



Ditch the Screen

Here are 14 historical activities that will help you cut down on your screen time.

Get creative whilst learning!

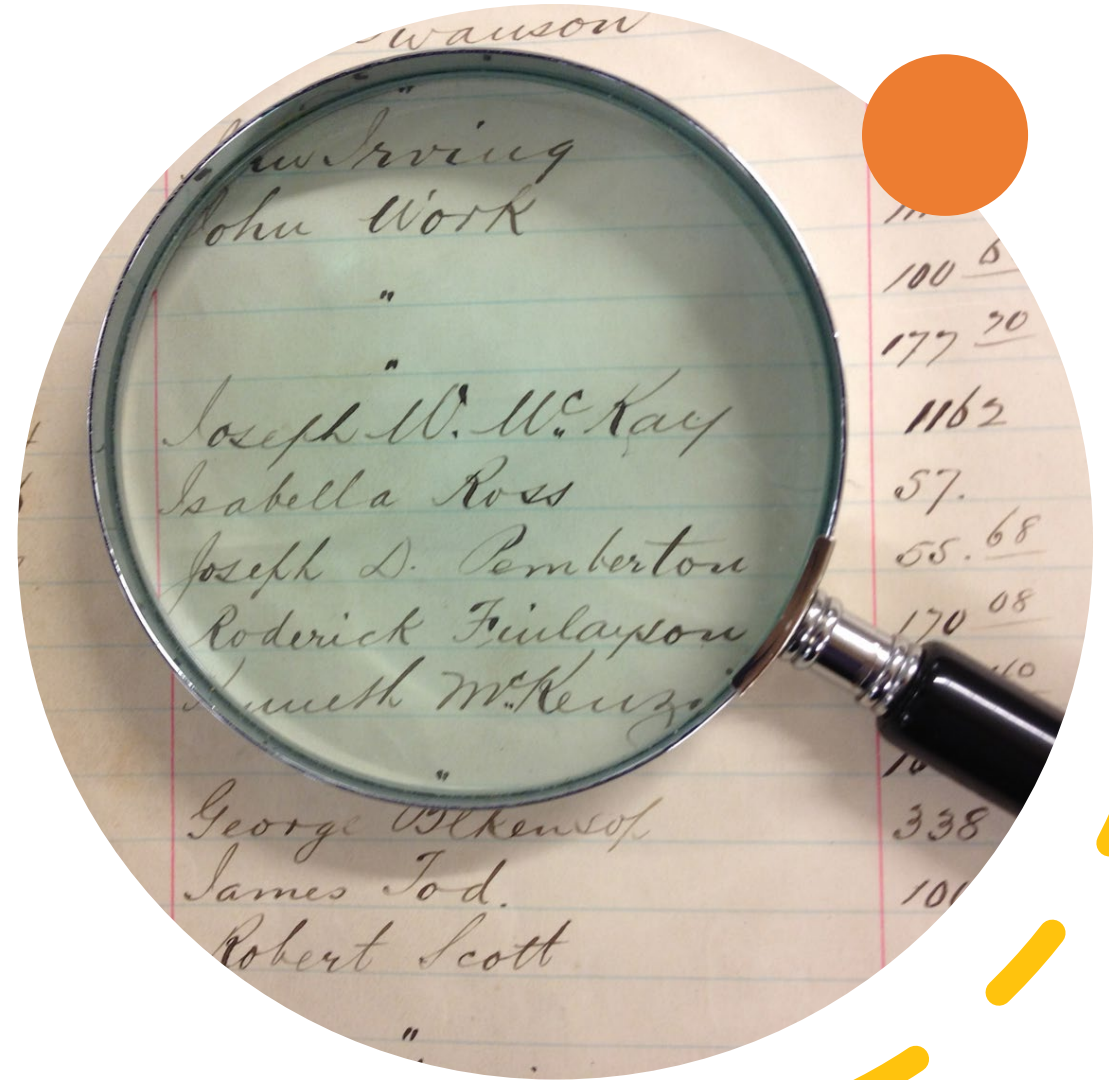
What you need to do

These activities have been designed to get you away from screens. Some may give you a website for instructions, but when you get started you can put the screen to one side.

We will send out two tasks a week – you can choose whichever one you like to complete, and you can do as many as you like. For every task you complete you will receive a virtual sticker, and when you complete 10 you will receive a prize!

Remember to send your completed work to us!

