



ROME

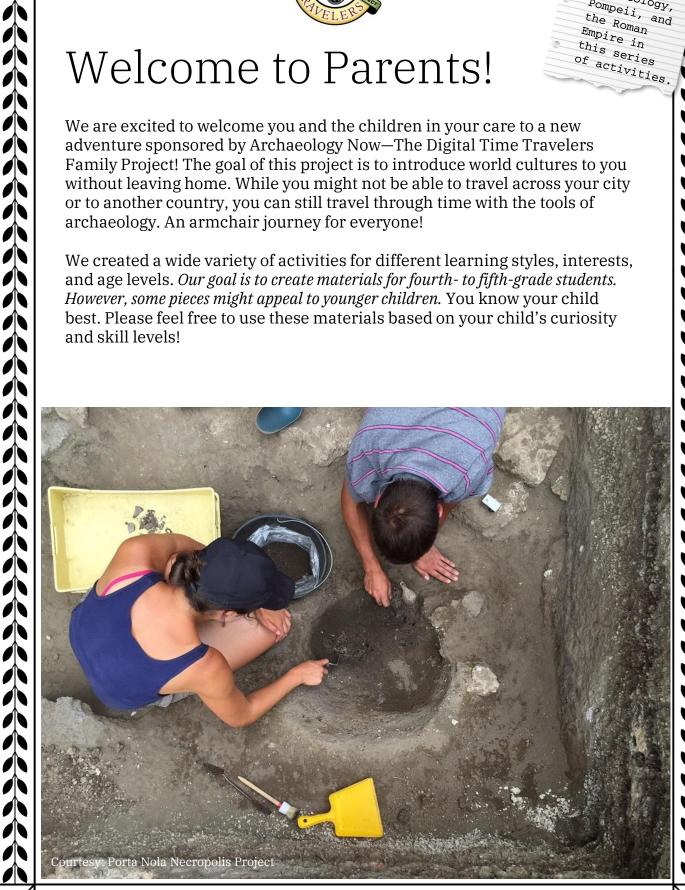


archaeology, Pompeii, and the Roman this series of activities.

Welcome to Parents!

We are excited to welcome you and the children in your care to a new adventure sponsored by Archaeology Now—The Digital Time Travelers Family Project! The goal of this project is to introduce world cultures to you without leaving home. While you might not be able to travel across your city or to another country, you can still travel through time with the tools of archaeology. An armchair journey for everyone!

We created a wide variety of activities for different learning styles, interests, and age levels. Our goal is to create materials for fourth- to fifth-grade students. However, some pieces might appeal to younger children. You know your child best. Please feel free to use these materials based on your child's curiosity and skill levels!



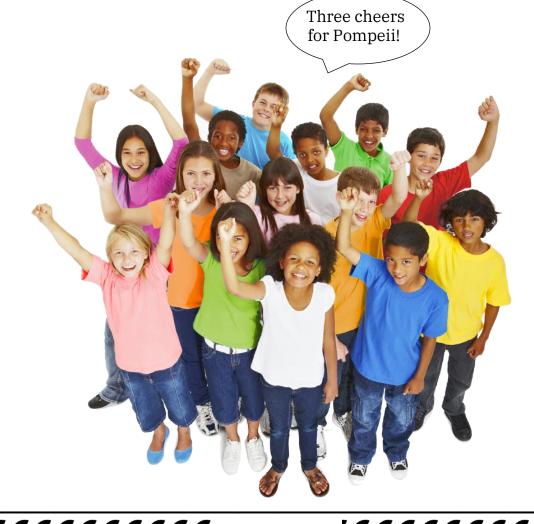


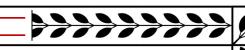
Get Your Child Involved!

We'd love to hear from you and your children!

If you have questions or want to send us copies of artwork that you've created, please feel free to contact us at **archaeologyhouston@gmail.com**.

Over the coming weeks, we will post your pictures and questions on Facebook at https://www.facebook.com/ArchaeologyNowHouston under the heading "Family Friday-Pompeii." We will also feature additional interesting stories or interviews. Some of your pictures and stories might be placed on our website as well.





What is an Archaeologist?

DID YOU KNOW? Archaeologists study the HUMAN past. They do this by studying things that people have left behind. These things are called artifacts. Archaeologists tell the stories of people who lived before us.

Archaeologists work all around the world. They work under water. They even work in space! But usually they find artifacts by digging in the ground.

Archaeologists work with artists, scientists, and historians. They want to understand how people lived and how they solved problems a long time ago.

You could say that an archaeologist is a time-traveling detective!



Archaeologists do not study dinosaurs. That paleontologist is what a

Join us in discovery!







What if you lived in a world where everyone took a bath together? A world where most people didn't have kitchens to cook in?

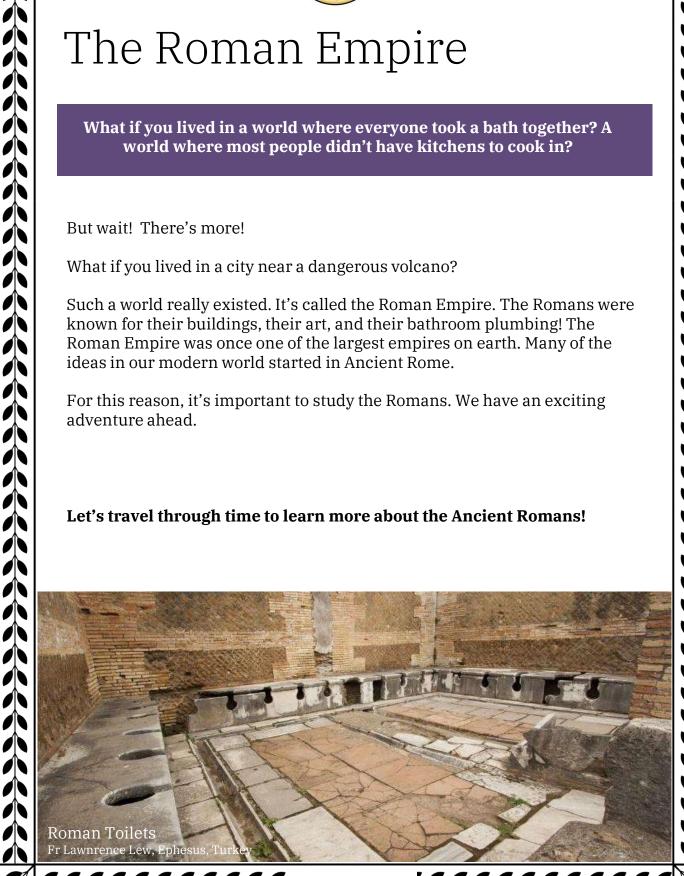
But wait! There's more!

What if you lived in a city near a dangerous volcano?

Such a world really existed. It's called the Roman Empire. The Romans were known for their buildings, their art, and their bathroom plumbing! The Roman Empire was once one of the largest empires on earth. Many of the ideas in our modern world started in Ancient Rome.

For this reason, it's important to study the Romans. We have an exciting adventure ahead.

Let's travel through time to learn more about the Ancient Romans!





The Roman Empire

DID YOU KNOW? The Roman Empire was once one of the largest empires on earth.

The Roman Empire included people from many different cultures and many different countries. Here is a map of the empire when it was at its largest. The area that is red in the circle on map is the Roman Empire.

> Where in the world was the Roman Empire?









Who Are the Romans?

