

ONLINE  
ROMAN  
ACTIVITY  
CHARIOT



# DRAW YOURSELF LIKE A ROMAN STATUE

Roman emperors had statues of themselves made because they wanted to show off certain things about themselves. It might be that they were a great leader or just that they had a really nice beard, but they wanted the whole Roman world to know. Since Romans didn't have photos or videos, these statues were one of the only ways that ordinary people would know what the emperor looked like.

Here's a statue of Emperor Augustus. It's called the Prima Porta statue:



There are lots of things in this statue that Augustus wants us to know about him:

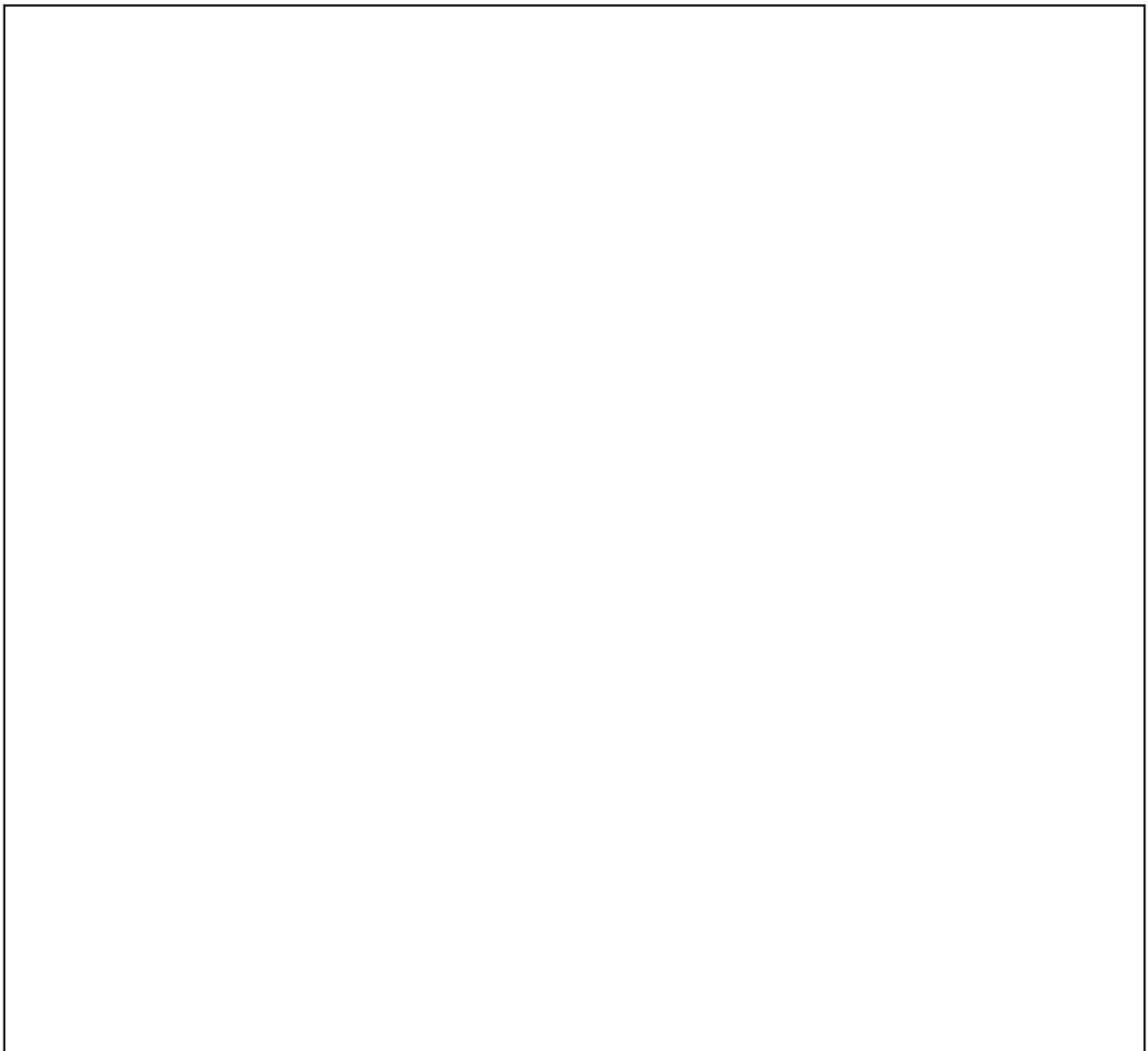
- He's wearing armour to show that he's a great military leader
- He's pointing his finger to show that he's in charge
- He's barefoot - this shows that he's related to a god, because only the gods were shown barefoot in statues
- His face is wrinkle and blemish free, to show that he's young and strong
- And lots more!

