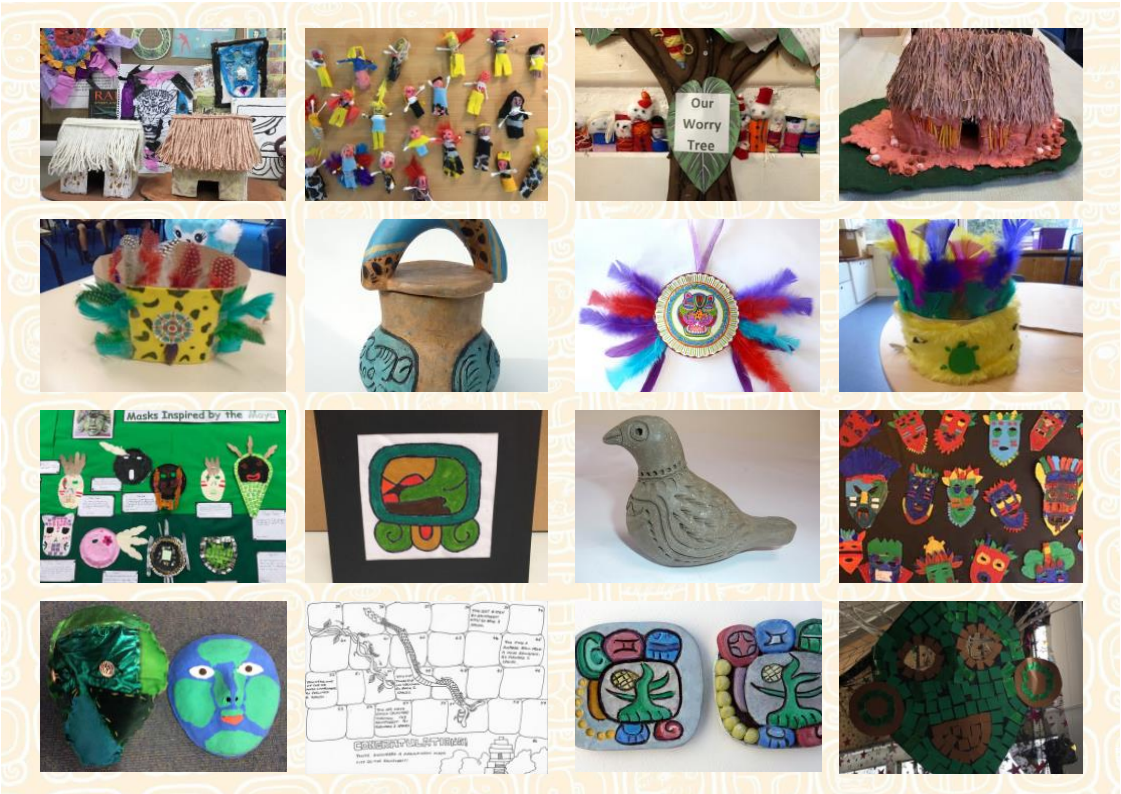
Dr Diane Davies
Maya Archaeologist

www.mayaarchaeologist.co.uk

Maya Activity Pack



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Contents

Bird Whistle	2
Chatterbox	5
Chocolate Pot	7
Death Mask	10
Emblem Glyph	13
Headdress	16
Maya House	19
Kite for the Day of the Dead	22
Snakes and Ladders Board Game	24
Spirit Companion	27
Stela	30
Worry Doll	33

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Maya Bird Whistle

What you will need:

- Clay – 3 balls of clay each about the size of a golf ball
- 2 Popsicle sticks – cut off the rounded end on one to make it square
- Metal and wooden tools for making textures
- Pencil
- Water and small natural sponge
- Piece of wood – for shaping thumb pots

Instructions:



1. Make 2 thumb pots with the balls of clay. Flatten the top edges. Use your piece of wood to shape the pots by patting them, smooth the surface of the pots as much as you can.





2. Scratch into the top edges and wet with some water or slip (wet clay). Join the 2 thumb pots together, smoothing over the join so it can't be seen.

3. Gently pull the clay upwards at one end to make a neck using your fingers, and make a tail shape at the other end, then cut it off square. Smooth the surface with a bit of water (not too much) and your fingers.





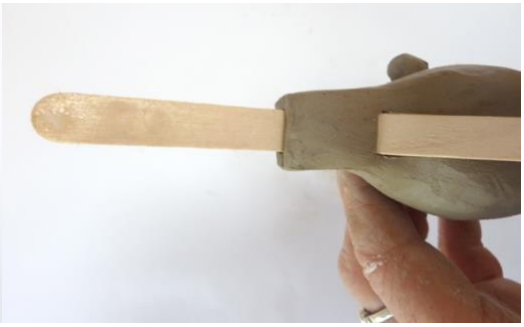
4. Take some clay from the third ball of clay and make a head and beak, press this firmly onto the neck. Model and smooth, adding more clay if needed to make a nice shape.

5. Make a wedge shape about 2 cm x 1 cm for the mouthpiece of the whistle.





6. Wet the wider end of the wedge and stick it firmly on to the tail of the bird. Then take a popsicle stick and carefully push it right through the centre of the wedge into the body.

7. This is the hard bit! Take the popsicle stick with squared-off end and push it in underneath the body at an angle of 45 degrees towards the tail until it hits the first stick. Make an opening.




8. Take out the sticks and clean up the opening very carefully with a pottery knife or tool, making the hole a bit larger. Blow through the mouthpiece and see if it whistles, if not, then push the sticks in again and make sure the edges of the clay are very clean and sharp.



9. Decorate the bird by drawing lines with the pencil and pressing into the clay with the wood and metal tools. Add some wings and feathers if you like! If you are using clay, leave your whistle to dry; then it can be fired and you can paint it with some bright colours.