DID YOU KNOW? The people of Rome were divided into groups. The groups were based on their jobs, their family, and their wealth. This is called a social hierarchy.

THE EMPEROR

The emperor and his family were at the top of the society. No one had more power than the emperor. He could control life for every person in the Roman Empire. He was the head of the army. Here is a statue of an emperor, dressed like a soldier.

WEALTHY

The wealthy were the people just below the emperor. There were not a lot of them. These people enjoyed fine foods. They had fancy clothing and lived in big houses. They relaxed all day and didn't have to work a very much. We know a great deal about the emperor and the wealthy because they left behind many artifacts. They had the best education, so they could write their stories. Wealthy men wore an outfit called a toga for parties. A toga was a big square of white fabric. It was wrapped around the body. Women wore a dress called a stola. It was usually covered by a shawl. All married women wore shawls in public.



Prima Porta





Who Are the Romans?

Togas were the dress.up wear them for a OCCASION.

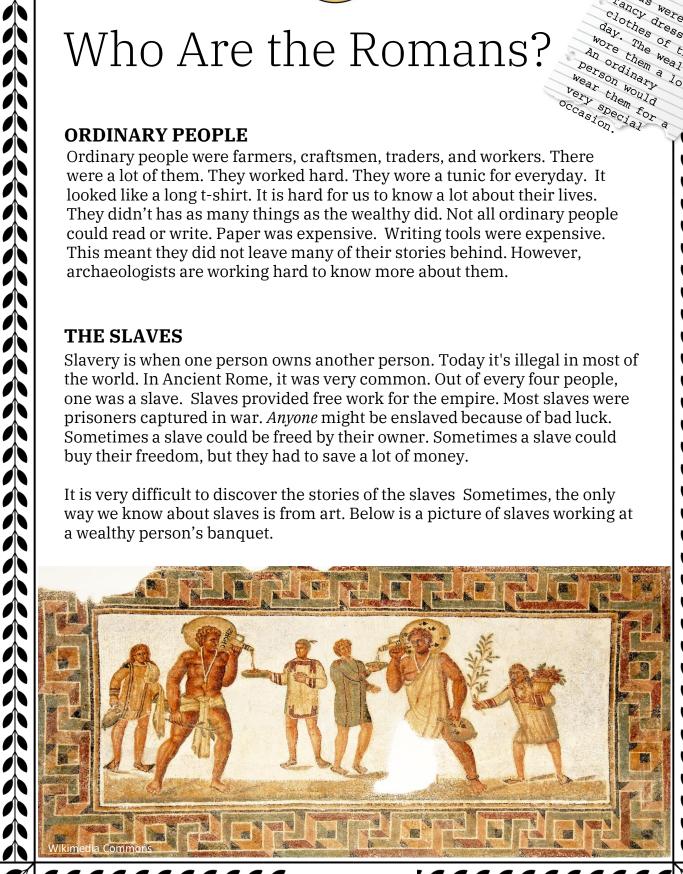
ORDINARY PEOPLE

Ordinary people were farmers, craftsmen, traders, and workers. There were a lot of them. They worked hard. They wore a tunic for everyday. It looked like a long t-shirt. It is hard for us to know a lot about their lives. They didn't has as many things as the wealthy did. Not all ordinary people could read or write. Paper was expensive. Writing tools were expensive. This meant they did not leave many of their stories behind. However, archaeologists are working hard to know more about them.

THE SLAVES

Slavery is when one person owns another person. Today it's illegal in most of the world. In Ancient Rome, it was very common. Out of every four people, one was a slave. Slaves provided free work for the empire. Most slaves were prisoners captured in war. *Anyone* might be enslaved because of bad luck. Sometimes a slave could be freed by their owner. Sometimes a slave could buy their freedom, but they had to save a lot of money.

It is very difficult to discover the stories of the slaves Sometimes, the only way we know about slaves is from art. Below is a picture of slaves working at a wealthy person's banquet.







The Military

DID YOU KNOW? A Roman soldier's life was hard. But if he stayed in the army 25 years, he would receive land when he retired.

The Roman Empire was famous for its strong army, which helped make it a powerful empire. Its men were well-equipped and highly trained. Soldiers had to know how to fight. They also had to be skilled engineers and craftsmen because they built roads, bridges, towns, and forts.

Roman soldiers were very tough. When they weren't building roads for the government, they had to march with a heavy pack. They had to carry equipment such as tents, food, cooking pots, and weapons. Their body armor and helmet weighed a lot *and* they had to carry a large shield, a sword, and two spears. A typical soldier's uniform looked like the man in this picture. The soldier probably carried about 40 pounds of equipment!



Courtesy of Legion XI



Penn State University

Officers were called centurions. A centurion was in charge of 100 men. Centurions wore helmets with red feathers on top as a sign of power. This centurion has many medals on his chest.















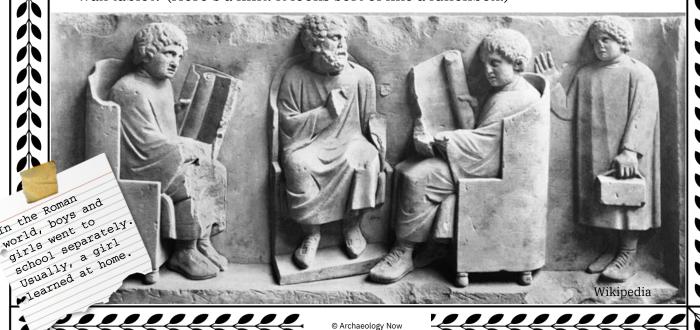
DID YOU KNOW? The Roman Empire was so big that many languages were spoken. However, most people in the Empire spoke Latin.

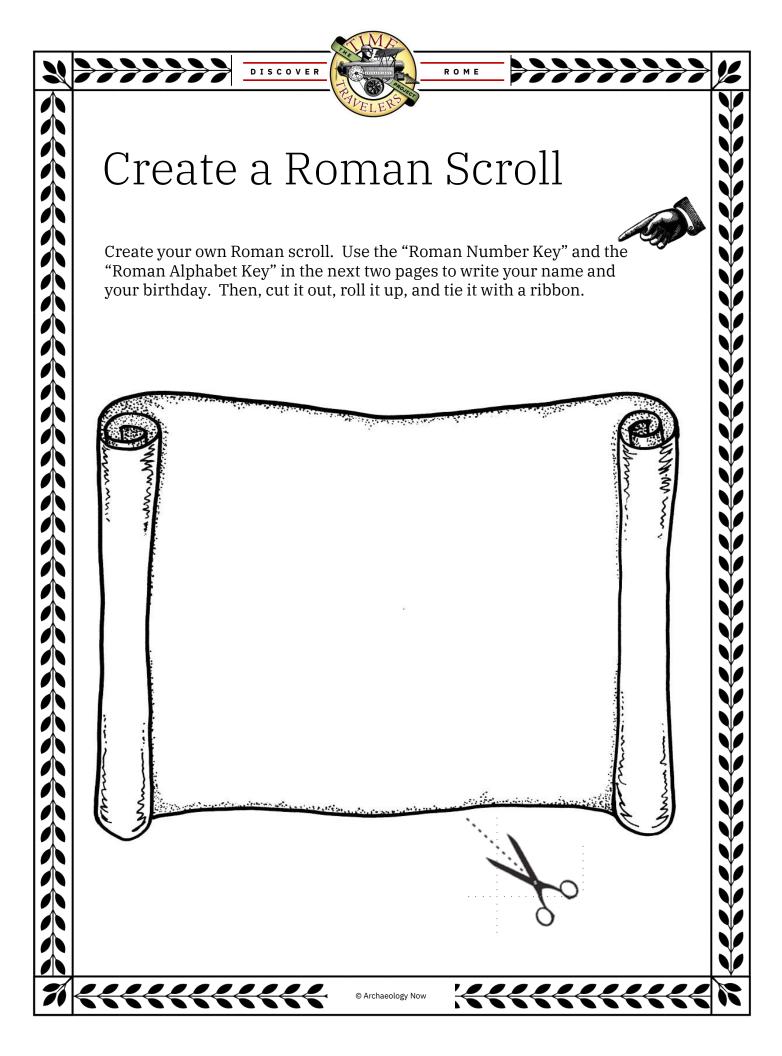
Romans didn't have paper like we do. Sometimes they used animal skins called parchment or sheets of papyrus. They glued parchment or papyrus sheets together and rolled them. This is called a scroll. They also used a wax tablet. A wax tablet is a wooden square with wax poured into the center. You write on it with a metal pen. You can see a wax tablet in the picture on the right. You can also see scrolls.