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Keep a Diary

We are living through historic times. In the 1660's, Samuel Pepys kept a diary which has become very famous.

Try keeping your own diary, recording life in your home, online school and the news, or anything else that is interesting that happens.

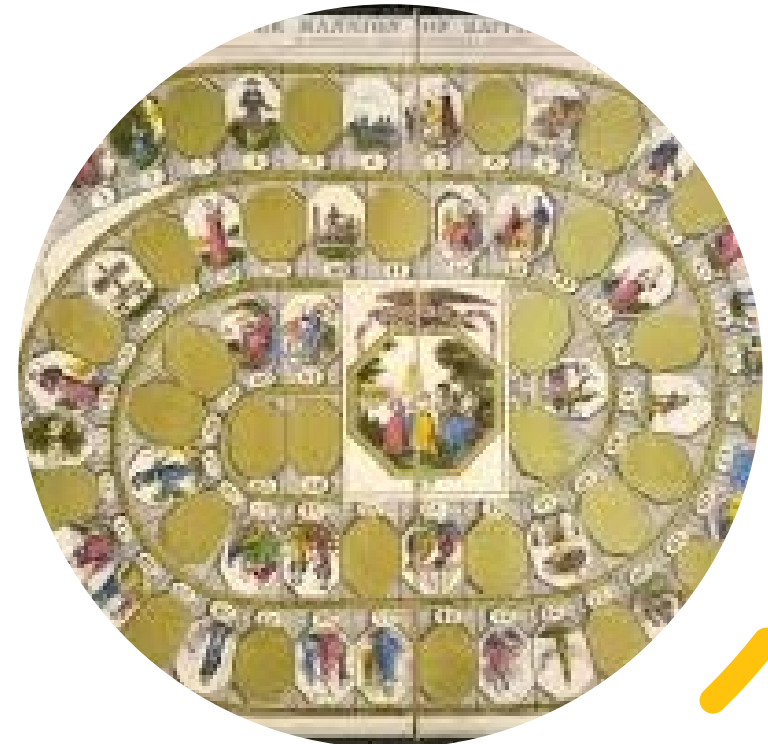


Design a historical board game

Make a historical board game and then play it with your family. It could be Spanish Armada Snakes and Ladders or Henry VIII and his 6 Wives Cluedo – anything you want based on history.

It could even be a different game, what about Kings and Queens skittles or a game of historical bingo?

Feeling extra creative? Why not make up an entirely new game?

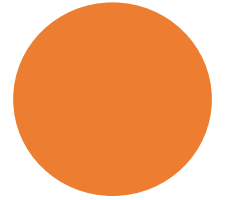


Historical Model

If you have the materials, make a model of something historical. It could be what you have studied in class or from a period of history that interests you.

It could be a place, building, artefact, person, item of clothing...anything!

