime Storyboard Sheet** to turn it into a comic strip.
- ▶ For more ideas and helpful downloads, read our **Create a Myth or Legend Sheet**, and learn about mythical heroes, gods, monsters and legendary heroes, creatures and beasts using our **Top 10 Sheets**.

	Name	Type of Myth	Quest	Fact
1	Heracles (Hercules)	Greek (Roman)	To kill 12 scary baddies in 12 impossible Labours	His first labour was to kill the Nemean Lion
2	Theseus	Greek	To kill the Minotaur in King Minos's impossible maze – the labyrinth	He had two fathers: the sea-God Poseidon and the King of Athens
3	Perseus	Greek	To kill Medusa, the snake-headed gorgon	The gods Zeus, Athena and Hermes gave him magical gifts to help him
4	Jason	Greek	To bring back the golden fleece to King Pelias	He was captain of the Argo and led a crew called the Argonauts
5	Bellerophon	Greek	To kill the Chimera – a beast with three heads	He also caught the winged horse Pegasus
6	Odysseus	Greek	To kill the Cyclops and find his way home	He was famous for his cunning mind
7	Atlanta	Greek	To kill the enormous and deadly Caledonian Boar	She was later turned into a lion by the goddess Aphrodite
8	Romulus and Remus	Roman	To get revenge for their grandfather and create a new city	They were abandoned as babies and raised by a she-wolf
9	Xbalanque and Hunahpu (The Hero Twins)	Mayan	To defeat the lords of the underworld who had killed their father	They later became the sun and the moon
10	Beowulf	Anglo-Saxon	To kill the monster Grendel	He fought three battles and became a king

{ LESSON IDEAS }

- ▶ Can you name any more mythical heroes? What about heroes from your favourite book or film? Draw a picture of your favourite hero in a superhero costume using our **Heroes and Gods Picture Frame**.
- ▶ Can you think of any real-life heroes? Talk about the role of firemen, lifeguards, police officers and doctors. What is their quest?
- ▶ Write a short biography for a mythical hero. Use our **Storytime Biography Sheet and Checklist** to help you. For more ideas and helpful downloads, read our **Create a Myth or Legend Sheet**.

	Name	Type of Myth	God or Goddess of...	Always carries...
1	Zeus (Jupiter)	Greek (Roman)	Sky and thunder – the most powerful god of all	Thunderbolts
2	Athena (Minerva)	Greek (Roman)	Wisdom, war and heroes	Her shield – with Medusa’s head attached!
3	Poseidon (Neptune)	Greek (Roman)	The sea	His trident
4	Cupid	Roman	Love	His bow and arrow
5	Odin	Norse	All Norse gods, plus war and poetry	His spear
6	Freya	Norse	Love, beauty and war	Her necklace
7	Thor	Norse	Thunder and lightning	His magic hammer
8	Bride	Celtic	The spring	Spring flowers
9	Rama	Indian	Virtue	His bow
10	Ra	Egyptian	The sun	His solar chariot

{ LESSON IDEAS }

- ▶ Draw a picture of your favourite mythical God in our **Heroes and Gods Picture Frame**.
- ▶ Do Gods and Goddesses eat and drink the same things as humans? Do they sleep? Do they have to tidy their bedrooms? Write about the day in the life of a mythical God using our **Storytime Diary Sheet**.
- ▶ Which God or Goddess do you think is the most powerful and why? Do a class tally using our **Top of the Gods Survey Sheet**. For one day or one week, change your class name to match the mythical God you voted for. Find out five facts about him or her.
- ▶ Do a mythical Gods investigation. Who was the Goddess of the Rainbow? Who was the God of the Underworld? Who was the Goddess of Home? Who was the God of the Sun? Can you find out their names and find out more about them?
- ▶ For more ideas and helpful downloads, read our **Create a Myth or Legend Sheet** or see our other **Top 10 Sheets**.

	Name	Type of Myth	What is it?	Fact
1	Cyclops	Greek	One-eyed giant	The Cyclops were the blacksmiths who made Zeus's lightning bolts
2	Minotaur	Greek	Half-man, half-bull	It lived in a maze called the labyrinth
3	Gorgon	Greek	Snake-headed woman	A single look from a gorgon could turn you to stone
4	Chimera	Greek	Three-headed beast	Its first head was a goat, its second head was a snake and its third head was a lion
5	Cerberus	Greek	Three-headed dog	It guarded the gates of the underworld
6	Nemean	Greek	Huge lion	Not even arrows could pierce its coat
7	Hydra	Greek	Sea monster with many heads	It could grow back its heads
8	Thrym	Norse	The king of the giants	He was a frost giant who wanted to marry the Goddess Freya
9	Jormundgand	Norse	Giant sea serpent	It wrapped its body around the whole world
10	Grendel	Anglo-Saxon	A monster	Its mother was a fearsome monster too

