

Museum Object: ItemNumber -  
GLAHM:B.1914.357



Can you guess what these objects are?

How long ago do you think they were made?

What do you think these objects are made of?

How do you think they might feel? ... heavy or light? Rough or smooth?

What do you think these objects were used for and who might have used them?

The records we keep about museum objects will answer some of these questions. Click this item number [GLAHM:B.1914.357](#) to see one.

Mental Health and Wellbeing

What does 'mental health and wellbeing' mean to you?

How could mental health relate to these objects?



Complete these **Search Tasks** to explore the Hunterian Collections and more!

- 🔍 This is just one of many carved stone balls at The Hunterian. Try searching in the description box with the words "carved stone ball" to see some others.
- 🔍 Can you find who gave these to The Hunterian? ...Hint: look for the word "Acquisition"



Now, let's see if you were right!

**Can you guess what these objects are?**

These are carved stone balls!

**How long ago do you think they were made?**

These stone balls were carved at around 3000BC (5000 years ago)! 3000BC is known as the Neolithic period (which is the yellow band on the timeline), but you might know it under another name, The Stone Age. Researchers call this period the stone age because there is lots of evidence of the people in this period using stone tools to make things, such as weapons for hunting.

**What do you think these objects are made of?**

Stone! The exact type of stone is unidentifiable due to patina.



**Search Task:** Can you find out what *patina* is?

**How do you think they might feel? ... heavy or light? Rough or smooth?**

Each stone ball weighs close to 488.8g and has varied patterns carved into it, creating both smooth and rough textures!

**What do you think these objects were used for and who might have used them?**

These balls have been carefully carved by someone and this carving would have taken years to complete. Interestingly no researchers can work out what these balls were used for and why they were made, so your guess is as good as theirs!



**Search Task:** Find a similar object from the [Hunterian online collection](#), What is the same about the two objects? What is different?  
*Hint. Try searching: GLAHM:F.1952.29 or GLAHM:E.647*

**What we can tell about objects from the place they were found**

These carved balls come from Scotland, and specifically a little island of the coast of Scotland called Orkney. This island is home to one of the best preserved Stone Age settlements. This place is known as **Skara Brae** and was inhabited from between 3200 and 2200BCE.

[Learn more and Draw \(Skara Brae\)](#)

### Mental Health and Well Being

Mental health and wellbeing are about how we cope with stress and manage our thoughts, emotions, and behaviours. In other words, how we think, feel and act.



How easy or difficult is it for you to control your thoughts, emotions and actions?

What helps you stay in control?

What tricks do you have to keep calm?

**Watch** to learn one way of keeping calm, in control and focused



Keeping up with your mental health is just as important as making sure you are physically healthy!

Knowing what you know now, about Stone Age Scottish people, what do YOU think these carved balls might have been for?

[Click here for some suggestions and a design task](#)



[Test what you've learned with a fun quiz!](#)