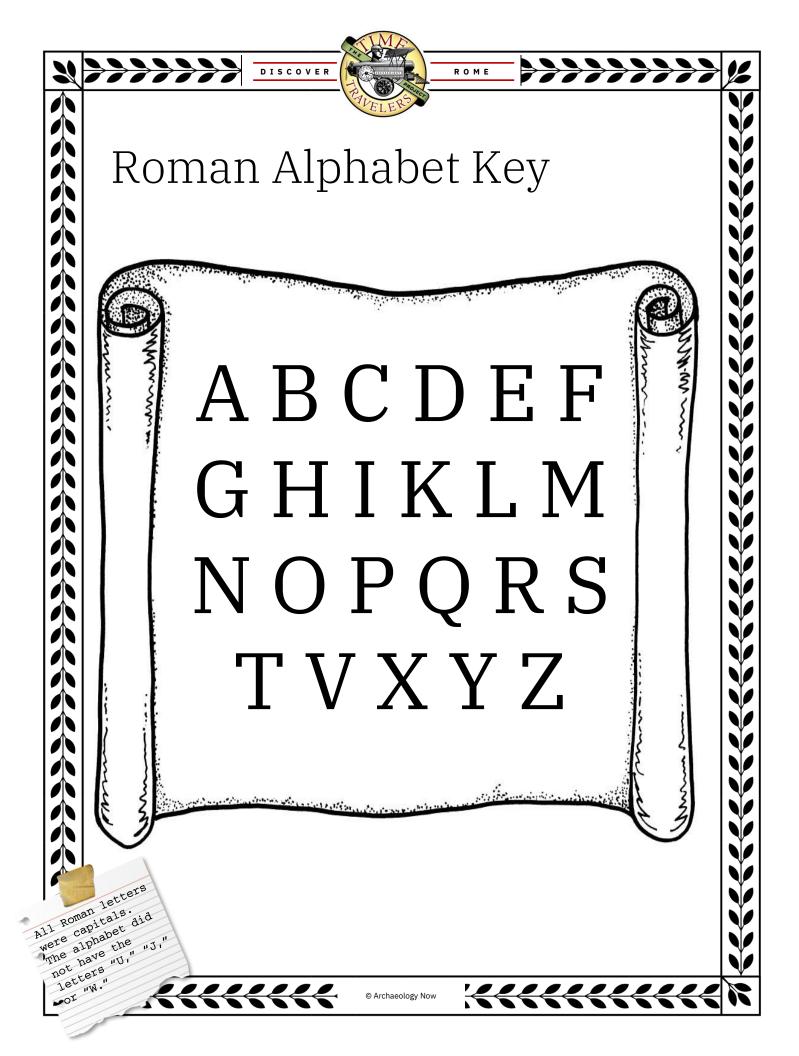


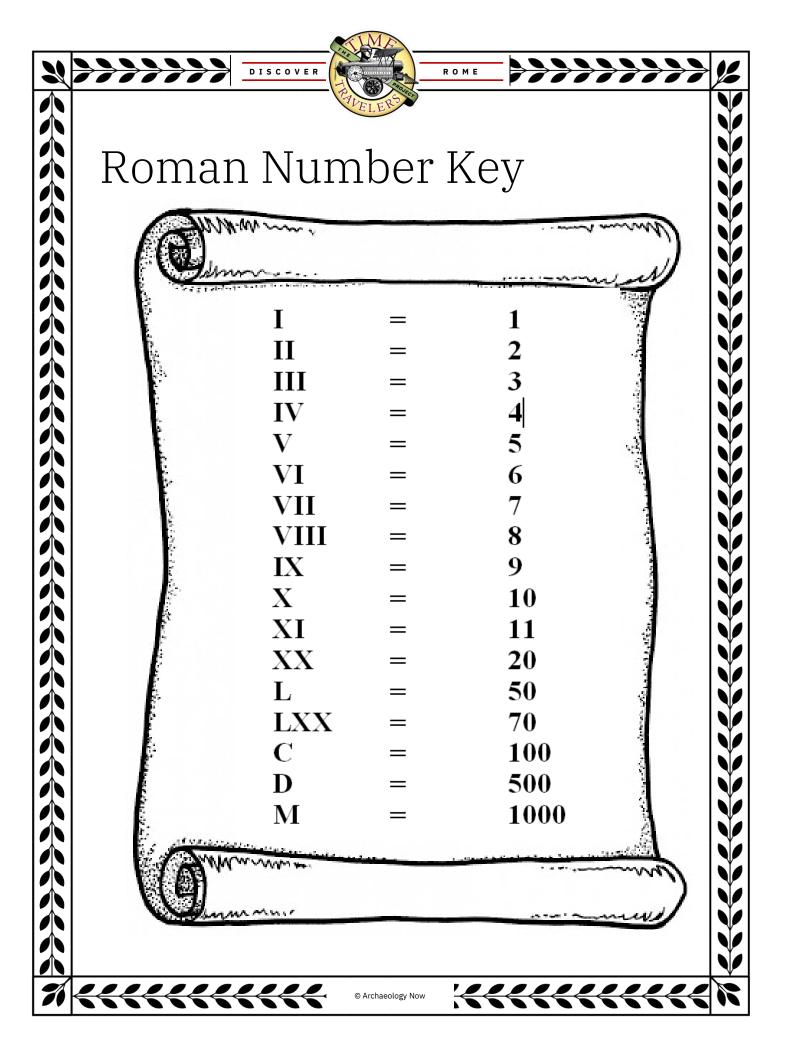
The History Girls. Caroline Lawrence

Roman children began school at home. Their parents taught them how to read and write. They learned the simple math that they needed to work in a family business. Wealthy parents would hire a teacher to give their children more lessons. Older boys learned from a teacher in small classes, like you see below. The boys in this picture are holding scrolls. Which boy is holding a wax tablet? (Here's a hint: It looks sort of like a lunchbox.)









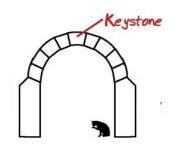






DID YOU KNOW? Roman engineers invented many new uses for cement. Other people had discovered cement, but the Romans used it to hold bricks together to create very large buildings and other structures. We still use cement today for construction.