Maya Chatterbox

1. Cut out the chatterbox below.

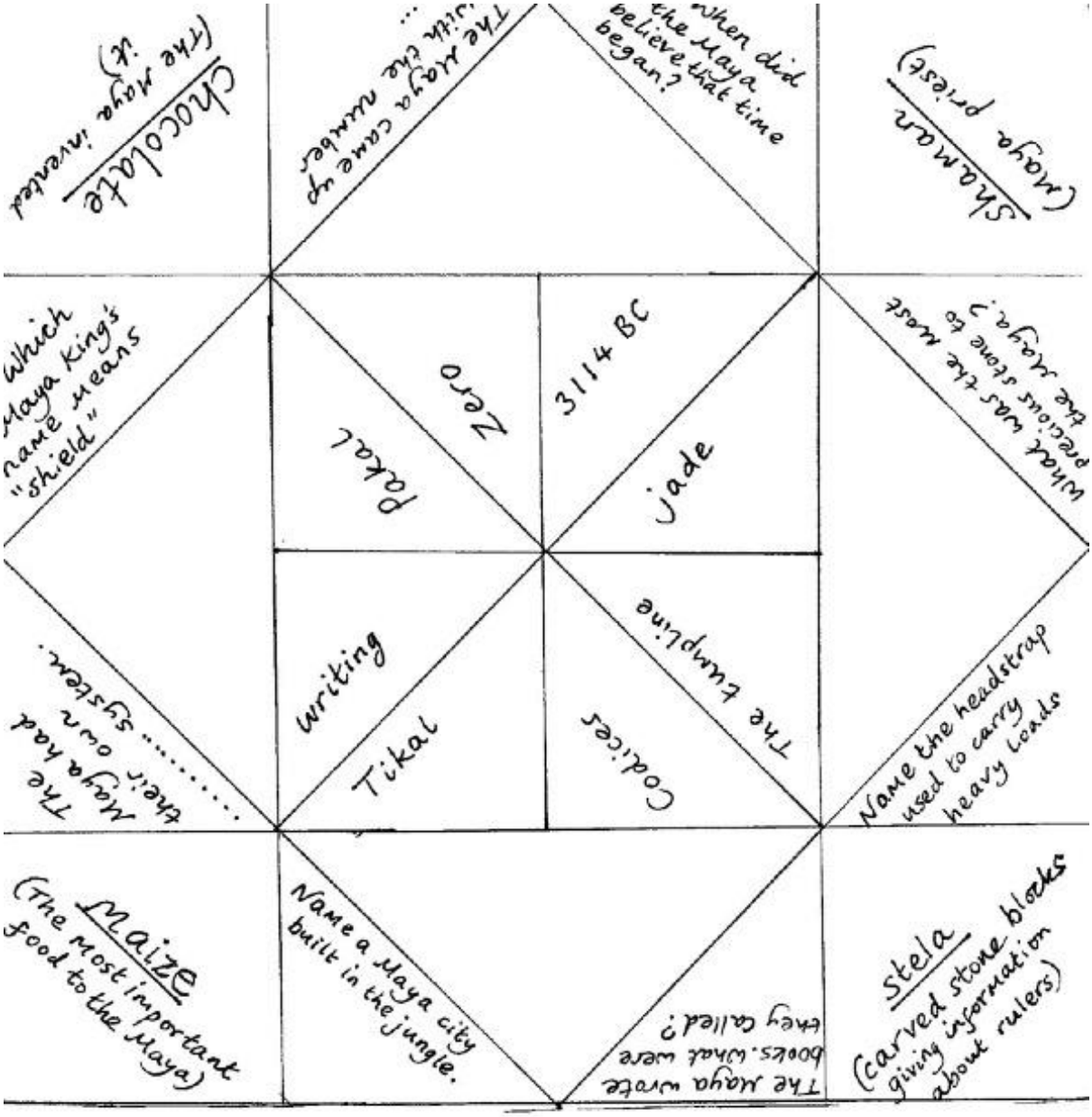
2. Fold and unfold the chatterbox along all four lines of symmetry. The creases will form a “star” in the middle.

3. Place on a flat surface, the blank side facing up and fold all four corners. Fold each corner into the centre of the “star”.

4. Turn the chatterbox over. Fold each corner into the centre of the “star”.

5. Fold the chatterbox in half – so facing outwards are four square flaps.

6. Insert your thumbs and index fingers under the flaps. As you pinch your fingers together, the chatterbox will take shape.



MAYA CHATTERBOX

Instructions for Making

1. Cut out the square Chatterbox.
2. Fold and unfold the Chatterbox, along all four lines of symmetry. The creases will form a 'star' in the centre of the sheet.
3. Place on a flat surface, the blank side facing up. Fold each corner into the centre of the 'star'.
4. Turn the Chatterbox over. Fold each corner into the centre of the 'star'.
5. Fold the Chatterbox in half - so facing outwards, are four square flaps.
6. Insert your thumbs and index fingers under the flaps. As you pinch your fingers together, the Chatterbox will take shape.

Several other sets of instructions can be found on the internet, including pictures, diagrams and movie clips, as well as written text.

Just Google; 'fortune teller instructions'.

- Or ask any child in your class!!

Maya Chocolate Pot

What you will need:

- Clay
- Rolling pin
- Piece of cloth – canvas is ideal – for rolling out clay; using this prevents the clay from sticking to the table
- Clay cutting knife, pencil, ruler
- Water and small sponge
- Paint, brushes, varnish
- Strip wood guide, 6mm thick – optional

Instructions:



1. Take a ball of clay and make a small pot. Flatten the sides and make a good shape.

2. Roll out some coils of clay and add them to the pot. Smooth the edges. Leave the pot to dry for a bit. Add more coils if you need them and smooth the outside and inside as much as you can.



3. Roll out a long rectangle of clay. You can use the canvas and wood strips as guides. Cut out the rectangle using a ruler.