# NOW IT'S YOUR TURN!

Draw yourself in the style of a Roman statue. Think about what you would like to show about yourself in your drawing. What will you wear, what will you hold in your hands, and what pose will you stand in? Here are some ideas:

- Do you play football or another sport? Draw yourself wearing your sports kit.
- Do you love writing, drawing or painting? Draw yourself holding a pen, pencil or paintbrush.
- If you love a particular game, band or sports team, you could write their name or draw their logo on your t-shirt.
- What have you done that you're really proud of? Have you won an award or competition, passed a music exam, won a sports match or done a big project at school? Draw yourself wearing your medal, holding your certificate, showing off your work or standing in a victory pose with your arms in the air and a big smile on your face

Once you have finished your drawing, don't forget to colour it in. Roman statues would originally have been painted in lots of bright colours, so make sure your drawing is really colourful too!



# ROMAN NAME GENERATOR

Find out how to create your Roman name.

Roman names have three parts:

**Praenomen:** Equivalent to a modern first name

**Nomen:** Equivalent to a modern surname

**Cognomen:** Based on a person or family's appearance, traits or achievement, started like a nickname to distinguish between individuals. Developed into a second surname after the Republican era.

You could choose a name from the list below or try to latinise your own name!

Now try writing it here

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## PRAENOMEN

<u>Boys</u>	<u>Girls</u>
Gaius	Gaia
Marcus	Marca
Gnaeus	Gnaea
Quintus	Quinta
Publius	Publia
Tiberius	Tiberia
Titus	Tita
Aulus	Aula
Decimus	Decima
Spurius	Spuria
Marius	Maria

## NOMEN

<u>Boys</u>	<u>Girls</u>
Albius	Albina
Cassius	Cassia
Fabius	Fabia
Caecilius	Caecilia
Iulius	Iulia
Livius	Livia
Marius	Maria
Scribonius	Scribonia
Suetonius	Suetonia
Vergilius	Vergilia
Vipsanius	Vipsania

## COGNOMEN

<u>Boys</u>	<u>Girls</u>	<u>Meaning</u>
Agricola	Agricola	Farmer
Ahenobarbus	Ahenobarba	Red beard
Albus	Albina	Fair Skinned
Aquila	Aquila	Eagle
Atellus	Atella	Dark Haired
Bibaculus	Bibacula	Drunken
Bucco	Bucca	Foolish
Caesar	Caesar	Hairy
Carus	Cara	Golden Haired
Celsus	Celsa	Tall
Cincinnatus	Cincinnata	Curly Haired
Dives	Diva	Rich
Flavus	Flava	Blond Haired
Gemellus	Gemella	A twin
Lepidus	Lepida	Charming
Lupus	Lupa	Wolf
Rufus	Rufa	Red Haired
Nero	Nera	Strong
Scaeva	Scaevola	Left Handed