{ LESSON IDEAS }

- ▶ Can you make up your own mythical monster? Use our **Roll a Monster** and **Fold a Monster Sheets** to help you. What special power will you give your made-up monster?
- ▶ Can you write a description for one of the monsters above? Describe how it looks, how it smells, how it feels and how it sounds.
- ▶ Can you rewrite a famous myth from the viewpoint of the monster? How did Medusa feel about having snakes on her head and Perseus coming to slay her? How did the Minotaur feel about being trapped in a maze by King Minos? Not all monsters are as mean as you think.
- ▶ For more ideas and helpful downloads, read our **Create a Myth or Legend Sheet**.

	Name	Type of Legend	Quest	Fact
1	Saint George	European	To slay the dragon	He is the patron saint of England, but was born in Turkey or Israel
2	Robin Hood	British	To rob money from the rich and give it to the poor	He was a brilliant archer who lived in the woods with his band of Merry Men
3	King Arthur	Arthurian	To defend England against a Saxon invasion	He was the only person who could pull a magical sword from a stone
4	Merlin	Arthurian	To protect King Arthur from his enemies and give him good advice	In legend, Merlin created Stonehenge
5	Sir Galahad	Arthurian	To rescue his friends and find the Holy Grail	He was the bravest Knight of the Round Table
6	Finn	Irish	To make the Giant's Causeway	He ate a special salmon, which gave him all the knowledge in the world
7	Gilgamesh	Mesopotamian	To defeat the monster, Humbaba	In legend, he was half-human, half-god, but he may have been a real king
8	Samson	Bible	To kill a lion and a whole army with a jawbone	He had super strength, but if his hair was cut, he lost all his powers
9	Sinbad	Arabian	To sail the seas and fight bad guys and monsters	He fought a magical sea stallion, giant birds and snakes
10	William Tell	Swiss	To save the people of Switzerland from a bullying ruler	He was brilliant with a crossbow and could shoot an apple from a man's head

{ LESSON IDEAS }

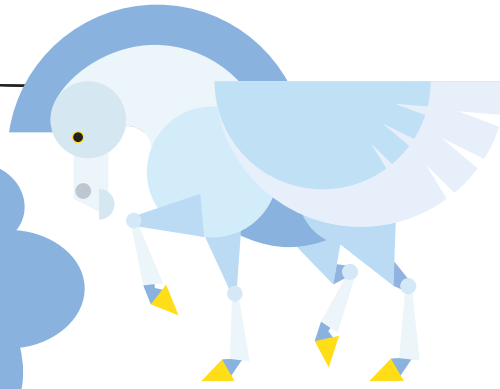
- ▶ Go on a legendary quest in your school! Pretend that corridors are rivers, stairs are mountains and other teachers are magical beings who can help you. What is your setting? What is the problem? Which fantastical beast do you need to do battle with?
- ▶ Learn the names of the Knights of the Round Table. Can you design a coat of arms for each knight? Can you design a coat of arms for your school?
- ▶ Imagine you own a Legendary Hero Supplies shop and have a new magical item on sale – the best one ever. Design a poster for it on our **Heroes and Gods Picture Frame**.

TOP 10: LEGENDARY BEASTS AND CREATURES

	Name	Type of Legend	What is It?	Fact
1	Dragon	Worldwide	A large, fire-breathing scaly lizard, often with wings	Some legendary dragons like to hoard treasure
2	Kraken	Scandinavian	A giant sea monster – a cross between an octopus and whale	Sailors from long ago might have confused giant squids or undersea volcanoes for krakens
3	Loch Ness Monster	Scottish	A lake monster that looks like a dinosaur	Somebody took a photo of the monster in 1933, but people think it was a hoax
4	Green Knight	Arthurian	A huge man with green skin and clothes, and a green horse	He was sent to test King Arthur's knights. He had his head cut off but still survived!
5	Boggart	English	A cheeky, ugly imp	It steals farm land or makes things disappear in your house
6	Mermaid	Worldwide	Half-woman, half-fish	The explorer Christopher Columbus thought he saw a mermaid!
7	Baba Yaga	Russian and Eastern European	A scheming old witch	Legend says that she lives in a hut that stands on chicken legs
8	Fairy	European	A tiny magical lady or man, usually with dainty wings	Long ago, people wore charms for protection against naughty fairies
9	Leprechaun	Irish	A little bearded man sometimes dressed in green	They mend shoes and hide a pot of gold at the end of the rainbow
10	Unicorn	Worldwide	A white horse with a pointed white horn	Long ago, people believed that unicorn horns contained magical medicine