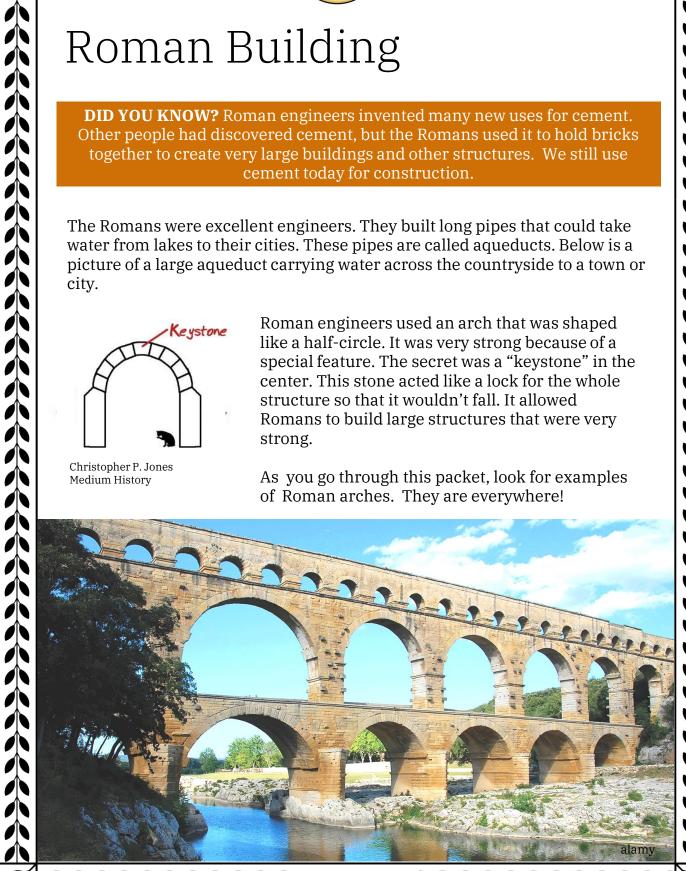
The Romans were excellent engineers. They built long pipes that could take water from lakes to their cities. These pipes are called aqueducts. Below is a picture of a large aqueduct carrying water across the countryside to a town or city.



Christopher P. Jones Medium History

Roman engineers used an arch that was shaped like a half-circle. It was very strong because of a special feature. The secret was a "keystone" in the center. This stone acted like a lock for the whole structure so that it wouldn't fall. It allowed Romans to build large structures that were very strong.

As you go through this packet, look for examples of Roman arches. They are everywhere!



Romans used a sponge on a







Roman toilets are certainly different from those we know today. Romans did not have the same idea of privacy that we have. Toilets were rooms with walls around them lined by seats. A person sat next to another person on the toilet. For Romans, bathrooms were spaces where people heard the latest gossip or told jokes and funny stories. Did they chat? Or did they try to get out of there as soon as possible? We don't know for sure. But funny cartoons have been found on the walls, showing that people did spend some time there!

Romans also didn't have toilet paper. Here is a picture of what they used instead!



disinfectant Here are Roman toilets found in Libya. Of course, the walls surrounding them have fallen but you can still see all the seats. Archaeologists are still studying toilets in the Roman world. From this study, they can learn about diet and illnesses.





Everyone took
baths together
in Ancient
Rome. A trip to
the baths was
like a trip to
a spa.

Roman Baths

DID YOU KNOW? There were large pools at Roman bath houses where everyone got together to get clean and gossip. Men and women had separate pools. The biggest could hold 3,000 people!

We can't talk about the Roman Empire without talking about bathing. Every city had a public bath house. Roman baths with hot and cold water were wonderful buildings! Here's your guide for a trip to the baths.

Begin your bath by changing clothes in a changing room. Put your clothes in a locker.



Exercise. Don't overdo it! After all, this is supposed to be fun. Here are images of women exercising. They look like they're wearing bikinis.



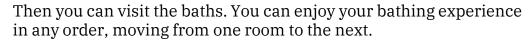
After that, a servant scrapes and massages your body. This takes of all the sweat. Your servant uses your personal scraper called a strigil. (a strigil is the long piece in the picture.) He massages you with perfumed oil from your own bottle.







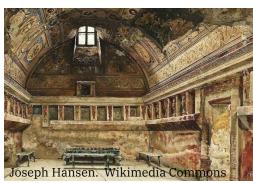




Visit the caldarium. Water was heated under the floor to make steam. Steam filled the room and made it very warm. Cold water was piped into a large sink in the center. You could splash water onto your face or body if you got too hot.



Visit the tepidarium. This bath has water that is lukewarm so you can begin cooling down.



You can also cool down by splashing in the frigidarium. This was a swimming pool of cool water.



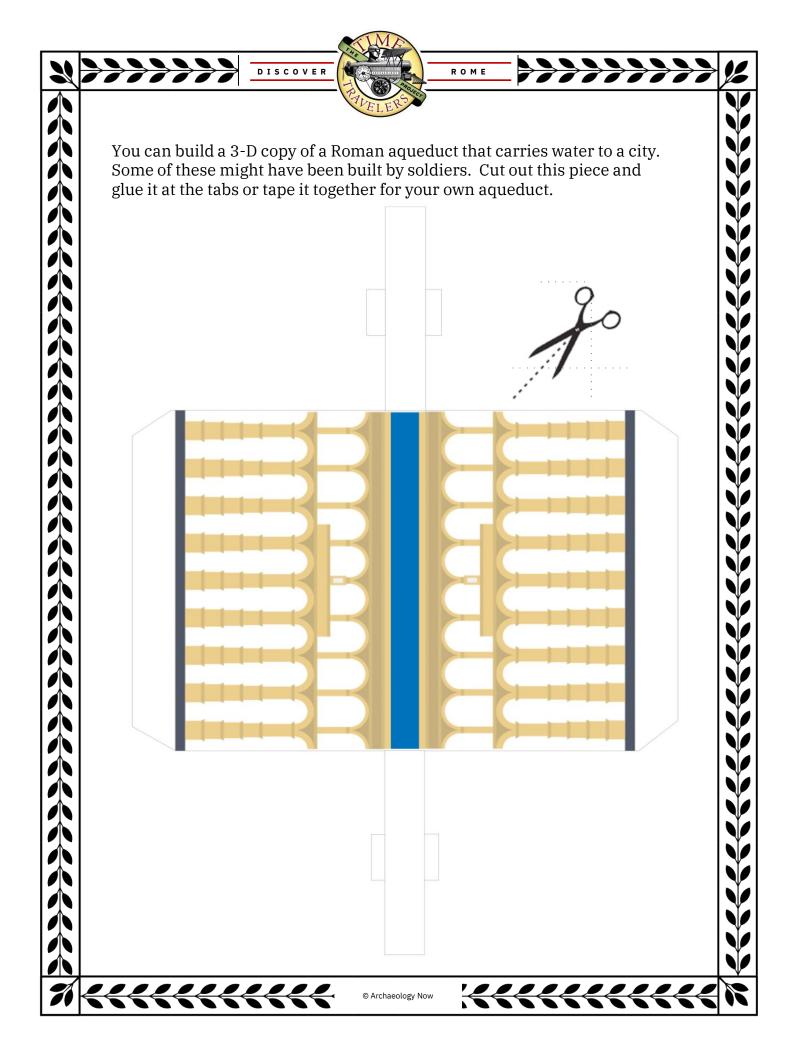
Snacks! You can get together with your friends to share some snacks and gossip before you go home for the day.

