

A Journey Through Ancient Worlds: A 9-Week History Unit for H

Welcome to a grand tour of the ancient world! This 9-week unit is designed for H (age 11) to explore the foundational cultures of our world history, following the Australian Steiner Curriculum Framework for Class 5. Our journey is not about memorizing dates and names, but about connecting with the people of the past through their stories, their art, and their way of life. The central project will be the creation of a beautiful **Main Lesson Book**, a large, unlined art book where H will draw, paint, and write his way through history, creating a personal and artistic record of his learning. Let the adventure begin!

Week 1: The Cradle of Spirit - Ancient India

Focus: Introducing the concept of river valley civilizations and exploring the mysteries of the Indus Valley and the epic tales of the Vedic Age.

Learning Objectives: H will understand why early civilizations grew around rivers and will creatively express his understanding of early Indian culture through art and storytelling.

- **Materials Needed:** A3 Main Lesson Book (or large, high-quality blank sketchbook), watercolour paints and brushes, beeswax block and stick crayons, pencils, air-dry clay, a small carving tool (like a toothpick or clay tool).

Lesson Activities:

1. **Storytelling:** Begin with the story of "The River of Life," a narrative describing how the Indus River nourished the land and gave birth to cities like Mohenjo-Daro and Harappa. Later in the week, tell a captivating part of the Ramayana, focusing on the loyalty of Rama and Sita.
 2. **Main Lesson Book Work:**
 - Create a beautiful title page for "A Journey Through Ancient Worlds."
 - Paint a "wet-on-wet" watercolour map of the ancient world, highlighting the Indus, Tigris-Euphrates, Nile, and Yellow Rivers. Let the colours flow together to show how these lands were connected by water and spirit.
 - After hearing the story, draw a scene from the Ramayana or a depiction of a bustling street in an Indus Valley city. Write a short summary of the story or a description of the scene in your own words.
 3. **Hands-on Creativity:** Become an artisan from Harappa! Using air-dry clay, create several small, flat "seals" like those found by archaeologists. Carve symbols into them that are meaningful to you—perhaps an animal, a tree, or your initial in a unique design.
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Week 2: The Path to Enlightenment - The Buddha

Focus: Exploring the life and journey of Prince Siddhartha and his transformation into the Buddha.

Learning Objectives: H will be able to recount the story of the Buddha's life and reflect on its core message through art and contemplative activity.

- **Materials Needed:** Main Lesson Book, paints, crayons, modelling beeswax or clay, a small tray, sand, a few smooth stones.
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Lesson Activities:

1. **Storytelling:** Tell the biography of Prince Siddhartha in parts over several days. Cover his sheltered life in the palace, his shock at seeing the "Four Sights" (an old man, a sick man, a dead man, and a holy man), his quest for truth, and his final enlightenment under the Bodhi tree.
 2. **Main Lesson Book Work:**
 - Create a two-page spread illustrating the "Four Sights." On one side, draw the luxury of the palace; on the other, the realities of the world outside.
 - Paint a peaceful scene of the Buddha meditating under the Bodhi tree. Focus on the feeling of serenity.
 - Write a summary of the story, focusing on the question Siddhartha was trying to answer.
 3. **Hands-on Reflection:** Create a small, calming meditation garden. Fill a small tray with sand and use a stick or a small rake to create patterns. Carefully place a few smooth stones. This can be a quiet space to visit for a few moments each day. You can also model the scene of the Buddha under the tree using beeswax or clay.
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Week 3: Light and Darkness - Ancient Persia

Focus: The dramatic landscape of ancient Persia, the teachings of the prophet Zoroaster, and the just rule of Cyrus the Great.

Learning Objectives: H will explore the theme of dualism (light vs. dark) and understand the concept of a just and tolerant empire through story and artistic representation.

- **Materials Needed:** Main Lesson Book, charcoal, soft pastels (especially yellow, orange, black, and blue), gold paint, cardboard, scissors, fabric scraps, glue.

Lesson Activities:

1. **Storytelling:** Tell the legend of Zoroaster, who saw the world as a struggle between a force of light and truth (Ahura Mazda) and a force of darkness and lies (Ahriman). Then, share the story of Cyrus the Great, the founder of the Persian Empire, who was known for his wisdom and kindness to the peoples he conquered.
 2. **Main Lesson Book Work:**
 - Using charcoal and pastels, create a dynamic drawing that represents the struggle between light and dark. Let the colours clash and blend on the page.
 - Draw or paint a Persian griffin or a "lamassu," the great winged bulls that guarded the palace gates. Use gold paint to add magnificent details.
 - Write about Cyrus the Great. What made him a different kind of king?
 3. **Hands-on Creativity:** Design a piece of Persian royal regalia. Cut a wide collar shape from cardboard. Decorate it with fabric scraps, jewels (craft gems), and gold paint to create the stunning neckpiece of a Persian noble.
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Week 4: Between Two Rivers - Mesopotamia

Focus: Life in the "land between the rivers," the invention of writing, and the world's first epic story, the Epic of Gilgamesh.

Learning Objectives: H will appreciate the invention of writing by creating his own cuneiform tablet and will connect with universal themes of friendship and loss through the story of Gilgamesh.

- **Materials Needed:** Main Lesson Book, paints, crayons, air-dry clay, a stylus (a chopstick or squared-off stick works perfectly).