# MAKE YOUR OWN LAUREL WREATH!



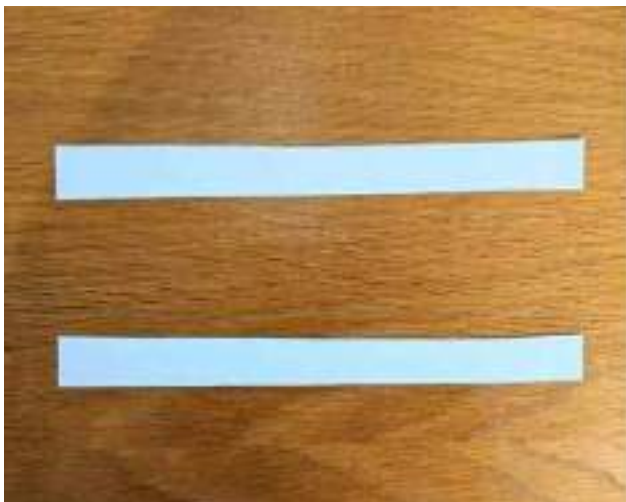
Dress up like a Roman with your very own laurel wreath. Wreaths made out of laurel leaves were worn as a symbol of victory. In Ancient Greece, they were given to winners in the Olympic Games. Later, in Ancient Rome, they were given to men who had won battles and other military victories. Roman poets were sometimes shown wearing them too.

To make your very own laurel wreath, you will need:

- A piece of A4 card (or an old cereal box)
- Coloured paper for the leaves
- Pencil
- Scissors
- Stapler
- Glue stick
- OPTIONAL: red ribbon

## INSTRUCTIONS:

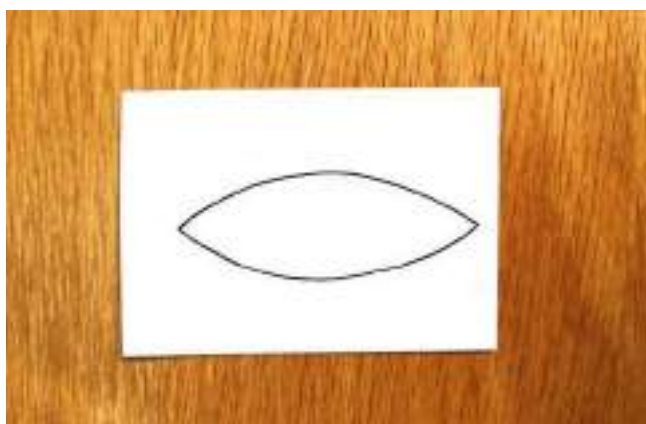
1. Cut out two long strips of card, about 2cm wide. These will make the headband. Ask an adult to help you staple them together at one end, or you can also use sticky tape.



2. Wrap the cardboard strip around your head so that it fits nicely. Make sure not to make it too tight. Hold the ends together and ask an adult to help you staple them together into a circle.



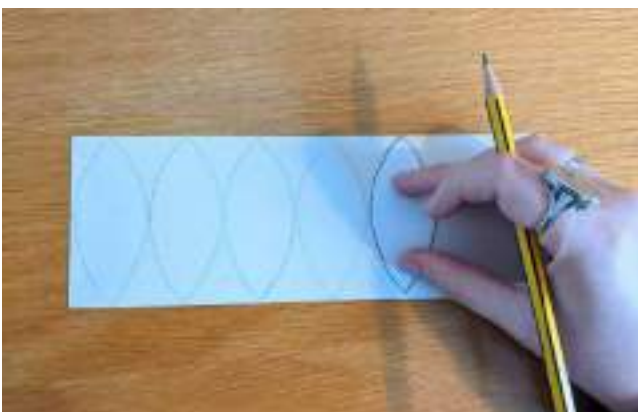
3. Draw out a leaf template onto a piece of cardboard. Laurel leaves are quite long and narrow with a point at each end. You can look up a picture or copy our leaf shape below (ours was about 8cm long). Cut out the leaf shape and you've got yourself a template.



4. Gather up some paper to make your leaves. For a more traditional laurel wreath, use green paper, but you can also go for gold like we've done. Use whatever colours you have to hand - who says you can't have a pink laurel wreath? Try to find a couple of different shades of whatever colour you're using.