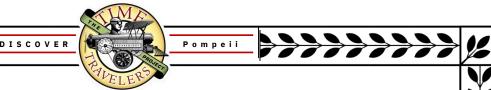


DID YOU KNOW? The amazing Roman baths would not have been possible without the invention of aqueducts by Roman engineers.







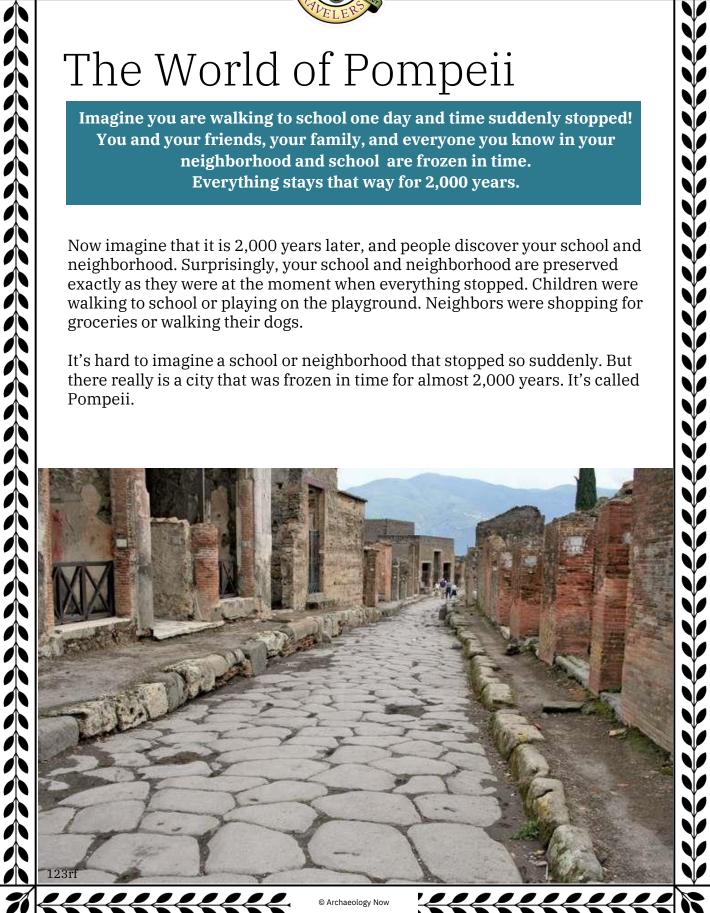


The World of Pompeii

Imagine you are walking to school one day and time suddenly stopped! You and your friends, your family, and everyone you know in your neighborhood and school are frozen in time. Everything stays that way for 2,000 years.

Now imagine that it is 2,000 years later, and people discover your school and neighborhood. Surprisingly, your school and neighborhood are preserved exactly as they were at the moment when everything stopped. Children were walking to school or playing on the playground. Neighbors were shopping for groceries or walking their dogs.

It's hard to imagine a school or neighborhood that stopped so suddenly. But there really is a city that was frozen in time for almost 2,000 years. It's called Pompeii.





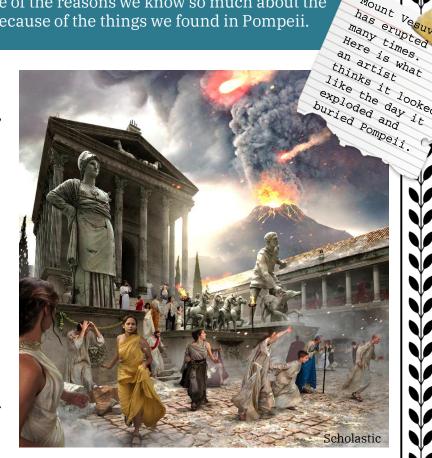
The World of Pompeii

DID YOU KNOW? One of the reasons we know so much about the Roman Empire is because of the things we found in Pompeii.

Pompeii was a busy city with homes, shops, schools, restaurants, and theaters. It was part of the Roman Empire.

But Pompeii was near a volcano called Vesuvius. One fateful day in 79 CE. the volcano exploded.

Many people escaped, but heat and gas fumes killed many others. Ash covered everything in Pompeii. The city stayed exactly as it was on that day 2,000 years ago.



Mount Vesuvius

After the explosion, people began to forget about Pompeii. One day, many years later, someone digging in the dirt found some artifacts. Pompeii had been found!



© Archaeology Now



The World of Pompeii

Archaeologists have uncovered much of Pompeii. They have found buildings and thousands of everyday things. They have found the bodies of people who died when the volcano erupted. They have even discovered food, seeds, graffiti, and many beautiful wall paintings called frescoes. The graffiti, or messages written on walls, helps us understand what the people of Pompeii were thinking. The frescoes help us imagine what they looked like.





Wikimedia Commons





funny. This









Where Was Pompeii?

DID YOU KNOW? Pompeii was such a beautiful city that many people built a holiday home there to enjoy the good weather.

Life in Pompeii was shaped by the natural world around the city. The city was on the coast of a country that is now called Italy. The climate was warm, sunny, and dry. The cool breezes from the Mediterranean made it a pleasant place to live.

Where in the world was Pompeii?





Compare Your Life to Life in Pompeii

DID YOU KNOW? Just like the people in Pompeii, your neighborhood and the natural world around you influence the way you live.

Is your neighborhood hot or cold? Is it by the ocean or near mountains? Is it crowded or spread out? Are there many animals around? What kind of trees and plants do you see? What kind of clothes do you wear?

Write About Your Natural World

Write here about the natural world around you or make a drawing of something in your neighborhood that is important to you. You can use a separate piece of paper if you want. Draw a circle around where you live on the map below.





Pompeii

Artifacts help
archaeologists
learn about how
the past.

Draw an Artifact

DID YOU KNOW? Romans used small lamps made of clay that were filled with oil to light their homes. Archaeologists have found thousands of these.







The British Museum

You have been working as an archaeologist at Pompeii. Your team has found hundreds of oil lamps. Each one has a different design.

It is your job to make drawings of them so that you will have a record of what you have found. You can do that here. Make a drawing of one of the oil lamps in the space below.









Homes in Pompeii

DID YOU KNOW? Rome had the first fire department. Firemen also patrolled the city as policemen and watchmen. They would be the first to know if a fire started and could rush to put it out.

Thousands of people lived in large cities like Rome. Most people lived in apartment houses. These were made of wood, brick, and concrete and could catch fire easily.



Because Pompeii was a holiday town on the coast, there were not many apartments. People lived in houses. Their homes didn't have windows facing the street. Instead, houses were built around a central room or a garden with fountains. Most of the rooms opened to the garden.







Homes in Pompeii

Inside the houses, the walls had beautiful frescoes. There was an opening in the ceiling of the central room to let in the light. Rain came in through the opening and fell into a pool below.