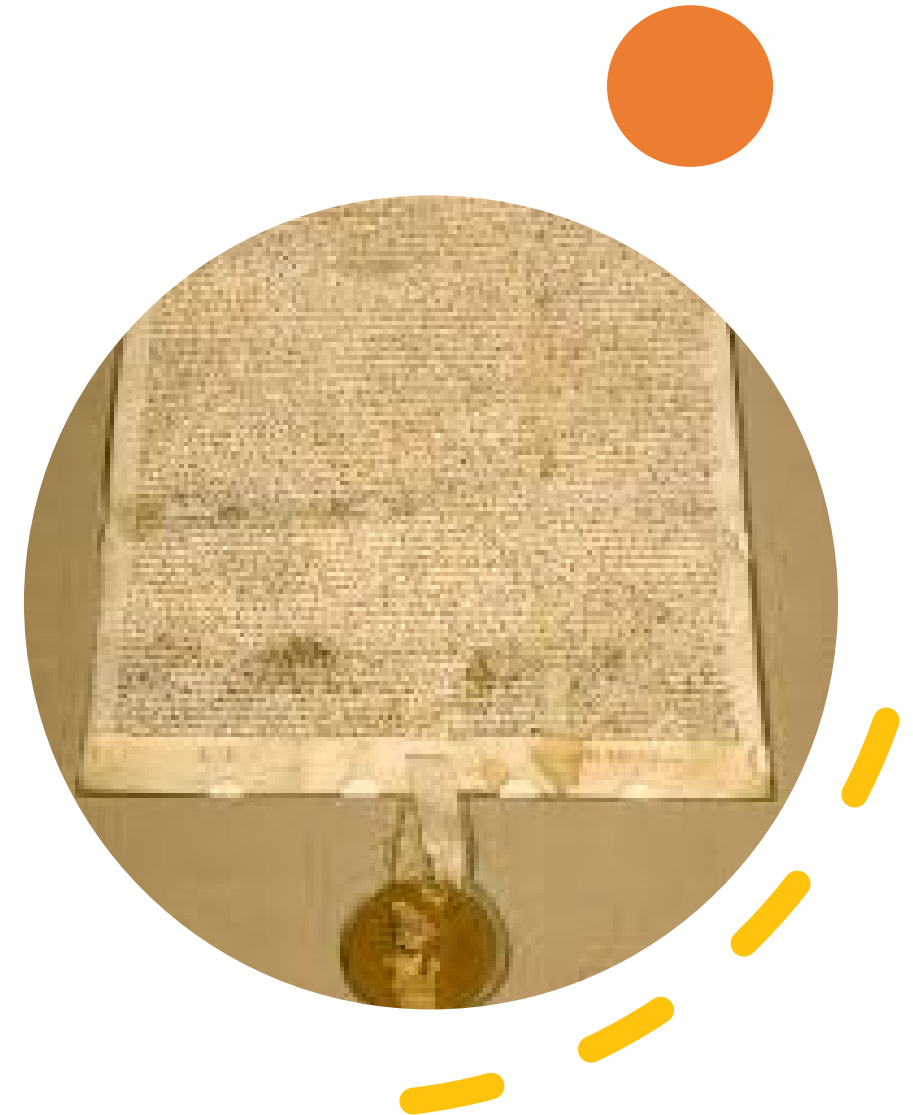
Feeling extra creative? Why not try making a model out of food? Here is a chocolate cake of a WWI trench!



Create a document from history

It could be an actual document that you have studied in school, such as the Magna Carta, or you could make up a letter, poster or newspaper. Make sure you get the key facts and information on there and be as creative as you like with the subject!

Why not try and make it realistic by using a damp tea bag to age it!



Historical Art

We find so much out about the past by looking at art. In school we have studied the Bayeux Tapestry, doom paintings, historical cartoons and so much more!

Create your own painting, drawing or cartoon using your favourite style/medium and topic from history that you would like to portray.

Studying a particular style in art? Why not combine the two?!



Historical Cooking

Recreate the tastes and smells of the past by doing some historical cooking. Make sure you've checked with an adult first though!

Here are some links to recipes on the web, the WWII recipes use fewer ingredients – ideal when we make less trips to the supermarket!

<https://the1940sexperiment.com/100-wartime-recipes/>

<http://cookit.e2bn.org/historycookbook/>



Historical Banquet

If you have made some historical recipes, why not invite the rest of your house and have a themed historical banquet?

You could make food from one period of history or travel through time with different courses. You could even dress up or persuade the guests in your bubble to be dressed and behave like famous historical characters!