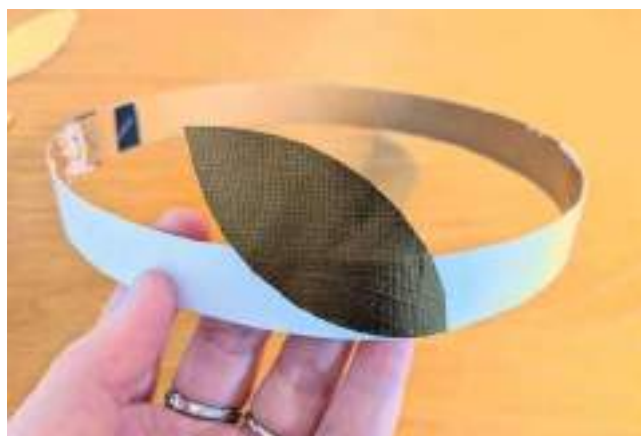
5. Trace around your leaf template lots of times onto the back of your papers. We needed 30 leaves in total. You can always do more later if you don't have enough!



6. Carefully cut out each leaf until you have a whole pile!



7. Now it's time to start sticking your leaves to your headband. We're going to start at the front of the headband and work our way to the back. Use a glue stick to stick the first leaf onto the headband as we've done below.

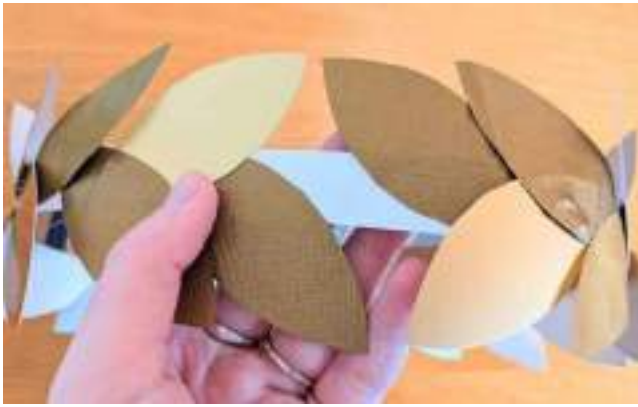


8. Stick the next leaf below the first one, pointing the other way. Keep sticking on the leaves in this way, so they overlap with each other, as shown in the photo below. Mix up the different shades as you go.





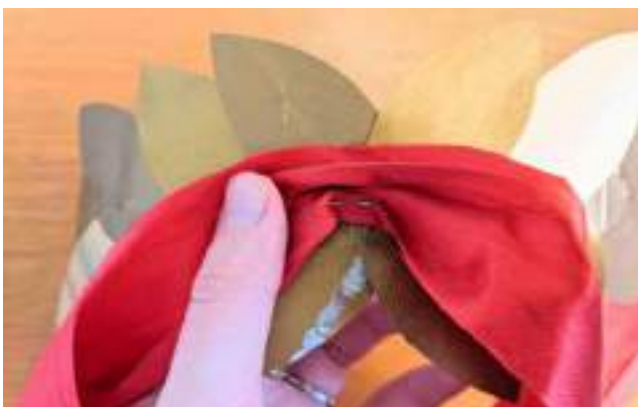
9. Once you've reached halfway round the headband, start again from the front of the headband, and go down the other side. You'll be able to see a bit of the headband at the very front, but you can cover this up with paper or colour it in if you want to.



10. Keep going until the leaves meet at the back of the headband. Use your last couple of leaves to cover up any gap at the back.



11. If you would like to stop here, your laurel wreath is complete! But some pictures of Romans wearing laurel wreaths show a ribbon at the back, so if you want, you can add a ribbon to the back of your laurel wreath as well. Fold your ribbon in half and ask an adult to help you staple the centre of the ribbon to the back of your laurel wreath.



12. Tie your ribbon in a bow, and you're done!



**Well done - you've made  
your very own  
Roman laurel wreath.  
Now you can wear it with  
pride!**



# TRY MAKING THESE ROMAN RECIPES AT HOME:



## BEAN AND CHICKPEA SALAD

**This recipe was adapted from a cookbook written by Apicius.**

For the main dish:

- 1 packet raw green beans (french or dwarf)
- 1 tin chickpeas

For the dressing:

- 2 tablespoons olive oil
- 2 tablespoons red grape juice
- squeeze of lemon juice
- 1/2 tsp ground cumin
- salt and pepper to taste

