

## Objective

By the end of this lesson, the student will understand what life was like during Colonial times, including the daily activities, food, and social customs of people living in that era. The student will also gain insight into how these aspects of life compare to today.

## Materials and Prep

- Paper and pencils for drawing and writing
- Access to a comfortable space for reading and activities
- Knowledge of basic Colonial history (you can share interesting facts)
- Optional: a simple recipe for a Colonial dish (like cornbread) to try making together

## Activities

- **Colonial Life Drawing:**

The student will draw a scene depicting a day in the life of a Colonial family. They can include activities like farming, cooking, or trading. Encourage them to use their imagination!

- **Colonial Cooking:**

If you have a simple recipe, try making a Colonial dish together. Discuss what ingredients were commonly used in Colonial times and how they were different from today's food.

- **Story Time:**

Read a short story or passage about Colonial life. After reading, discuss what the student learned and ask them to share their favorite part of the story.

- **Role Play:**

The student can pretend to be a Colonial child. They can act out chores or games that children played during that time. This will help them understand daily life in a fun way!

## Talking Points

- "Did you know that Colonial children had different chores than kids today? They helped with cooking, cleaning, and even farming!"
- "What do you think Colonial families ate? They often had foods like corn, beans, and squash. Let's think about what we would miss from today!"
- "Colonial homes were very different from ours. They often had just one room where the whole family slept and worked!"
- "Many children in Colonial times didn't go to school like you do. They learned from their parents and helped out at home!"
- "Games were an important part of life too! Colonial kids played outside with simple toys, just like you do!"
- "Do you think life was easier or harder back then? Let's talk about what you think would be the best and worst parts!"
- "What would you like to try from Colonial times? Maybe we can cook a dish or play a game they enjoyed!"
- "Remember, understanding how people lived long ago helps us appreciate what we have today. What do you think is the most important thing we have now?"