{ LESSON IDEAS }

- ▶ Design a legendary beast or creature using our **Roll a Monster** and **Fold a Monster Sheets**. Decide what special powers it will have. Where will it live? What is its name?
- ▶ Choose a hero from our **Top 10: Legendary Heroes Sheet** and a creature from this sheet and put them in a mixed-up story. For example, Saint George and the Fairy. What is the problem and solution? Use our **Storytime Problem and Solution Sheets** to help you.
- ▶ Invent your own awesome legendary creature and draw it in our **Legendary Beasts Picture Frame**. For more ideas, read our **Create a Myth or Legend Sheet**.



- Do you know the difference between a myth and a legend? Read our **What Is a Myth?** and **What Is a Legend? Fact Sheets**.
- Choose a famous myth or legend to read and use our **Storytime Problem and Solution Sheet** to work out the problem and solution. Who is the hero? Who is the baddie?
- Who will be the hero or heroine in your story? Are they a God or a human? Read our **Top 10: Mythical Heroes and Heroines**, **Top 10: Mythical Gods** and **Top 10: Legendary Heroes Sheets** for inspiration. Get to know the Gods better by taking our **Top of the Gods Survey**.
- Take a look at our **Hero and Heroine Adjectives Sheet** to help you describe your hero. Can you think of any more adjectives?
- Who will be the monster or creature in your myth or legend? Get some ideas from our **Top 10 Mythical Monsters** and **Top 10 Legendary Beasts and Creatures Sheets**.
- Use our **Roll a Monster** or **Fold a Monster Sheets** to create a beast of your own!
- Look at our **Baddy Adjectives Sheet** for inspiration to help you describe your monster. How does it look, feel, sound and smell?
- Draw your hero or heroine and your monster in our **Heroes and Gods, Mythical Monsters or Legendary Creatures Picture Frames**. You could also use these to make a book cover for your story.
- Now you have a hero or heroine and a monster or creature, use our **Hero's Quest Story Mountain** to plan your myth or legend in detail.
- Use our **Myth or Legend Sheet** to write your story, or write a biography for your hero using our **Storytime Biography Sheet**. Or, for fun, write a diary for your monster using our **Storytime Diary Sheet**.
- Are you a myth and legend expert? Play our **Myth and Match Game** to find out!

STORY TITLE _____

NAME _____ CLASS _____

PROBLEM

Who or what does the hero or heroine have to face? Describe it.

BUILD-UP

What happens next? Give clues about the problem.

SOLUTION

Describe how they solve the problem – or battle the monster.