4. Try the strip on the top of your pot. If it is too long or too high, then cut it to the right size.



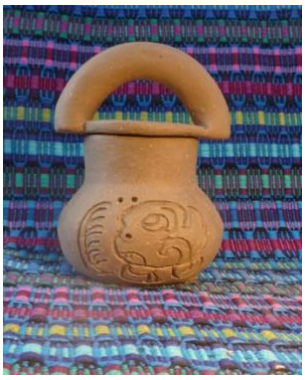
5. Wet the edges of the pot and the rectangle with some water. Join it to the pot and smooth the join with your fingers.



6. To make the lid – roll out more clay and cut a circle that is slightly larger than the neck of the pot. Cut another small strip. Make a thick coil of clay for the handle, and bend this into a half circle shape.



7. Join the small strip to the underside of the lid, smoothing all edges; this is to stop the lid from sliding off the top of the pot! Join the thick coil to the top of the lid and trim it to fit.



8. You can now decorate the sides of the pot by drawing into the clay using the pencil or wooden sticks. Leave to dry for a bit, then neaten edges. Add the glyph for 'cacao' on the pot.



9. If using clay, the pot can be fired and then painted, or if using air drying clay, it can be painted when dry. Don't forget the jaguar pelt markings on the handle!

Now it is time to add some chocolate!





Maya Death Mask

What you will need:

- Stiff card
- Scissors
- Tissue paper – white, light green, dark green
- Kitchen paper
- Glue stick
- PVA glue
- Paint brush
- Sticky tape
- Acrylic paint – white and black

Instructions:



1. Draw the outline of a face with eyes and a separate nose shaped as a triangle, then cut out.

2. Stick your mask and nose outline onto a stiff piece of card using a glue stick.





3. Fold the nose in half and position it on the mask. Fix in place using sticky tape.

4. Scrunch a piece of kitchen paper into a ball and fix it underneath the nose using sticky tape to form the bulbous part of the nostrils.



5. Roll short lengths of kitchen paper to form the lips and hold them together with small pieces of sticky tape.



6. Fix in place on the mask using sticky tape.

7. Cut the white tissue paper into small squares and stick them onto the mask using a paintbrush and PVA glue, being careful not to make the mask too wet. You will be able to push the tissue paper around all the contours using the brush.





8. Leave to dry, this will form a base layer for your mask.



9. Cut the light green tissue paper into small squares and stick them onto the mask using the paintbrush and PVA glue. Cover the whole mask. Leave any squares that are overhanging the edge of the mask sticking out as these will be glued down later when the front of the mask is dry.



10. Cut a small amount of the dark green tissue paper into small squares.



11. Stick the squares onto the mask leaving gaps where the light green colour can still be seen. This replicates the different colours of jade that were used to cover ancient masks.

12. When the front of the mask is dry, turn it over and stick any protruding pieces of tissue paper onto the back of the mask using PVA glue. Allow to dry.





13. Paint the eyes with white acrylic paint and when dry, paint the inside of the eye with black acrylic paint.

Your death mask is now complete!



Maya Emblem Glyph

What you will need:

- Clay
- Rolling pin
- Piece of cloth – canvas is ideal – for rolling out clay; use this to prevent the clay from sticking to the table
- Clay cutting knife, wood modelling tools if you have them
- Pencil
- Water, brush, and a small sponge
- Paint, brushes, varnish
- Strip wood guides 6mm thick – optional

Instructions:



1. Place the clay on the cloth with the strip wood guides at the sides if you have them. Roll out until clay is flat, turning it several times.

2. Cut out your glyph shapes, one larger than the other. Smooth edges with a damp sponge.



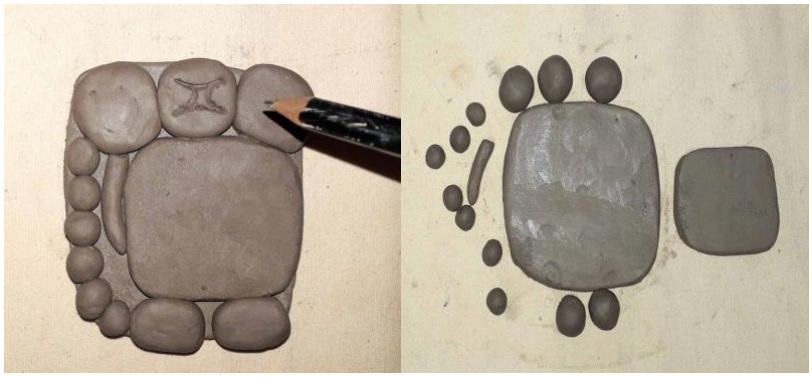




•Alternatively, if you like, you can draw your design into a flat glyph shaped base with the pencil and modelling tools.

3. Roll balls of clay in your hand– 3 large, 3 medium size and 6 small. Make extras to practice with, they may get squashed into the wrong shapes at first!

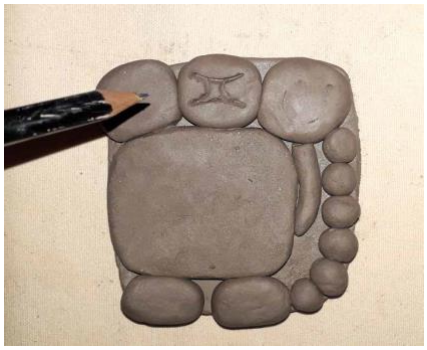




4. Model the balls of clay into glyph shapes by gently squashing between your fingers.

5. Wet the base first with the brush and some water and then take the smaller glyph shape onto the base.





6. Then take the smaller glyph shapes and gently press them on, making sure you wet the base to make a good join.

7. With the pencil, draw into the glyph shapes. Leave glyphs to dry a bit until leather hard, and then tidy up the edges with a damp sponge and your fingers.







