

Last week, Aqua class were learning about the thrilling (but horrendously gross!) process of mummification in Ancient Egypt. We acted out the instructions in groups and enjoyed mummifying each other! These were the steps we learnt:

- 1) First, wash the body in palm oil and water from the River Nile.
- 2) After this, use a hook to go up the nostril through to the brain. Smash it so that it is liquefied and then pull it back out of the nostril.
- 3) Next, use a sharp knife to make a cut down the left side of the body. Then cut out the internal organs one by one.
- 4) When you have done that, clean the organs and dry them with natron (a salt-like substance). The lungs, intestines, stomach and liver can then be put into canopic jars, but the heart is placed back in the body. Here we are matching the organs to the correct canopic jar!



- 5) You can then leave the body to dry in some natron for approximately 40 days. To re-enact this, we sprinkled salt on to our 'mummy'.



- 6) Once you have waited patiently for 40 days, stuff the body with linen and then coat the body in resin (made from plants) to preserve the skin. Here we are painting our resin on!



- 7) Then the fun begins! Wrap the body in strips of linen. Remember to start with the head and neck, then do the individual toes and fingers. Place amulets in the layers of linen to protect the dead in the afterlife.



- 8) Finally, place the death mask on to the mummy, place it in a coffin and then put the coffin inside a sarcophagus!



We had a great afternoon and hope you enjoyed learning how to mummify a mummy!

Aqua Class 😊