BEGINNING

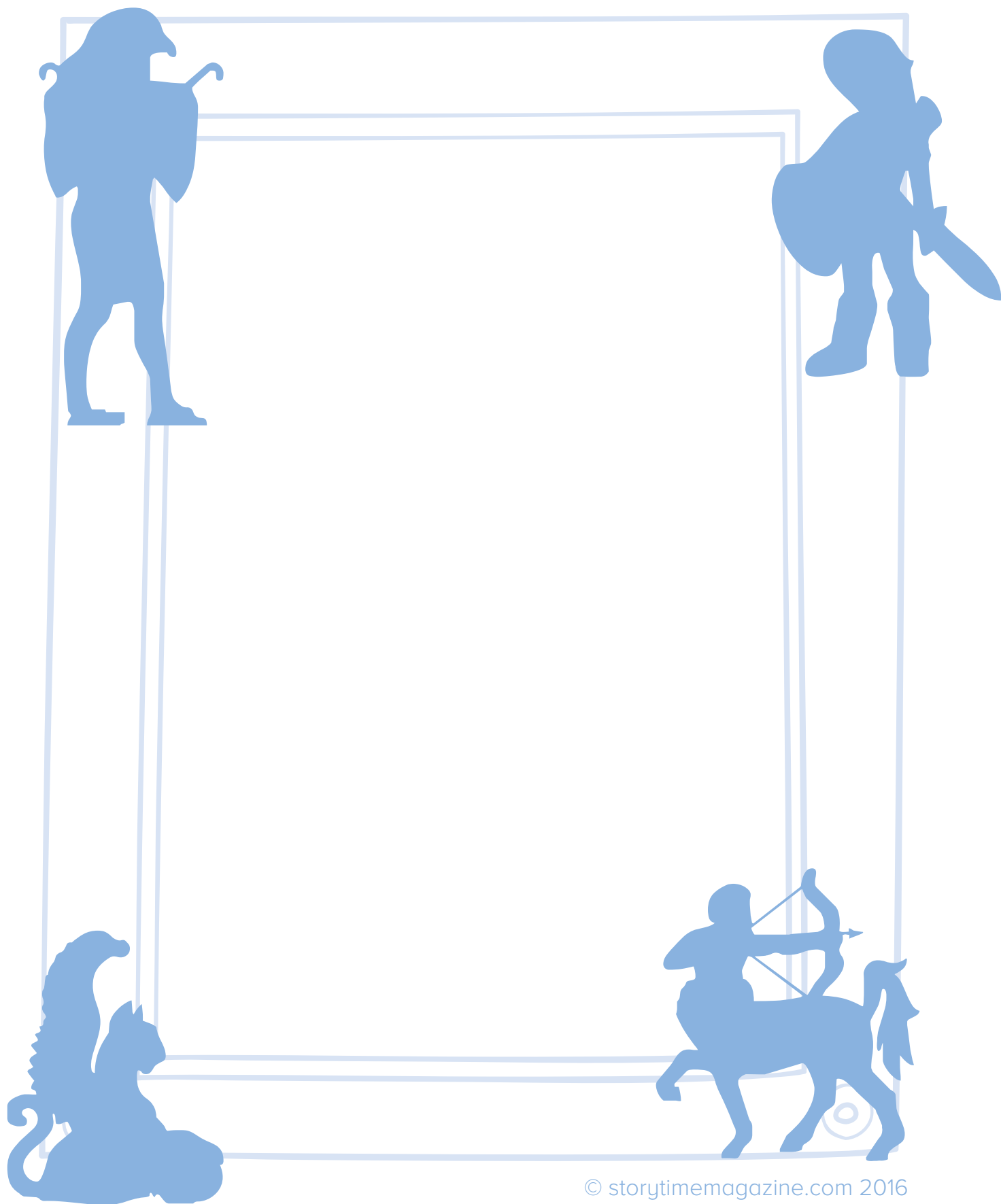
Who is your hero or heroine? Where are they?

ENDING

Did the characters learn anything? Is everyone happy?