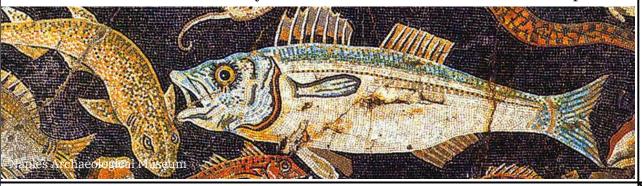


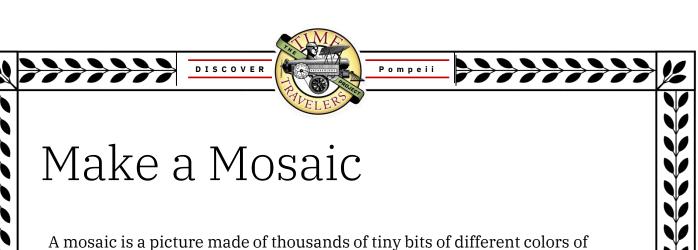




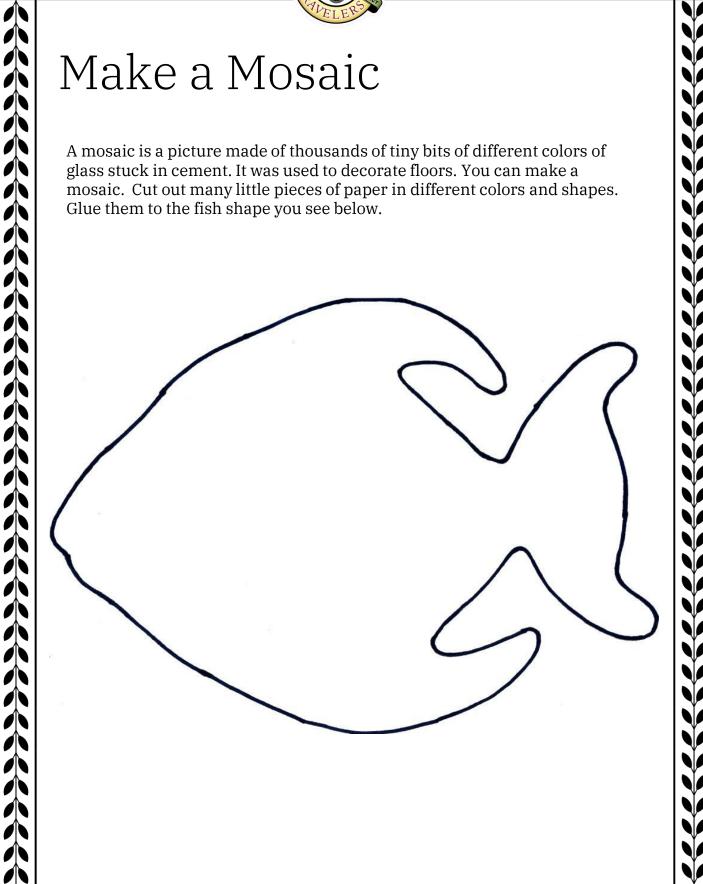
There wasn't much furniture. Usually, there were couches that people used for sleeping and sitting. They could move furniture wherever they needed it. There were little round tables for holding food.

Many homes had incredible mosaic floors. A mosaic is a work of art made of thousands of little tiles in many colors. Here is a mosaic of fish from Pompeii.





glass stuck in cement. It was used to decorate floors. You can make a mosaic. Cut out many little pieces of paper in different colors and shapes. Glue them to the fish shape you see below.







Food in Pompeii

DID YOU KNOW? Pompeii had many fast food restaurants! People could grab a quick bite to eat.

Recently, archaeologists discovered a bakery that contained a loaf of bread still in the oven! Beside the oven, there were machines for grinding flour.

The most important item on the menu in Pompeii was bread. Everybody ate bread! Archaeologists have found over 34 bakeries in the city. It must have been wonderful to wake up every morning and smell bread baking! Here is a loaf of bread that was found in Pompeii. It is stamped with the name of the baker on the side.



Wikimedia Commons





Pompeii

At fancy dinners, dancers and musicians would entertain the guests

Meals in Pompeii

DID YOU KNOW? A popular sauce that was used to season many dishes was called garum. It was made from fish that had been allowed to sour, sort of like pickles.



A party for a wealthy person in Pompeii was different from ours. Wealthy people would lie on couches around a small central table. Servants brought food and wine. Most food was eaten with fingers or on small plates. Every meal included bread. Olives, nuts, and fresh fruits were on the menu. People in Pompeii loved seafood. They also liked tiny little mice, stuffed with pork!

Ordinary people didn't have a large kitchen in their home. Usually, they only had a small fire to cook over. So many people ate at fast-food restaurants like you see here. Archaeologists have found many of these places to eat around Pompeii. Food in jars was kept in the holes you see below.





A Recipe from Pompeii

Romans loved salads. They believed that they were healthy to eat.

We know who created this recipe. We even have a picture of him! He wrote 12 books about food and plants. His name is Lucius Junius Moderatus Columella. Its very rare to know the author of an ancient recipe.

Isn't it great that you can make a salad that that comes from the first century CE?

Roman Salad

3 ½ ounces of fresh mint

1 ½ ounces of fresh coriander

1 ½ ounces of fresh parsley

1 small leek

a sprig of fresh thyme

7 ounces of salted fresh cheese

vinegar

pepper

olive oil

Instructions

Place the mint, coriander, parsley, leek, thyme, and cheese on a cutting board and chop them into smaller pieces.

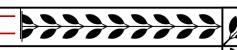
Mix together olive oil, vinegar, and pepper in a small bowl to use as the salad dressing. Using a fork, quickly stir until the oil and vinegar are mixed.

Pour the dressing into the salad.

Place the salad on a plate and serve.







Entertainment in Pompeii

DID YOU KNOW? Gladiator competitions were one of the most popular sports in Pompeii and the Roman world. These competitions were held in a large amphitheater.

Gladiator games were very popular in the Roman world. Many gladiators became famous and had a lot of fans. There is graffiti in Pompeii about famous gladiators.

Gladiators battled each other in games. Some of the games were just for entertainment. Others were serious.

Here are some of the different types of gladiators. Usually, the type of gladiator is named after the weapons he used.













Christopher Bowers



An amphitheater is a round building open on the top. It is like our football stadiums today.

Here is an artist's drawing of the amphitheater at Pompeii. Gladiator games often happened on holidays. People could go to the games to watch the fights and have snacksjust like our sports today!





