

During the Blitz, families faced nightly air raids, took shelter underground, and lived with the constant fear of bombing. This activity helps you understand how people protected themselves and stayed hopeful during frightening times.

You Will Need

Paper

Pen or pencil

A quiet space where you can sit in the dark for a moment

Optional: a blanket or torch

Shelter Simulation

Imagine it's the middle of the night in 1941. The siren has just sounded and you and your family must rush to your shelter.

- Sit quietly in a darkened room or under a blanket.
- Listen carefully – what can you hear around you?
- Write a short paragraph describing how you feel: What can you hear outside? What do you imagine is happening? Are you scared, brave, bored, or tired?

Morale Matters

People tried to stay positive during raids. Scouts helped neighbours, and even music and sausage rolls made things feel normal in underground shelters.

- Write a list of 3 ways people kept their spirits up during air raids.
- Can you think of 2 more ideas they might have used to stay cheerful? Add your own.

Hero for a Day

Choose one of these wartime roles: Firefighter, Air Raid Warden, Scout Messenger, or Nurse.

Write a diary entry as that person after a busy night during the Blitz.

- What did you do?
- Did anything go wrong?
- How do you feel now that the all-clear has sounded?