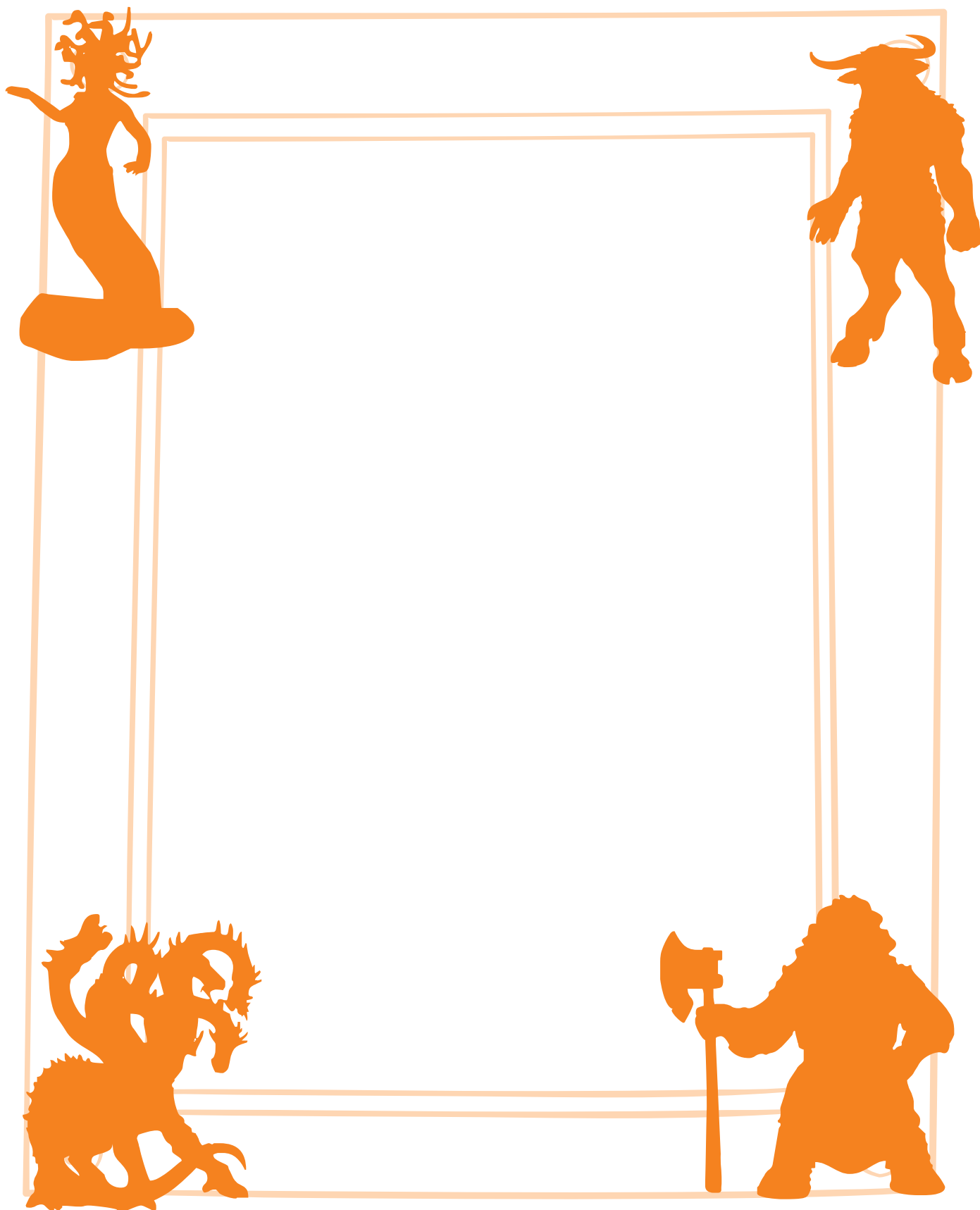
HEROES AND GODS PICTURE FRAME

NAME _____ CLASS _____



MYTHICAL MONSTERS PICTURE FRAME

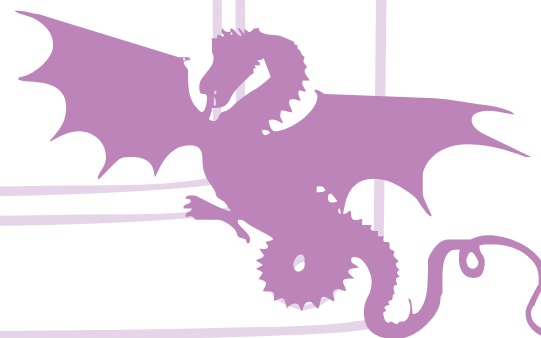
NAME _____ CLASS _____



LEGENDARY CREATURES PICTURE FRAME

NAME _____

CLASS _____



The Life of

WRITTEN BY _____ CLASS _____

STORYTIME BIOGRAPHY SHEET

A large rectangular writing area with an orange border and four circular punch holes at the corners. The interior is filled with horizontal lines for writing.

CHECKLIST

- Did you start with an interesting sentence? Does it make people want to read on?
- Did you remember to write it in the **third person**, using **he, she, they and their**?
- Did you write it in the past tense?
- Did you write it in the order that events happened (**chronological order**) – starting with where and when the hero and heroine was born?
- Who were the hero or heroine's friends and family? Did they have any enemies?
- Have you remembered to put in important facts – facts that make you say 'wow'? Don't forget important dates too!
- Did you use **time connectives** to explain when things happened? For example, **as a child, later that day, three months later, many years later, meanwhile, eventually.**
- Have you used the right adjectives to describe your hero or heroine? Have you described their feelings too?
- Have you used exciting words to tell your hero's story?
- Are there any good quotes you can put in your biography?
- What is the hero or heroine remembered for today? Is the ending satisfying?

STORYTIME DIARY SHEET

NAME _____ CLASS _____



DEAR DIARY,

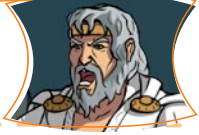









DATE: _____

Handwriting practice area with 18 horizontal lines.

MYTHS AND LEGENDS: TOP OF THE GODS SURVEY










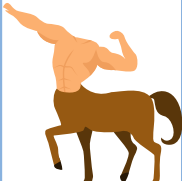







NAME _____ CLASS _____

Use tally marks to write down how many votes each mythical God gets. Add up the total at the end of each row. Which God is the most popular? Which God is the least popular?

God	Tally	Total
ZEUS 		
 ATHENA		
POSEIDON 		
 CUPID		
ODIN 		
 FREYA		
THOR 		
 LOKI		
RAMA 		
 RA		

Roll a Monster

Play our Roll A Monster game and create a fearsome beast for your myth! Just roll a dice to decide what your monster will look like, then put it all together and draw it in our Mythical Monster Picture Frame.

	1st Roll: Eyes	2nd Roll: Mouth	3rd Roll: Head	4th Roll: Body	5th Roll: Feet	6th Roll: Weapon
Roll a 1						
Roll a 2						
Roll a 3						
Roll a 4						
Roll a 5						
Roll a 6						

STORYTIME: FOLD A MONSTER

Fold this sheet into three sections. One person draws a monster head at the top and folds the paper to hide it. The second person draws a body and folds it over, then the last person draws legs. Unfold it to see what you've got!

