

The book cover features a prehistoric scene with two mammoths on the left and two hunters in the foreground. The hunters are wearing animal skins and one is holding a spear. The background shows a rocky cliff and a body of water. The right side of the cover is overlaid with a large, colorful abstract graphic in shades of orange, red, and yellow. The title 'LIVING IN THE ICE AGE' is written in large, white, bold, sans-serif capital letters across the top and middle of the cover.

LIVING IN THE ICE AGE

Elle Clifford
Paul Bahn
Foreword by
Chris Packham



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Front cover: View of Creswell Crags, photo by Paul Kaye, with woolly mammoths generated by AI.

Back cover: Montage of Ice Age animals, illustrations by Myriam Cuennet.

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And last, but definitely not least, we are honoured that Chris Packham contributed the foreword.

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The background of the cover is a photograph of a night sky with a vibrant green aurora borealis. Below the sky, there are dark, silhouetted mountains and a body of water. In the lower right corner, the silhouette of a mammoth is visible against the dark ground.

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Hand stencils in the cave
of El Castillo, Spain

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FOREWORD

When I was a child, the humans described in this book would have been called ‘primitive’ – such books were about ‘primitive man’. Sadly, this painted a very inaccurate description of these people; the word ‘primitive’ made us think they were unsophisticated, basic, and at an early stage of human evolution. They were portrayed as ‘cave men’, hairy, naked, grunting, unintelligent animals. But, as you will learn in this wonderful book, this was very wrong – these people were the same as you and I.

Why did we misunderstand the people of the Ice Age? Well, that was down to our own lack of knowledge; but now, thanks to scientists and new technologies, we have learned so much more. They were far from primitive, they were clever, resourceful and inventive – they needed to be to survive in some very difficult environmental conditions. They were also skilful and creative, making beautiful clothes and tools, even what might have been toys for their children. Perhaps most importantly they were adaptable, learning to live and survive in many different habitats and conditions.

This fascinating book also shows us how they thrived, day to day – how they dressed, their jewellery, their shelters, what they ate, their health and diseases, how they looked after their families and their dogs, even what they looked like.

It’s tempting to think that we can learn little from people who ate and drank, laughed and cried, between 40,000 and 12,000 years ago, but I think we should – because these remarkable people not only lived but survived through a period of unimaginable change on our planet. And now, once again, our planet is changing, this time because of our activities. And it’s changing more quickly, more dramatically, than it did for these Ice Age humans; but if these ancient families survived, then we can survive too.

Chris Packham

Naturalist, Broadcaster and Environmental Campaigner



Reconstruction of an Ice Age woman and child

WELCOME TO THE ICE AGE

Journey with us back to the Last Ice Age, and discover how small communities lived a **hunter-gatherer lifestyle** during this long time period of our ancient history. You will find out about:

- the different types of homes that Ice Age communities lived in;
- how they **foraged** and hunted for the resources they needed to survive in an ever-changing landscape;
- how our ancestors could craft fine tools and objects, and make beautiful art and jewellery;
- how their way of life had little impact on the environment in which they lived.

The period of time we will be referring to as the Last Ice Age is also called the 'Upper Palaeolithic' or 'Upper Old Stone Age'. It may have been one of the most important stages in human history, and the scientists who have studied this early part of our existence have produced evidence for what seem to be dramatic changes in our thinking, behaviour and development. Learning about our complex and exciting past gives us a greater understanding of the way **foraging** people manage their environment. This can help us to appreciate our planet and have a better understanding of what it means to be human.



Living in the Ice Age takes you on a journey through life in Ice Age Europe, and the things you'd need to know to survive! This book looks at the daily life of biologically modern humans from about 40,000 to 12,000 years ago, a time when the climate and environment were changing rapidly. Explore the types of houses, food, clothes and toys people created in the Ice Age to see whether you would have liked to live back then.

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