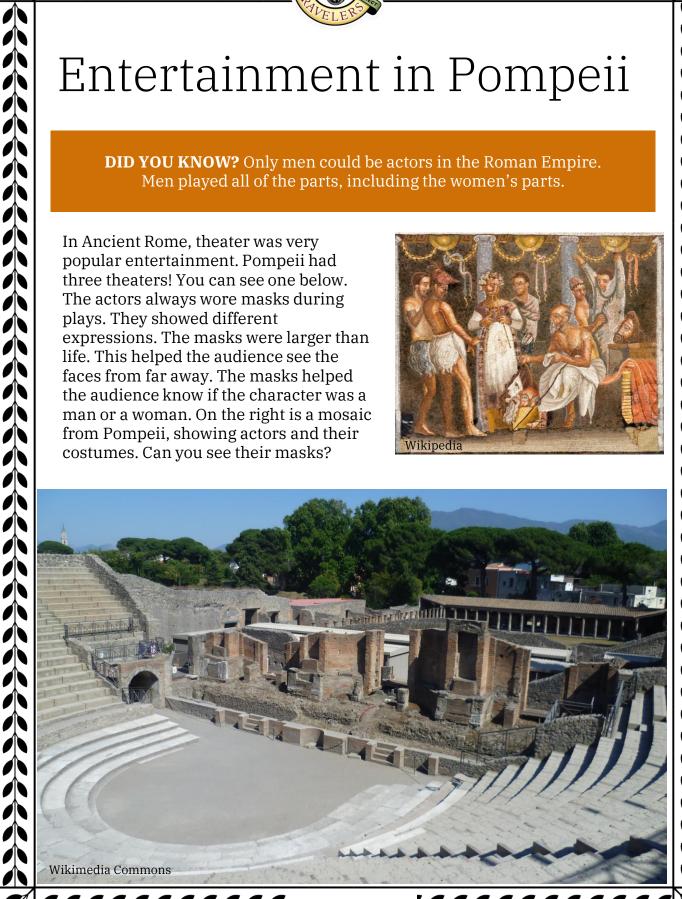


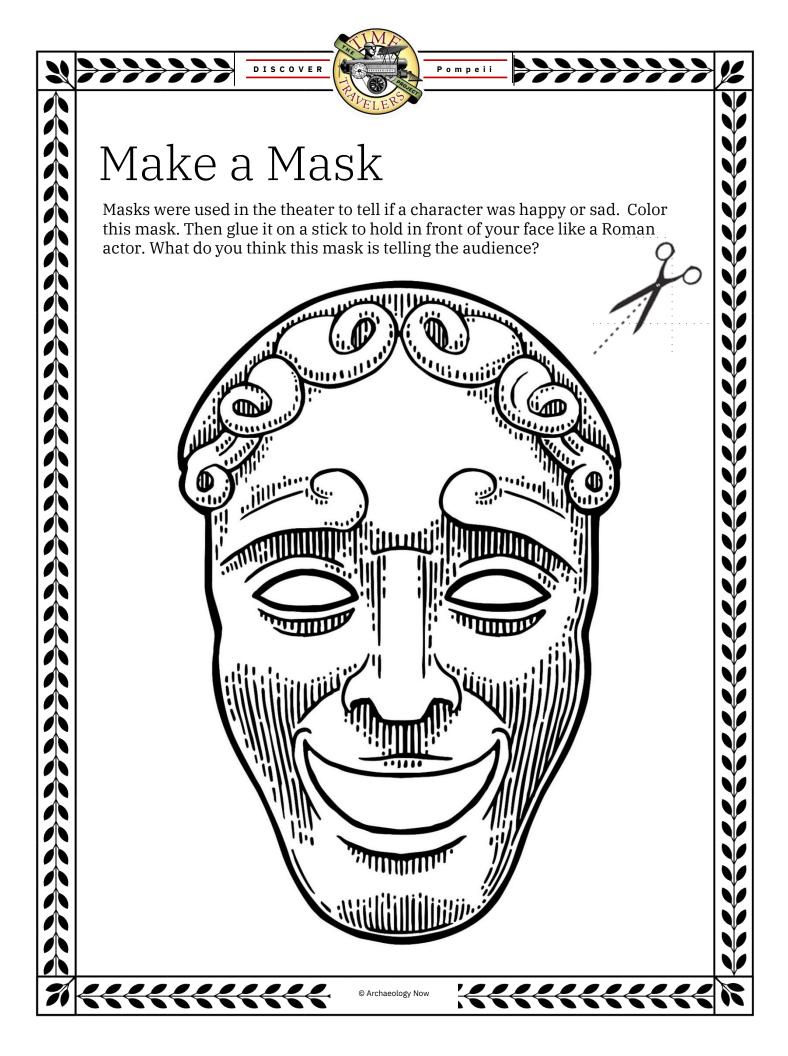
Entertainment in Pompeii

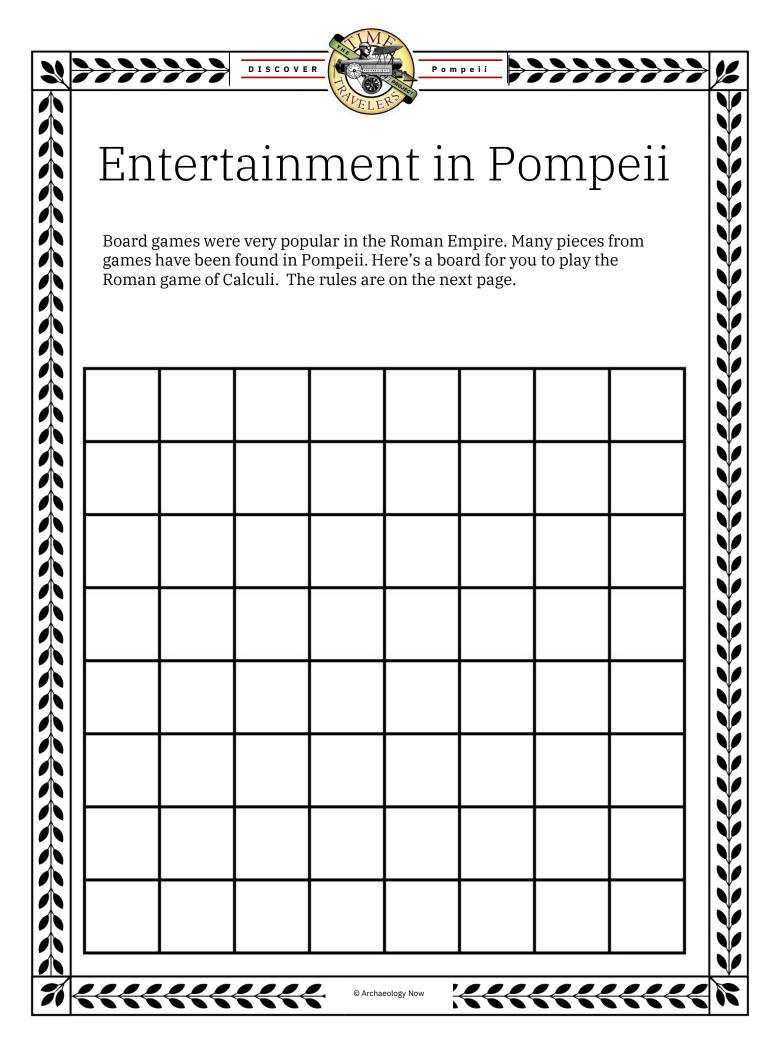
DID YOU KNOW? Only men could be actors in the Roman Empire. Men played all of the parts, including the women's parts.

In Ancient Rome, theater was very popular entertainment. Pompeii had three theaters! You can see one below. The actors always wore masks during plays. They showed different expressions. The masks were larger than life. This helped the audience see the faces from far away. The masks helped the audience know if the character was a man or a woman. On the right is a mosaic from Pompeii, showing actors and their costumes. Can you see their masks?











Rules for Calculi

This game is for two players.

Divide an equal number of game pieces between two people, with each person getting a single color of game piece. You may use two colors of beans or stones or marbles to play.

Toss a coin to see who will go first.

Each player places a game piece on the board, taking turns.

Pieces are placed in horizontal, vertical, and diagonal rows.

A player can block a game piece by placing their piece next to it.

The first person to line up five pieces in a row straight across, up and down, or diagonally wins.

If the board becomes filled, the game is a draw.





What Has Rome Given Us?

Its amazing to think the ancient Romans created one of the biggest empires in the world! Here are ways that they continue to influence our lives today.



Roman roads connected the empire, just like our roads today.



European and American laws and legal systems are based on Roman laws.



Plumbing systems around the world still use pipes to bring water, just like those developed by the Romans.

Many European languages are based on Latin, the language used by Rome.