NAME _____ CLASS _____

A large rectangular writing area with a decorative orange border featuring a repeating geometric pattern. Inside the border, there are 18 horizontal black lines for writing.



Can you match the hero to the monster they battled? Draw a line to pair them up – or use this as inspiration for creating your own myths and legends!

HEROES



THESEUS

SAINT GEORGE



PERSEUS

ODYSSEUS



GILGAMESH

MONSTERS



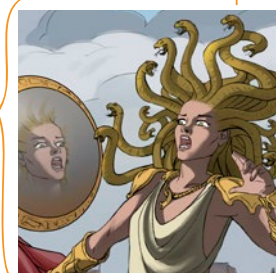
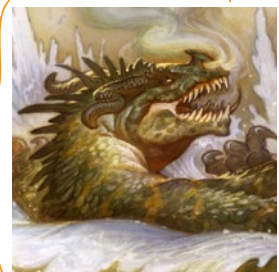
HUMBABA

CYCLOPS



MINOTAUR

DRAGON

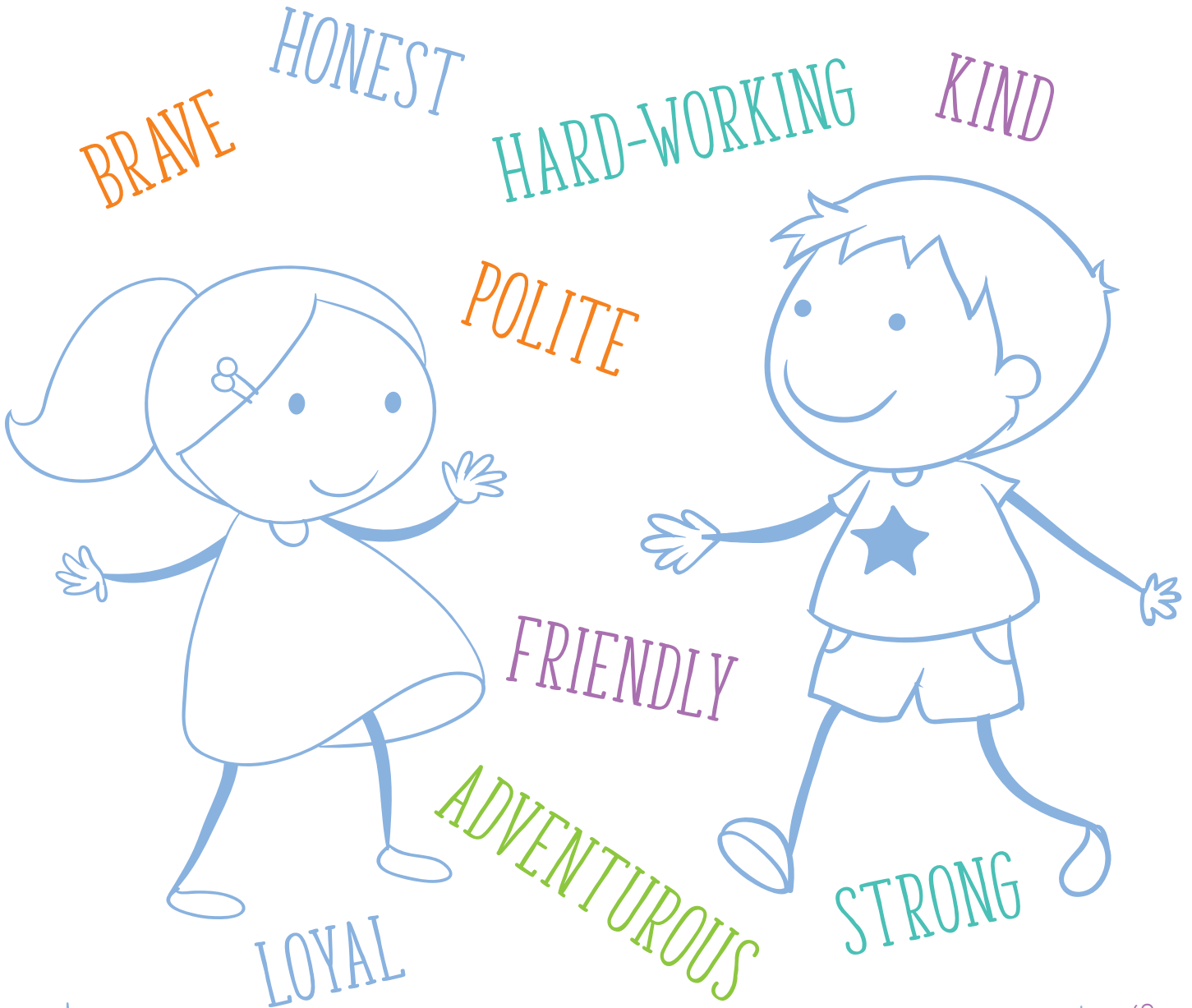


MEDUSA

HERO AND HEROINE ADJECTIVES SHEET

NAME _____ CLASS _____

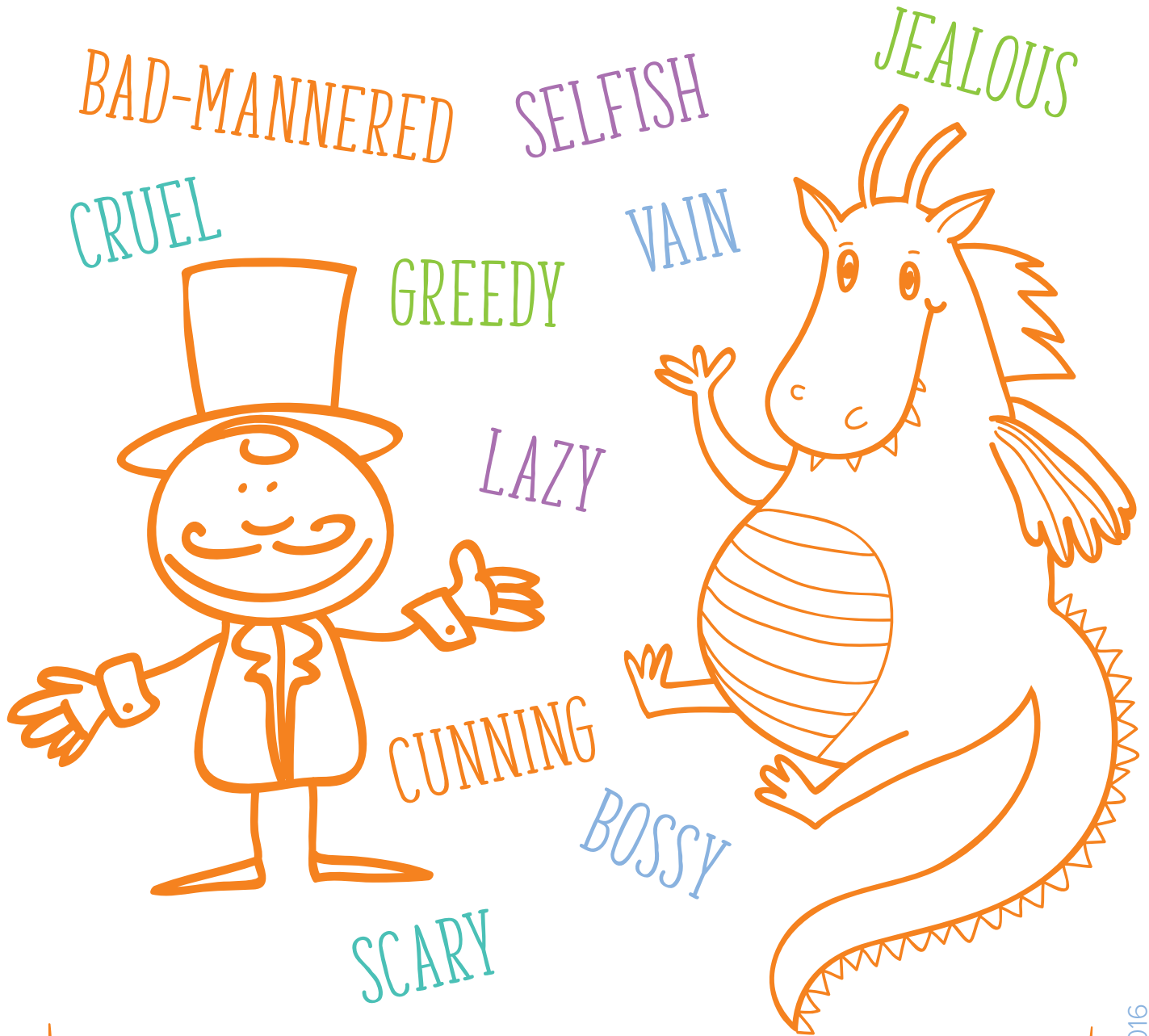
Here are lots of words to describe your hero or heroine. Draw circles around the ones you'd like to use in your story.



Can you write more hero or heroine adjectives in this box?

NAME _____ CLASS _____

How will you describe the baddy in your story? Circle your favourite words here.