8. If you are using clay, the glyph can be fired and then painted, or if using air drying clay then paint when dry.

Maya Headdress

What you will need:

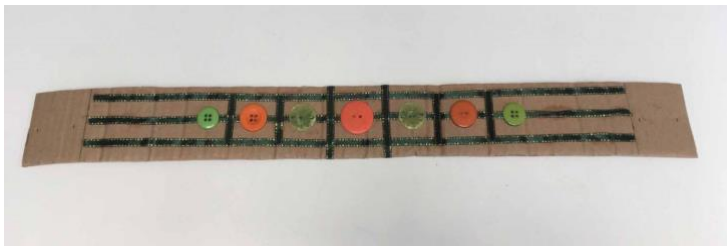
- Scissors
- Tape measure
- PVA glue
- Glue stick
- Masking tape
- Corrugated card (an old cardboard box would be suitable)
- Paper (orange or yellow)
- Two split-pin fasteners
- Cocktail sticks
- Ribbon, buttons, beads or large sequins to decorate
- Craft feathers, a mixture of lengths from 10cm to 30cm

Instructions:



1. Cut a strip of corrugated card 6cm wide and 5cm longer than the circumference of your head to make the headband.

2. Decorate the headband by attaching ribbon pieces, buttons, beads or large sequins with PVA glue. Avoid decorating the overlapping section. Allow the glue to dry fully.

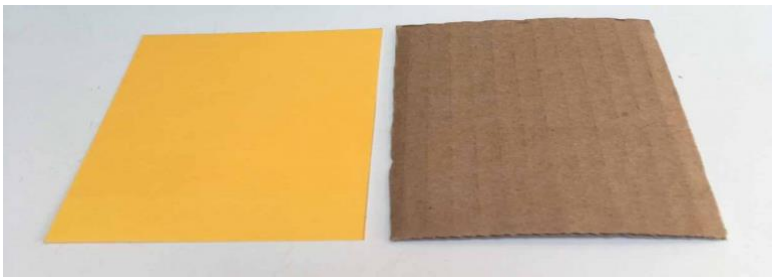




3. Overlap the two ends of the headband.

4. Poke split-pin fasteners through the two thicknesses of the card, spreading the prongs out on the inside of the band to hold it together.





5. Cut a piece of corrugated card measuring 8xm by 10cm for the front-piece. Now, cut a sheet of orange or yellow paper to the same size (or use white paper and colour it in).

6. Decorate the paper with black splodges to look like jaguar-skin





7. Stick this onto the card using a glue stick.

8. Arrange your five long feathers so that they are evenly spread along the top of the jaguar-skin front-piece.





9. Apply a small amount of glue to the stem of each feather and poke them carefully into the holes of the cardboard. If the stems of the feathers are larger than the holes in the cardboard, trim them so that they fit before applying the glue. To make it easier to attach the feathers, keep the cardboard flat and stick the feathers in horizontally.

10. Turn your jaguar-skin front-piece over so that you can see the reverse side. Take eight shorter feathers and arrange them along the sides.





11. Stick each one to the card using masking-tape.



12. Attach the front-piece to the headband using six cocktail sticks. Cover each cocktail stick in PVA glue. Push each stick half-way into the holes of the cardboard on the base of the front-piece.



13. Now push the remainder of the sticks into the holes of the cardboard of the headband so that both parts are attached. Allow to dry.



14. Your headdress is now ready to wear!

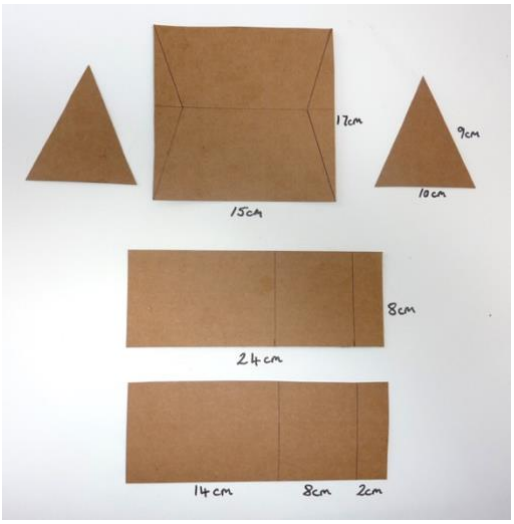
Maya House

What you will need:

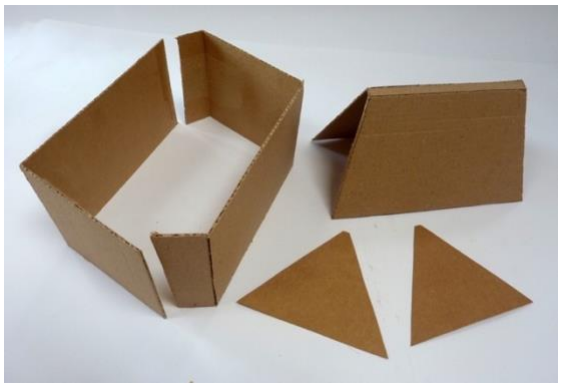
- Cardboard – box, packaging, or craft card
- Scissors, small blunt knife
- PVA glue
- Brown gummed paper tape or masking tape
- Popsicles, tray for glue
- Pencil and ruler
- Acrylic paints – white, ochre, brown
- Paintbrushes, small sponge
- Sand or semolina – for texturing paint
- Brown wrapping paper, wool or string



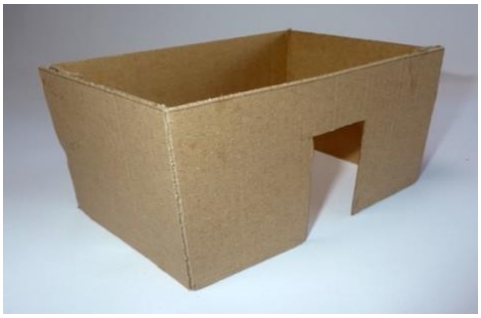
Instructions:



1. Cut out your cardboard shapes for the house. Walls: 2 rectangles – 24 cm x 8 cm. Roof: main roof rectangle of 15 cm x 17 cm. Cut angles to make a shape as in the photo. Cut 2 triangles with a base of 10 cm, and sides 9 cm.



2. Score a line at 2 cm in from the short edge, and then measure another 8 cm and score another line. Bend the cardboard on these lines to form the walls.