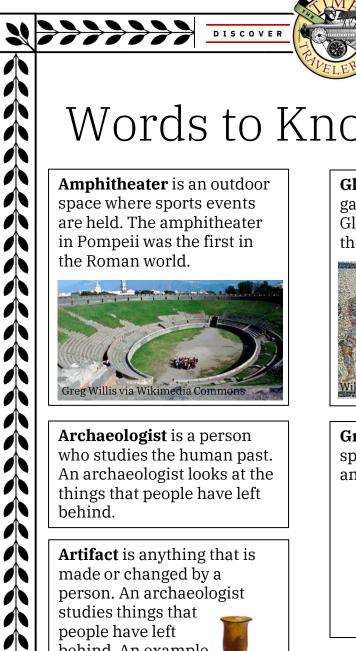












Words to Know

Amphitheater is an outdoor space where sports events are held. The amphitheater in Pompeii was the first in the Roman world.



Archaeologist is a person who studies the human past. An archaeologist looks at the things that people have left behind.

Artifact is anything that is made or changed by a person. An archaeologist studies things that people have left behind. An example of an artifact is this beautiful little perfume bottle.

Fresco is a painting on wet plaster, on walls or ceilings.



Gladiator is a person who fought in games for audience entertainment. Gladiator sports were very popular in the Roman world.



Graffiti is writing or drawing in a public space. Often it was funny or political or an advertisement.



Mosaic is a picture made from thousands of tiny tiles made of glass or stone.













Words to Know

Latin is the written and spoken language of the Roman Empire. Sometimes It is called the "mother tongue" because many languages, such as Spanish, French, and Italian came from it.

MEILSEVEROPIOPER

Theater is a place plays are performed. The actors were always men. Usually, the government paid for performances. They were free during holiday celebrations.



Pompeii is a city in the Roman Empire that was buried after the eruption of the Mount Vesuvius. We know much



about the Roman Empire because of Pompeii

Toga is an outfit worn by men made of a long square piece of white fabric. It was folded and draped around the body. It was uncomfortable and worn to dress up.



Scrolls are pieces of papyrus or parchment that were glued together and shaped into a roll. This was the Roman version of a "book."



Wax Tablets are iPad-sized blocks of wood with wax in the center. People wrote on them with a metal pen. They could

be erased and reused.



Stola is an outfit worn by women. It was loose and hung to the feet. Married women wore a shawl over the stola. It was like a veil that covered the head.



You are important to us because you will be the future. We hope that you will continue your journey exploring the wonders of our many stories!





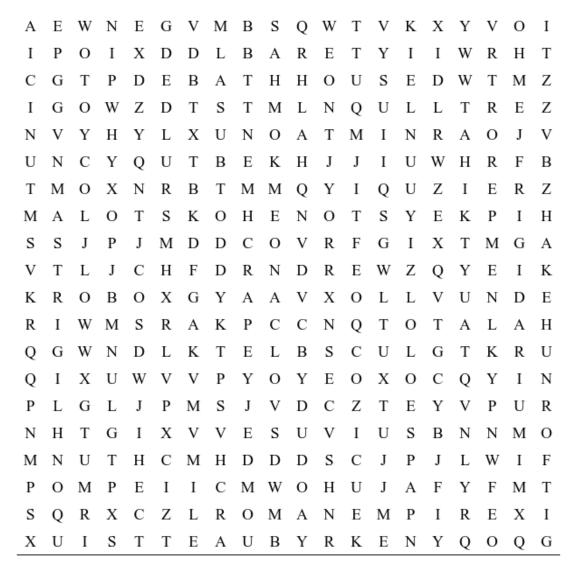




Pompeii Word Search

Rome

Find the words in the list below in this word search



ROMAN EMPIRE BATH HOUSE VOLCANO KEYSTONE VESUVIUS TOGA STRIGIL PARCHMENT FRIGIDARIUM STOLA

TUNIC POMPEII ARCH EMPEROR

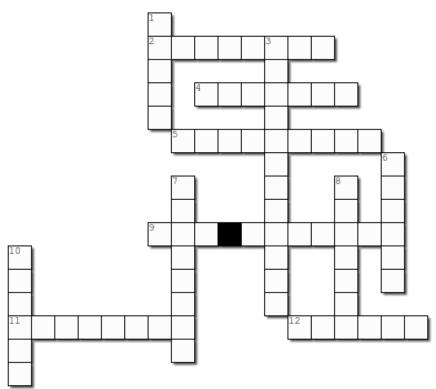






Pompeii Crossword Puzzle

Complete the crossword puzzle below



Across

- 2. Something made by a person that tells us about that person, especially when it is found by an archaeologist
- **4.** A Roman city that was covered by ash when a volcano exploded
- **5.** A person who fought in games to entertain the audience
- **9.** Blocks of wood with wax in the center that people wrote on with metal pens
- 11. Long pipes to carry water to a city
- A Roman book that was rolled up

Created using the Crossword Maker on TheTeachersCorner.net

Down

- The language that most people spoke in the Roman Empire
- 3. An outdoor space where sports event are held
- **6.** A painting that is painted on a wall or ceiling
- 7. Writing on a wall in a public space
- 8. A place where plays are performed
- A picture made from thousands of tiles of glass or stone



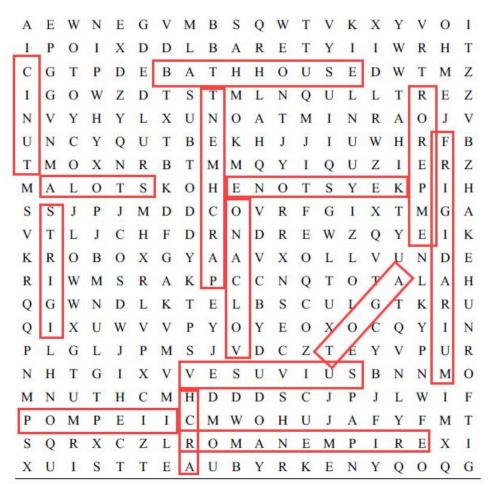




Word Search Key

Rome

Find the words in the list below in this word search



ROMAN EMPIRE BATH HOUSE VOLCANO KEYSTONE VESUVIUS TOGA STRIGIL PARCHMENT FRIGIDARIUM STOLA

TUNIC POMPEII ARCH EMPEROR

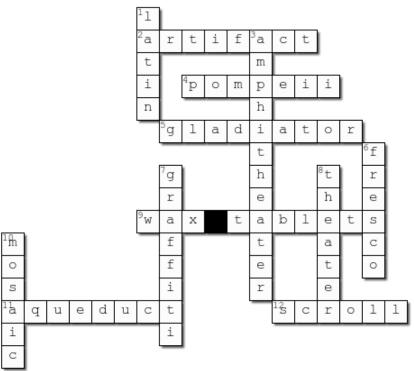








Crossword Puzzle Key



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. Something made by a person that tells us about that person, especially when it is found by an archaeologist (artifact)
- A Roman city that was covered by ash when a volcano exploded (pompeii)
- **5.** A person who fought in games to entertain the audience (**gladiator**)
- 9. Blocks of wood with wax in the center that people wrote on with metal pens (wax tablets)
- 11. Long pipes to carry water to a city (aqueduct)
- 12. A Roman book that was rolled up (scroll)

Down

- 1. The language that most people spoke in the Roman Empire (latin)
- An outdoor space where sports event are held (amphitheater)
- A painting that is painted on a wall or ceiling (fresco)
- 7. Writing on a wall in a public space (graffiti)
- 8. A place where plays are performed (theater)
- **10.** A picture made from thousands of tiles of glass or stone (**mosaic**)



