

Romans Challenge



Ready to conquer and build an empire?

Take a step back in time and visit Ancient Rome as we discover the Empire that brought us fast food, plumbing, our calendar and the very first newspaper!

For even more programme ideas check out our 'Romans' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

HOW TO: Use Your Challenge Pack

**PAWPRINT
BADGES**

This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5									
Age 5 - 7									
Age 7 - 11		+							
Age 11 - 14		+							
Age 14 - 18		+							
Age 18+		+							

Craft

Food

Games

Other

PICK

Leaders, Teachers & Parents

Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

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Craft

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-  Make a hobby horse from a pool noodle or old broom handle. Wooden toy horses on wheels were among the favourite toys of Roman children.
-  Build your own Roman warship.





Why?

The Romans used to flood the Colosseum in Rome to stage epic naval battles as part of their entertainments.

-  Create your own mosaic using materials of your choice. Older groups could practice tiling skills whilst younger groups could have fun with iron-melt beads or arranging sticky notes.
-  Ancient Rome was covered in graffiti, create your own graffiti art.
-  Have a go at book binding or making your own folded book; the Romans created the codex, a stack of bound pages, recognised as the first book.
-  Most of the clothes in Ancient Rome were made from wool. Have a go at spinning or weaving with wool.
-  Make your own pasta jewellery. Worn by the wealthy women of Ancient Rome, jewellery would have been made from gold and precious stones.
-  Build a Roman monument from newspaper.

Why?

The Romans are credited with the idea of the newspaper. Acta Diurna “daily acts” were written on metal or stone and posted in busy areas. These Acta included details of Roman victories, games and gladiator fights as well as birth and death notices.

-  Children in Ancient Rome would have played with wooden swords, have a go at making your own.
-  In 46BC Julius Caesar minted the largest quantity of coins yet seen in Rome. Have a go at stamping your own coins or make a mould and mint your own from clay or plaster.
-  Try building your own Roman pot from clay.
-  Public bathing played a major part in ancient Roman culture and was one of the most common daily activities. Make your own bath scrub.



Food

**PAWPRINT
BADGES**



Eat like a Roman.

How?

No, we're not expecting you to start feasting on flamingo as would have been the norm at fancy banquets! The Romans were known for reclining whilst eating. Lay down resting on your left arm and eat with your right hand.



In the country fishing was a favourite past time. Have a go at preparing or cooking a fish dish.



Roman breakfast, known as ientaculum, may have consisted of bread or a wheat pancake eaten with dates and honey. Make your own wheat pancakes.



While pizza as we know it didn't exist in Ancient Rome, they did eat something similar to modern focaccia. Try making your own focaccia.



Today we associate garlic with Italian food, however in Ancient Rome garlic was used only for medicinal purposes. Try growing your own garlic and use it for cooking.



Wealthy Romans would have eaten eggs, fish, shellfish, snails, birds, bread, pork, pastries and fruit. Discover more about a typical Roman diet and create your own menu.

What?

Romans typically ate 3 meals per day; breakfast, called ientaculum (served at dawn), cena, the main meal of the day (served at mid-day) and at nightfall a light supper called vesperna.



Try your hand at making Libum, an Ancient Roman cheese cake made with ricotta cheese, flour and eggs.



Traditional Roman bread was made simply from flour, water, salt and olive oil. Find yourself a recipe and have a go at baking your own.



While pasta didn't exist in Ancient Rome in the form we know today, there is evidence of a Roman noodle made from durum wheat, much like modern pasta. Have a go at using durum wheat to make your own pasta.










Use chocolate finger biscuits to create your own tasty Roman numerals. You could use your numerals to decorate a cake or make an edible plaque.









Games

**PAWPRINT
BADGES**

-  Play a game of Battleship for your own naval battle, just like those held in the flooded Colosseum.
-  Play Captain's Coming for your own slice of naval fun!
-  Create your own fishing game, a favourite past time in the country.
-  Ball games were popular in Ancient Rome and for exercise Romans would play handball, football, field hockey, catch games and perhaps even dodge ball. Play any of these games.
-  Board games were a popular past time, including knucklebones (similar to the modern game of Jacks). Play a game of Jacks or create your own set of knucklebones and play a game.
-  Play a game of Rota using our free resource. Similar to tic-tac-toe the aim of the game is to get your three playing pieces in a row.
-  Use pipes to transfer water from one vessel to another. How far can you get the water to travel without spilling a drop?

Why?

In 312 BC the Romans built the first aqueducts which spanned over 57 miles and delivered more than 1.2 billion litres of fresh water on a daily basis. The water carried by the aqueducts was then used in bath houses, public wells and many homes in Rome.

-  Salt was used as currency in Ancient Rome. Play your own trading game.
-  Build your own chariot and have your own races. Read our Pawprint Tale, *Alfie and the Chariots of Chester* for some more chariot adventures!
-  Just like a mosaic, jigsaws break one image down in to 100s and 1000s of pieces. Create your own jigsaws or have a go at putting one together.
-  The Romans are credited with creating the first postal system in Europe. Match the letters to the addresses in a postal inspired pairs game.
-  Ancient Romans played a wide variety of board games including Roman backgammon, known as Tabula. Played on a board not dissimilar to today's backgammon, have a game with a friend or family member.
-  Jumping was among the popular games of Roman men and boys, compete to see how far or how high you can jump.



Other

**PAWPRINT
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-  Find out about the establishment of Rome and read the story of Romulus and Remus.
-  Learn to swim and visit your local swimming baths as swimming was a favoured activity in Ancient Rome with some bath houses having a swimming pool as part of the complex.
-  Visit a Roman site. Why not visit Chester and try our Chester Pawprint Trail while you're there?
-  Every Roman was expected to be a good equestrian. Visit your local stables and have a go at horse riding.
-  The people of Ancient Rome spoke Latin which is still taught in some schools today. Have a go at learning some Latin or take a look at the Latin for some of the words you use today...are they similar?
-  Take it further and visit the Roman Baths in Bath, Somerset. Why not read our Pawprint Tale, *Alfie and the Waterless Bath* or try our Pawprint Trail while you're there?
-  The toga was worn by the men of Ancient Rome but only for special occasions. Make your own toga from a bed sheet or length of cloth.
-  Discover how Roman roads were made and find out how you can identify a Roman road today.
-  Newspapers have their origins in Ancient Rome as we have discovered (see the Craft section again if you missed it!). Have a go at writing an article for your local newspaper or create your own newspaper front page about your Pawprint Adventures.
-  At its largest, the Roman Empire covered an area of around 5 million square kilometres. By comparison, at it's peak the British Empire covered 35 million square kilometres. Plot them on a map.
-  17th December (on the Julian calendar) was celebrated as Saturnalia, a Roman festival to honour Saturn. Take a look at the solar system and find out more about Saturn; how long is a day, what is it made from, how does it compare to Earth?
-  Find out what else the Romans are famous for inventing and share your findings in a fun way.

Reward your young adventurers with their Romans Challenge badge to mark their achievements!
Head to the website to bag yours, download certificates and discover even more adventures!