3. Cut out a rectangle for the front door.

4. Put some glue on the 2cm edge and fix the walls together. Tape to hold if needed. Fix the triangles to the main roof with some brown gummed paper or masking tape.





5. Mix some semolina or fine sand with some white paint.



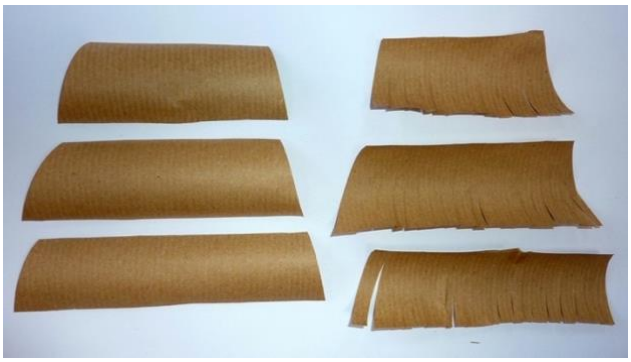
6. Paint the walls of the house. Leave to dry, then lightly brush on a very thin amount of brown and yellow paint to get an "old look" to the stucco walls.





7. Cut out a shape from the card/cardboard for the base; make sure it's bigger than the house. Then paint the piece of card that the house will stand on with brown and white paints. Get a nice texture with the sponge.

8. To make the thatch: cut long strips of brown wrapping paper about 3cms wide. Cut into the strips and take care not to cut right to the top but leave a bit of paper. You will then have a paper fringe.



9. Glue these fringes on to the roof, starting at the bottom edge. Trim the ends to fit the sloping shape of the roof.



10. If you want to use wool or string for the thatch, put some glue on to part of the roof. Get your ball of wool/string and wrap it right around a few times.





11. Then put on more glue and do the same again until the roof has wool all round it. Make sure it is stuck down well if not, apply some more glue.

12. Turn the roof over so you see the underneath; cut the wool/string right across with scissors, then trim so it is about 1cm hanging down over the roof edge. Cut lengths of wool/string for the ends of the roof and glue on.





13. Tie a piece of wool around the top edge, then tape the inside of the house to the base, maybe use some glue too. Leave to dry, place your roof on to the walls and make sure the thatch hangs down a bit over the edge of the roof.

Guatemalan Kite for the Day of the Dead

What you will need:



- Paper Plate – 15 cm or 22cm for a larger kite
- Pencil, fibre tip pens or paints
- Scissors
- Pictures of jaguars, or other rainforest animals for your design
- Popsicle sticks
- PVA glue, small tray for glue
- Feathers
- Ribbons
- Tissue paper
- Masking tape

Instructions:



1. Choose your paper plate and if the inside is shiny, then use the back of the plate, otherwise, it will be hard to draw your design with the pens. Draw the face of a jaguar or other animal in the middle and Maya designs on the edges of the plate. Colour in with the fibre tip pens, or paints if you have them – use bright colours!



2. If you have some feathers or ribbons, turn the plate over and stick the ends on with some glue to the outer edge, so you can see them from the front. Secure with a piece of masking tape.

3. If you want to use tissue paper, cut some long strips and stick them on the back of the plate so they hang down when you turn the plate over to the front.





4. You now have a small version of the extremely large Guatemalan kites that are flown on the Day of the Dead!

Maya Snakes and Ladders Board Game

What you will need:

- 2 board game sheets

Instructions

1. Print out and colour the 2 board game sheets below.

2. This game can be played with 1,2,3 or 4 players. To play alone, simply time yourself from the start and see how quickly you can find the lost city. Then play again and see if you can beat your previous time.

3. To play with 2 or more players, use a counter or a rubber for each player.

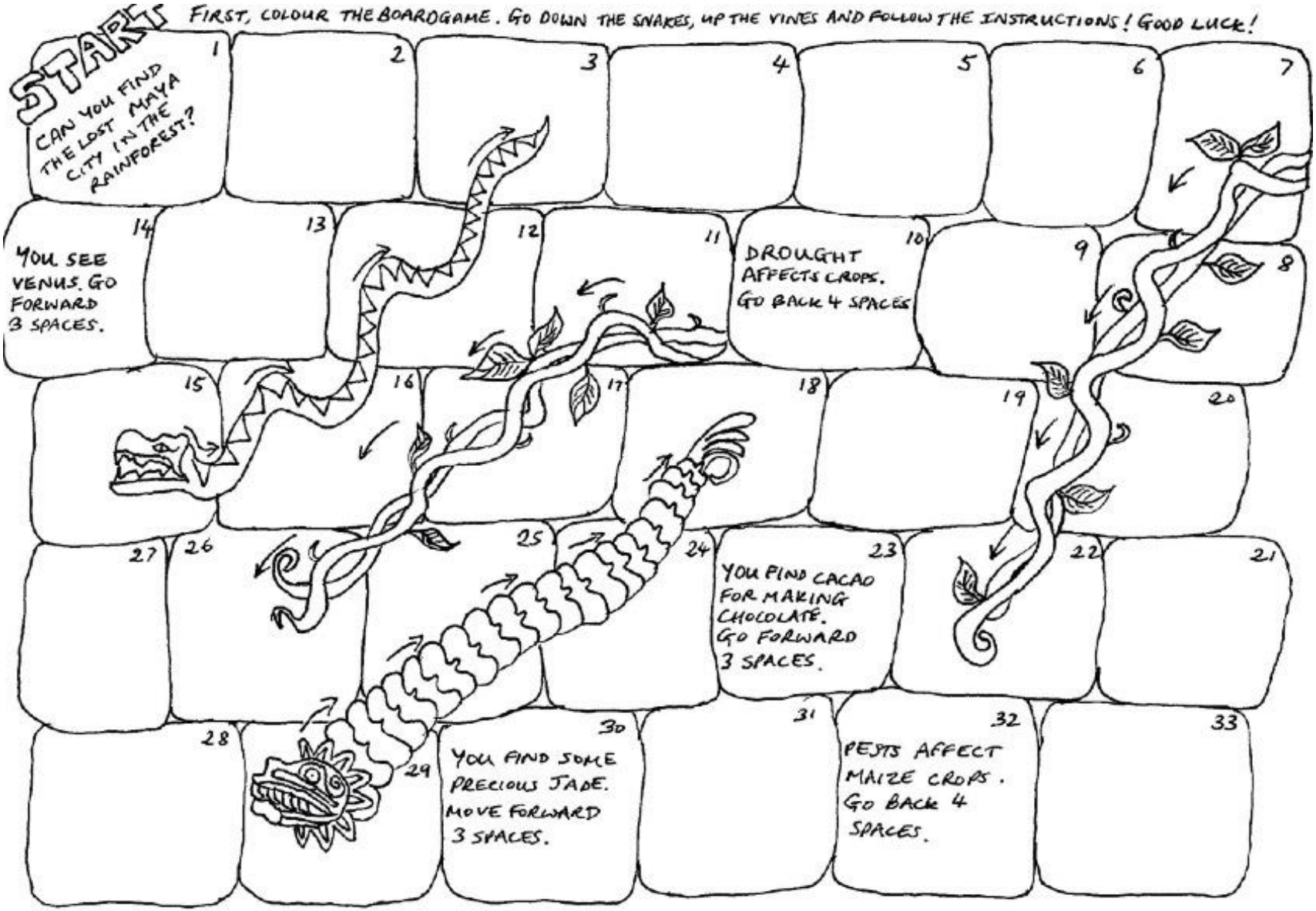
4. Place the counters on the “start” square. Your aim is to get to the end of the game and find the lost Maya city before your opponent does.