Write some more adjectives to describe your baddy. Think about what they look like.

STORY TITLE _____

NAME _____ CLASS _____

PROBLEM

Draw it

Write it _____

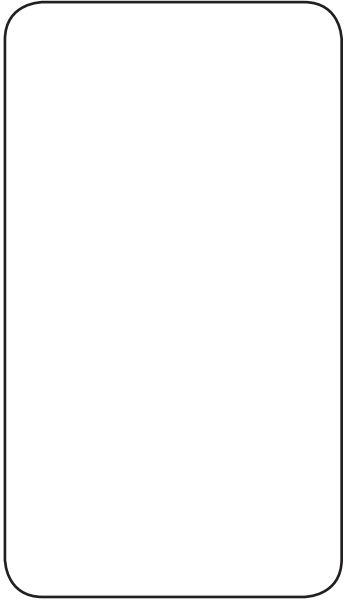
SOLUTION

Draw it

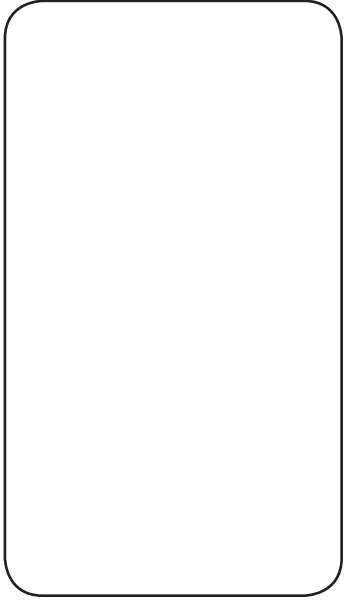
Write it _____

STORY TITLE _____

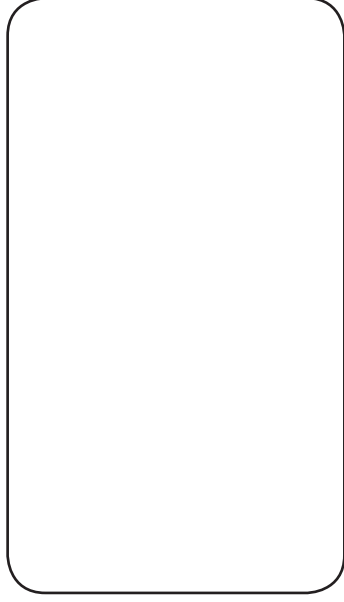
NAME _____ CLASS _____



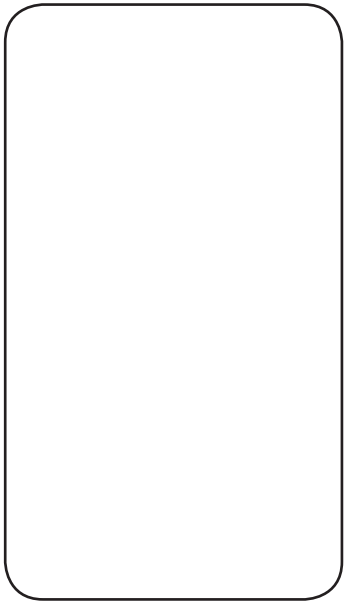
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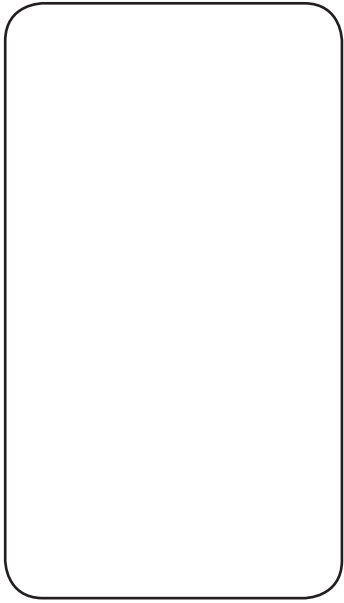
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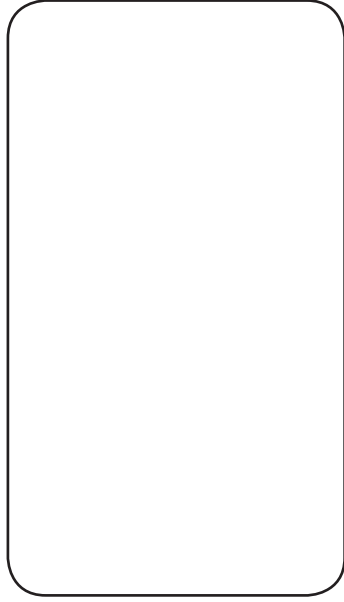
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