Method:

1. Top and tail the green beans
2. Chop into 1/2 cm pieces
3. Drain and rinse the tinned chickpeas
4. Combine the beans and chickpeas in a dish
5. Mix the ingredients for the dressing in a small dish
6. Add salt and pepper to taste
7. Drizzle the dressing over the beans and chickpeas

## KYDONION SYN MELITI

**(from Rufus, as quoted in Oribasius' Medical Compilations)**

Ingredients:

10 quinces (Pears can be substituted but quinces are tarter. If using pears reduce the honey by 1/3 and add the juice of half a lime) 100ml honey

Method:

Peel, core and dice the quinces and put them in a saucepan. Add the wine and honey and bring to a simmer. Cover and cook for 30 minutes until they are soft (reduce the time for pears). Transfer to a blender and puree. Pour into individual bowls and chill in the fridge before serving.

# HONEY CAKE

**Serving suggestions: Can be eaten on its own - it keeps well - good with fruit and cream!**

Ingredients:

- 3 eggs
- 200g clear, runny honey (a strong flavoured one is best)
- 50g spelt flour, sifted

Method:

1. Preheat oven to 170C, 330F or gas 3. If you have a fan oven, turn off the fan if possible or put the heat down to 160C
2. Grease well one or two baking tins, according to size - about 2 x 17cm circular tins or 1 rectangular approx 20x22cm
3. Break the eggs into a bowl and beat them hard and well until getting stiff, creating lots of air bubbles
4. Gradually beat in the honey
5. Gently fold in the sifted flour
6. Pour the mixture into the prepared tin(s)
7. Cook in oven for approx 40 to 50 mins depending on type of oven and how deep the mixture is in the tins
8. Take out and turn onto a wire tray to cool

# BAKED EGG CUSTARD (TYROPATINAM)

**Serving suggestions: Serve with fresh seasonal fruit**

Ingredients:

- 1 tbs (40g) honey
- 1/2 pint (300 ml) milk
- 3 eggs
- a pinch nutmeg
- a pinch pepper (optional)

Method:

1. Mix the honey, eggs and milk
2. Whisk a little to combine
3. Pour into an ovenproof bowl
4. Bake at Gas 2, 150C, 300F for 25-30 minutes
5. Remove and allow to cool a little Sprinkle the top with grated or ground nutmeg and serve. You could also sprinkle a little pepper over it, as Romans were very fond of pepper, even on puddings

## TIGER NUT SWEETS

**The recipe is one of the oldest recipes known and was found written on a piece of clay! They are surprisingly sweet; if you find them too sweet leave out the honey and coat the date balls in the ground almonds.**

### Ingredients:

- 200g fresh dates (if not available use mejool dates)
- 1 teaspoon cold water
- 10-15 walnut halves
- 1/4 teaspoon of cinnamon
- small jar of runny honey
- 75g ground almonds

### Method:

1. Chop the dates and put into a bowl (remove the seeds from the dates if you do not have seedless ones)
2. Add the water and stir well with a fork
3. Stir in the chopped walnuts and cinnamon
4. Shape into balls using your hands
5. Pour the honey into a bowl
6. Put the ground almonds onto a plate
7. Have a clean plate ready to put the finished sweets onto Dip the date balls into the honey, then roll in the ground almonds, making sure they are well coated

## CUCUMERES

### Ingredients:

- 1 large cucumber
- 3 tablespoons white wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon runny honey
- sea salt to taste

### Method:

1. Peel the cucumber
  2. Chop into large slices
  3. Add these to a pan with the vinegar, olive oil and honey
  4. Gently cook the cucumber until soft, shake the pan occasionally to make sure it's not sticking.
- Serve as a hot side dish

## DATES ALEXANDRINE

### Ingredients:

- 16 whole dates
- 16 whole almonds (or blanched almonds)
- 20 gm butter
- cinnamon
- runny honey