Follow this link for ideas

https://downloads.bbc.co.uk/history/handsonhistory/HOH_Feasting_activities.pdf



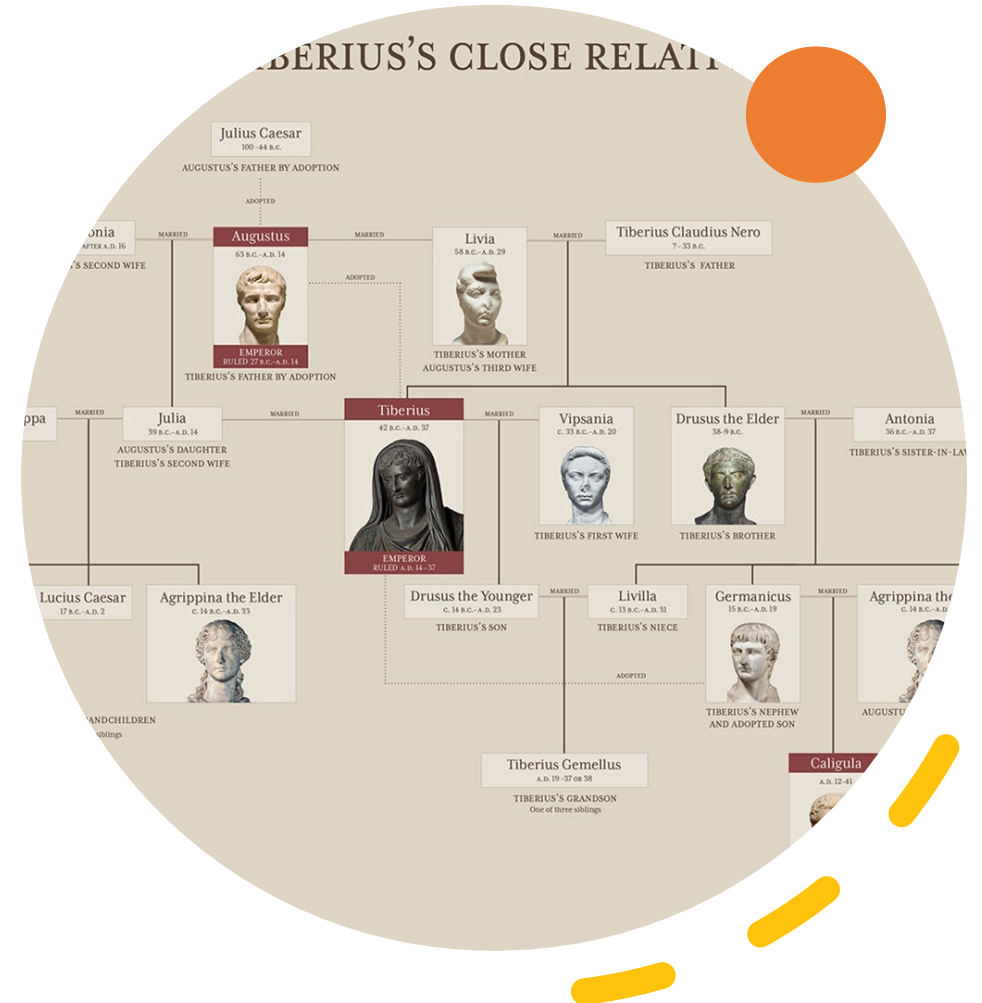
Create your family tree

Many people enjoy tracing their family tree, discovering their ancestors and finding more about their lives.

Research your family history by talking to members of your family.

Phone your grandparents or any other relatives to make your family tree as detailed as you can!

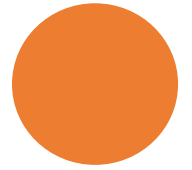
Why not add in details about their jobs, where they were born or any interesting things you discover? Feeling extra creative? Illustrate your family tree or make it look old using a wet tea bag.



Historical Deaths

Whilst you are on your daily exercise, why not pop in to a graveyard and have a look around? Take time to look at the information on the gravestones and set yourself a challenge to find a birth/death from every decade in a century. Look for the oldest grave – do they change over time? Which is the most ornate/decorative? Are there any soldiers or war graves?

Don't fancy a graveyard walk? Why not look for a war memorial, or look in a book to find out about a historical figure's funeral and grave.



Write a Story

Love historical books and stories? Why not try writing one of your own?! Set it in the past, either in your favourite historical period or one that you have studied in school.

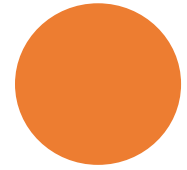
Don't fancy writing a story? Why not write a play, a poem or a song?

You could even submit your story to the Historical Association's Historical Fiction competition!

<https://www.history.org.uk/primary/categories/530/news/3451/write-your-own-historical-fiction-competition-2021>



Oral History



A really important way of finding out about the past is through oral history. That means talking to people and interviewing them.

Why not interview one of your grandparents or relatives about their life? Many of them will have fascinating stories to tell.

Make sure you stay social distanced though!

Write up your findings as a family history or a timeline of events in your family. Make sure you share with a parent what you intend to do.



Spend the day as a historical character

Research the character, from a book if you can, and spend the day as that character!

Dress, walk, talk and act like this character for the day.

Challenge your family to guess who you are!

(Remember choose a positive person who was a good example and who's behaviour made other people feel good - NO HITLERS!!)



Heritage Trail

When you go for your daily exercise with an adult, look around your for any signs of history. They might be buildings, trees, roads, memorials – anything! We often forget to look up – what do the buildings look like above the shops?

Look for objects and buildings from different historical periods such as churches, telephone boxes or post boxes. You could then produce a written guide, map, poster or leaflet showing what you have found.

Need some inspiration – here is a link to Sunderland’s existing heritage trails – you may recognise one in particular!

<https://www.sunderland.gov.uk/article/12582/Heritage-trails>