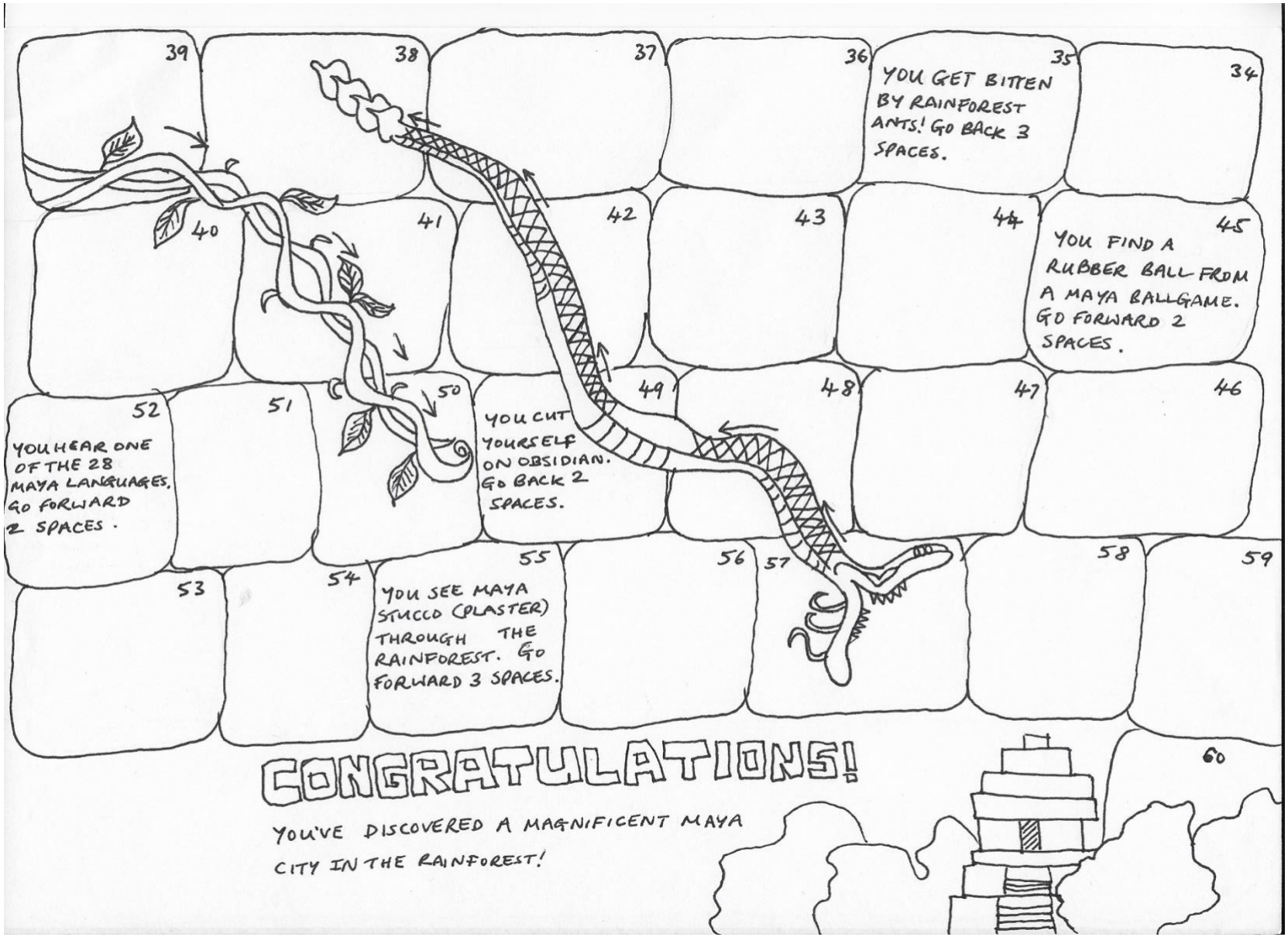
5. Roll the dice and move your counter. If you land on a vine, follow the direction of the arrows and move up the vine.

6. If you land on a snake’s mouth, follow the direction of the arrows and move back down the snake, until you reach the tail.

7. If you land on a square with instructions, then simply follow the instructions.

Good luck and have fun!