### Method:

1. If you are blanching the almonds yourself, put them in a bowl and pour over boiling water. Wait for a few minutes and strain the almonds. Peel the skin off
2. Warm the butter in a pan until it is just melted, take from the heat
3. Cut the dates carefully (the knife does not need to be very sharp) and take out the stone
4. Put some cinnamon in a small dish or saucer
5. Take each almond, dunk it in the butter, roll it in the cinnamon and put into the opening of the date
6. Put the dates on to a heatproof dish or plate
7. Coat each date with honey - using a brush or pouring with a small spoon
8. Pour over the rest of the butter
9. Bake in a hot oven for 6-8 minutes
10. Allow to cool a little before eating

## TYROS EIS HALMEN

(from Bassus' *Geoponica*)

### Ingredients:

Cheese and Honey

### Method:

Wash and dry the Feta cheese to remove excess salt then cut into 1cm cubes. Using a clean pickling jar place a layer of the cubed cheese in the bottom. Cover this with a layer of thyme and then a layer of cheese. Keep on adding alternating layers until the entire jar is filled. Thoroughly mix the honey and vinegar and pour the mixture into the pickling jar until the final layer of cheese is covered. Seal the jar and leave to infuse for a day.



# TYROS DIA KOSKINOY CHEESE AND HONEY

(from Athenæus' *Deipnosophistae*)

Break off a piece of cheese (feta), put it in a bowl, then turn a bronze sieve over the top and work the cheese through. Whenever you are about to serve pour sufficient honey over it.

## RICOTTA CHEESE

Ingredients:

1/2 gallon whole milk, not UHT pasteurized

1/3 cup lemon juice (from 1 1/2 to 2 lemons), 1/3 cup distilled white vinegar, or 1/2 teaspoon citric acid (available from cheese-making suppliers)

Salt

Implements:

Strainer or colander

Cheese cloth

Large pot and small saucepan

Method:

1. Use a large pot to bring your milk to a boil on high. Whisk the milk the entire time to ensure that it doesn't burn, clump or stick to the bottom of the pot.
2. Wait for it to boil over. It'll happen at about the 10 minute mark and when it does you want to quickly turn off the element.
3. Remove the milk from heat. Pour in the lemon juice or vinegar (or citric acid) and the salt. Stir gently to combine.
4. Let the pot of milk sit undisturbed for 10 minutes. After this time, the milk should have separated into clumps of milky white curds and thin, watery, yellow-colored whey — dip your slotted spoon into the mix to check. If you still see a lot of un-separated milk, add another tablespoon of lemon juice or vinegar and wait a few more minutes.
5. Set a strainer over a bowl and line the strainer with cheese cloth. Scoop the big curds out of the pot with a slotted spoon and transfer them to the strainer. Pour the remaining curds and the whey through the strainer. (Removing the big curds first helps keep them from splashing and making a mess as you pour.)
6. Let the ricotta drain for 10 to 60 minutes, depending on how wet or dry you prefer your ricotta. If the ricotta becomes too dry, you can also stir some of the whey back in before using or storing it.
7. Use or store the ricotta: fresh ricotta can be used right away or refrigerated in an airtight container for up to a week.

# BISCUIT AMPHITHEATRE

The Amphitheatre was built on the edge of the Romano-British town of Calleva Atrebatum (Silchester). It was an open-air arena devoted to public entertainment. It was built early in the life of the town, between AD50 and 70. Gladiatorial combat, animal fights and equestrian games could all have taken place there.

During the lockdown one of our team tried to build an amphitheatre out of pink wafer biscuits! It was quite tricky and we used 18 packs of biscuits in total. You may like to try making a smaller version using the photos as a guide.

First they laid out the front layer in the two half-rings as shown in the photos. Then they added the layer behind. And then they added the horizontal block that caps the front layer and work back from there. You may have to trim some biscuits to get the ends to line up.



# ROMAN MASK

1. Colour in and/or decorate your Roman face, then carefully cut it out
2. Ask an adult to help you cut holes for the eyes
3. Then add a stick to the bottom to hold your mask over your face





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# ROMAN FINGER PUPPETS

1. Colour in the Roman characters
2. Carefully cut them both out
3. Ask an adult to help you cut out the holes for your fingers
4. Then perform for your friends or family with your puppets

