

## Trench Life Adventure! (30 Mins)

Hi Phoebe! Get ready to travel back in time to World War One and explore what life was like for soldiers in the trenches. It wasn't easy, but it's important to understand.

### Materials Needed:

- Paper and pencil/pen
- Optional: A blanket or pillows to build a mini 'trench'

### Activity 1: What is a Trench? (5 mins)

Imagine you're a soldier on a big, open battlefield. What's the danger? (Getting spotted and shot at!). Trenches were long ditches dug into the ground. Why do you think soldiers dug them? Discuss: Trenches provided protection from enemy bullets and exploding shells. They became complex systems where soldiers lived and fought.

### Activity 2: A Day in the Life (15 mins)

Life in the trenches was tough. Let's explore some challenges:

- **Mud & Water:** Trenches often filled with rainwater, creating deep, sticky mud. Imagine walking and sleeping in that! It led to problems like 'trench foot'.
- **Rats & Pests:** Millions of rats, attracted by leftover food and unfortunately, bodies, lived in the trenches. Lice were also a huge problem.
- **Boredom & Fear:** Long periods of waiting were mixed with moments of intense fear during attacks.
- **Food:** Rations were basic - often tinned beef, biscuits, and jam. Sometimes food was scarce.

**Your Turn! Trench Diary Entry:** Grab your paper and pencil. Imagine you are a soldier writing a short diary entry about one challenging thing you faced today in the trench. What did you see, hear, smell, and feel? (Spend about 10 minutes writing).

### Activity 3: Building a Mini-Trench (Optional - 5 mins)

If you like, use pillows or blankets to quickly build a small 'trench' space in your room. Sit inside it for a minute. Does it feel safe? Cramped? Imagine spending weeks there!

### Wrap-up (5 mins)

Quick recap! What was the main purpose of a trench? Name two challenges soldiers faced. Why is it important to learn about this part of history?

Great job exploring trench life today, Phoebe! It was a very difficult time for those soldiers.