



Museum Object: Item Number -  
GLAHM:C.1929.11



**Mental Health and Well Being**

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

What about mental health is similar to physical health? What is different?

Who do you think this person was?

What do you think this person looked like?

What can you tell about this person based on their skull cast?

Do you think this person was healthy or unhealthy? How can you tell?

The records we keep about museum objects will answer some of these questions. Click this item number [GLAHM:C.1929.11](#) to see the record for this object.



Complete the **search tasks** to explore the Hunterian Collections:

**Search Task:** Can you find who donated this to The Hunterian? ...Hint: look for the word "Acquisition"

**Search Task:** This object is a plaster cast of a skull, can you find any related objects within the museum collection? Try searching in the description box with the words "Robert the Bruce"



Now, let's see if you were right!

**Who do you think this person was?**

Robert the Bruce was king of Scotland from 1306 until 1329. He is known for winning the Scottish wars of independence, where he took control of Scotland from English rule. He stayed King of Scotland until he died. The throne then passed to his son, David II.

**What do you think this person looked like?**

We can't know for sure what Robert the Bruce looked like as photographs or paintings don't exist to show us. But...researchers recently used the skull of Robert the Bruce to give clues about what he would have looked like. Thanks to today's technology, they have recreated his face as a 3D computer image. This is called facial reconstruction.



**Search Task:** [Click here](#) to see a facial reconstruction video of Robert the Bruce



**What can you tell about this person based on their skull cast?**

Researchers believe that Robert the Bruce was a very healthy and fit person, probably someone who was wealthy and important person. From his skull they could tell that he ate a very nutritious diet (something that only the wealthy would be able to afford). They said that as a young man he would have been a match for the super-athletes of today! However, the researchers also saw that there were signs in the skull that Robert the Bruce might have been ill when he got older.



**Search Task:** Can you find out how old Robert the Bruce was when he died?

**Do you think this person was healthy or unhealthy? How can you tell?**

You might have noticed that his teeth are missing and his jaw looks a bit wasted. Researchers think that this might be a sign of leprosy which was/is an illness that causes sores on the skin and damage to the nerves under the skin.

**Mental Health and Well Being**

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



Some ways to keep ourselves physically fit are to eat healthy and stay active. What are some ways we can stay mentally healthy?



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

**Watch** [to learn 5 ways to stay mentally healthy!](#)

DISCOVERING ROBERT THE BRUCE AND THE LOST TOMB  
ADDITIONAL INFORMATION AND ACTIVITIES



Test everything you've learned with a fun quiz!