START
FIRST, COLOUR THE BOARDGAME. GO DOWN THE SNAKES, UP THE VINES AND FOLLOW THE INSTRUCTIONS! GOOD LUCK!
1
CAN YOU FIND THE LOST MAYA CITY IN THE RAINFOREST?
2
3
4
5
6
7
8
9
10
DROUGHT AFFECTS CROPS. GO BACK 4 SPACES
11
12
13
14
YOU SEE VENUS. GO FORWARD 3 SPACES.
15
16
17
18
19
20
21
22
23
YOU FIND CACAO FOR MAKING CHOCOLATE. GO FORWARD 3 SPACES.
24
25
26
27
28
29
30
YOU FIND SOME PRECIOUS JADE. MOVE FORWARD 3 SPACES.
31
32
PESTS AFFECT MAIZE CROPS. GO BACK 4 SPACES.
33


39
38
37
36
35
YOU GET BITTEN BY RAINFOREST ANTS! GO BACK 3 SPACES.
34
40
41
42
43
44
45
YOU FIND A RUBBER BALL FROM A MAYA BALLGAME. GO FORWARD 2 SPACES.
52
YOU HEAR ONE OF THE 28 MAYA LANGUAGES. GO FORWARD 2 SPACES.
51
50
YOU CUT YOURSELF ON OBSIDIAN. GO BACK 2 SPACES.
49
48
47
46
53
54
55
YOU SEE MAYA STUCCO (PLASTER) THROUGH THE RAINFOREST. GO FORWARD 3 SPACES.
56
57
58
59
CONGRATULATIONS!
YOU'VE DISCOVERED A MAGNIFICENT MAYA CITY IN THE RAINFOREST!
60

Your Maya Spirit Companion

These instructions are for a small Maya spirit companion (Way/Nahual) fabric painting. If you would like to make a larger version, you will need to increase the size of the measurements given below.

To find out your spirit companion, visit the Maya Archaeologist website and look under School Resources - Maya Spirit Companions or click on the link below:

Find out your Spirit Companion

What you will need:

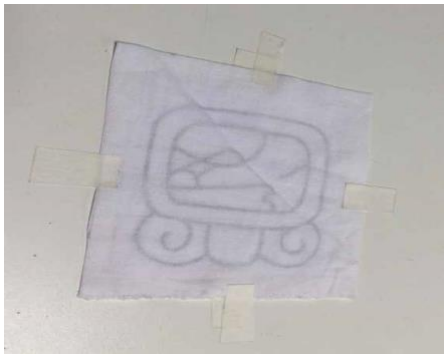
- Your spirit companion day sign (see above)
- Ruler
- Scissors
- Pencil
- A piece of white fabric approximately 10cm x 10cm (for example, a piece of an old sheet or a handkerchief)
- Two pieces of stiff card – one white and one the colour you would like your frame to be (for example, black)
- Acrylic paints
- PVA glue
- Glue stick
- Black waterproof marker-pen (e.g. Sharpie pen)

Instructions:



1. Draw a square 8cm x 8cm on a sheet of paper. Make a pencil copy of your nahual inside this square and then draw over the lines with a black marker-pen. Stick this to a flat surface with masking tape so that it stays in place.

2. Cut a piece of white fabric 10cm x 10cm and place it over the top of your paper design. Stick this onto the flat surface to hold it in position.





3. Use the black marker-pen to carefully trace the design onto the fabric.



4. Paint your design using acrylic paints, keeping inside the black lines. Start at the centre of the picture and work outwards. Wet your paintbrush with water if the paint is too thick to easily apply to the fabric, but be careful not to over-dilute as this may cause your black outline to run.

5. You can also use poster paint, fabric paint or felt tip pens to colour your design. When complete, put your design to one side and allow to dry.

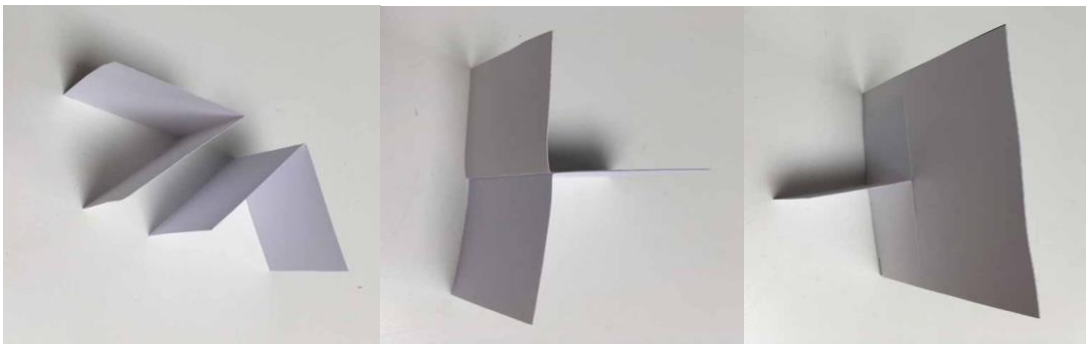


6. Cut your two pieces of stiff card into squares 13cm x 13cm. To make the frame, take the coloured piece of card and measure in 2.5cm from each of the four sides making small marks to show this measurement. Use your marks to draw a square 8cm x 8cm inside your larger square. Cut out the inside square to leave a 2.5cm frame by gently folding the

larger square in half so that you can make your first cut and then carefully cut along the lines you have drawn.



7. When your painting is dry, use masking tape to stick it to the back of the frame with the painted side showing through. Now, stick the back piece of card over the reverse of the painting.



8. To enable your painting to stand up, cut two rectangles of card, 5cm x 10cm. Fold each piece in half lengthways and stick the top two folded pieces together to form a 'T' shape. When dry, stick the top of the 'T' shape to the base of your nahual painting on the reverse side. This will act as a stand for your picture.



Other spirit companion craft ideas:

You could engrave a small square of modelling clay with your way/nahual design and then pierce a hole through the top. When the clay is dry, you could thread it onto a piece of string or cord to make a necklace or bracelet.

Maya Stela

What you will need:

- Clay
- Strip wood guides 6mm thick, rolling pin
- Piece of cloth, - canvas is ideal - for rolling out clay; use this to prevent the clay sticking to the table
- Clay cutting knife
- Pencil
- Assortment of metal and wooden tools to make textures; piece of rough stone for texturing the base
- Water and small natural sponge
- Paint, brushes, varnish

Instructions:



1. Set up your cloth with the wooden guides and place the clay in the middle. Roll out the clay, turning in several times so it makes a round shape. Cut out a shape for the base; this can be round, square, or any natural shape.



2. If you like, the clay base can be textured by pressing in a piece of stone or rough wood.



3. To make your stela, take quite a big piece of clay and form it into your stela shape; pat with the wood guides to help get the sides straight and even.

4. When the stela is the size and shape you want, make sure the front is very smooth. Draw a figure into the clay using the pencil.





5. Use the metal and wood tools to texture the costume and make the glyphs.

6. Leave the base and stela to dry for a bit- until the clay is what is called ‘leather hard’. If it is too soft then it is hard to tidy up the rough edges. Tidy up the drawing and texture and redraw if you lose the lines with the pencil.



7. Take the base and scrape out a shallow area where the stela will stand. Make sure the base of the stela is flat and smooth.

8. Scratch into the base of the stela and where you want to place it on your base, wet these areas with water or slip.





9. Press the stela into the scratched area on the base and make sure it is well fixed and is upright!



10. If using clay, the stela can be fired when completely dry and then painted; if using air drying modelling clay paint the stela when it is dry.



Maya Worry Doll

Worry dolls (*Muñeca quitapena* in Spanish) are small handmade dolls from Guatemala that are given to children. Children will tell their doll about their fears or worries, then put the doll under their pillow for the night and sleep over it. It is said that the doll will take away all worries.

What you will need:

- Glue
- Ruler
- Scissors
- A strip of stiff cardboard approximately 5 cm in length and 1 cm wide for the body
- A 4 cm long piece of wire (you could use part of a paper clip) for the arms
- A small ball of cotton wool
- Felt tip pen
- Embroidery/sewing thread
- 3 colourful scraps of fabric
- Needle and thread (optional)
- A small piece of bandage or gauze from a first aid kit

Instructions:



1. To make the head, fill the piece of bandage with cotton wool until you have a ball/head shape about the size of a small grape.



2. Push 1 cm of the card body into the head and glue the head so that the cotton wool is covered.



3. Bend the wire into a “u” shape for the arms



4. Stick the “u” shape to the back of the card body



5. Wrap embroidery thread around the neck and arms several times to hold in place and then glue down.



6. With a felt tip, draw on eyes and a mouth, or stitch them on if you can sew.



7. Wrap a scrap of fabric around the top of the body and leave the arms exposed and glue down.



8. Wrap a scrap of fabric around the bottom half as a skirt and glue it down.



9. Make a pointy tube of fabric around the head as a headscarf and stick in place.



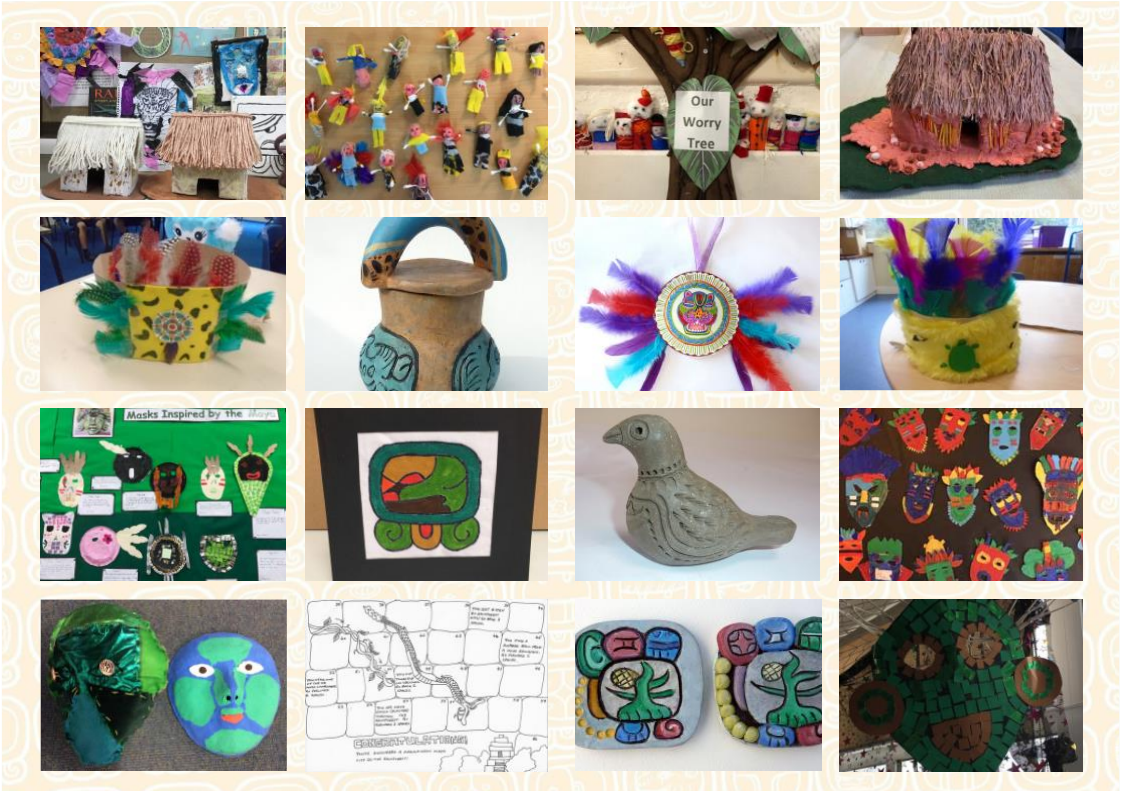
10. Fold the headscarf down and stick it in place.

11. Twist together 3 embroidery threads 4 cm long and wrap around the head scarf.

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