Lesson Activities:

1. **Storytelling:** Describe the vibrant city-states of Sumer and Babylon. Tell the Epic of Gilgamesh, focusing on the powerful friendship between the king Gilgamesh and the wild man Enkidu, their adventures, and Gilgamesh's sorrow after Enkidu's death.
2. **Main Lesson Book Work:**
 - Draw a mighty Ziggurat reaching towards the heavens. Use perspective to make it look tall and imposing.
 - Illustrate your favourite scene from the Epic of Gilgamesh. Perhaps the battle with Humbaba or Gilgamesh's final journey.
 - Write a summary of the epic, focusing on how Gilgamesh changed from a selfish king to a wise one.
3. **Hands-on Creativity:** Be a Sumerian scribe! Roll out a flat slab of air-dry clay to create a tablet. Using a chart of cuneiform symbols (easily found online), use your stylus to press wedge-shaped marks into the clay. You can write your name, a message, or copy a short phrase. Let it dry to preserve your ancient record.

Week 5: The Gift of the Nile - Daily Life in Egypt

Focus: Understanding how the Nile River shaped every aspect of Egyptian life, from farming to social structure.

Learning Objectives: H will be able to explain the importance of the Nile and will experience a key Egyptian innovation by making his own papyrus.

- **Materials Needed:** Main Lesson Book, watercolour paints, a papyrus-making kit (or brown paper bags, water, glue, and a rolling pin), a thin brush or reed pen, black ink or watered-down black paint.

Lesson Activities:

1. **Storytelling:** Tell the story of a year in the life of an Egyptian farmer, centered on the three seasons of the Nile: Akhet (the flood), Peret (the growing season), and Shemu (the harvest). Describe the jobs, food, and family life of ordinary Egyptians.
2. **Main Lesson Book Work:**
 - Paint the cycle of the Nile across a two-page spread. Show the flooding river, the lush green fields, and the golden harvest.
 - Draw the social pyramid of Ancient Egypt, from the Pharaoh at the top to the farmers and slaves at the bottom, illustrating each level.
3. **Hands-on Innovation:** Make your own "papyrus." If using brown paper bags, tear them into strips, soak them in a water-glue mixture, and then lay them on a flat surface in an overlapping grid pattern. Press another piece of paper on top and use a rolling pin to flatten it. Let it dry completely. Once dry, you have a surface to write on!

Week 6: Land of the Pharaohs - Gods and Afterlife

Focus: The powerful beliefs of the Egyptians about their gods, pharaohs, and their elaborate preparations for the afterlife.

Learning Objectives: H will become familiar with key Egyptian gods and burial practices and will conduct a simple experiment to understand mummification.

- **Materials Needed:** Main Lesson Book, gold and dark blue paint, a shoebox, craft supplies (sand, small stones, paint), an apple, a mix of salt and baking soda (half and half), cloth strips (gauze or an old t-shirt).

Lesson Activities:

1. **Storytelling:** Tell the powerful myth of Osiris, Isis, and Horus. Then, switch to non-fiction and tell the thrilling story of archaeologist Howard Carter discovering the sealed tomb of Tutankhamun.
2. **Main Lesson Book Work:**
 - Draw and paint some of the major Egyptian gods and goddesses (e.g., Ra, Anubis, Thoth, Isis). Write a brief description of what each one governed.
 - Create a detailed cross-section drawing of a pyramid, showing the hidden chambers and passages.
3. **Hands-on Science and Art:** Mummify an apple! Cut an apple in half. Gently scoop out the core. Pack the inside and outside with the salt/baking soda mixture ("natron"). Wrap it tightly in cloth strips and place it in a dry, dark place. Observe it over the next few weeks. Separately, create a diorama of an Egyptian tomb inside the shoebox, painting the walls with hieroglyphs and creating small treasures.

Week 7: Legends of the Aegean - Ancient Greece

Focus: The early sea-faring civilizations of the Minoans and Mycenaeans and the epic myths that shaped Greek culture.

Learning Objectives: H will distinguish between the Minoan and Mycenaean cultures and retell a major Greek myth through art and hands-on activity.

- **Materials Needed:** Main Lesson Book, paints (especially blues and terracotta orange), air-dry clay, large paper or outdoor chalk.

Lesson Activities:

1. **Storytelling:** Tell the myth of Theseus and the Minotaur, set in the palace of King Minos on Crete. Contrast this with a simplified retelling of the Trojan War, highlighting the heroic but warlike culture of the Mycenaeans.
2. **Main Lesson Book Work:**
 - Paint a vibrant Minoan scene, full of dolphins, octopuses, and leaping figures. Contrast this with a drawing of the massive "Lion Gate" of Mycenae.
 - Draw a map of the Aegean Sea, marking Crete (for the Minoans) and Troy and Mycenae (for the Mycenaeans).
 - Illustrate the story of the Trojan Horse.
3. **Hands-on Creativity:** Be a Minoan potter. Shape a simple pot or bowl from air-dry clay. After it dries, paint it in the Minoan style with sea creatures or flowing patterns. Also, design a complex labyrinth on a large sheet of paper or, even better, with chalk on a driveway or patio for H to walk through.

Week 8: The Mind of Greece - Athens and Sparta

Focus: The two most famous and rival city-states of Greece: democratic, artistic Athens and disciplined, military Sparta.

Learning Objectives: H will be able to compare and contrast the values and lifestyles of Athenians and Spartans and will participate in a fun, modern version of the ancient Olympics.

- **Materials Needed:** Main Lesson Book, crayons, a plain glass jar or vase, black and orange paint, a frisbee, a pool noodle.

Lesson Activities:

1. **Storytelling:** Tell stories that illustrate the differences in life for a child in Athens (learning poetry, philosophy, and going to the marketplace) versus a child in Sparta (beginning military training at age seven). Also, tell the story of the origins of the Olympic Games, held to honour Zeus.
2. **Main Lesson Book Work:**
 - Create a "Compare and Contrast" two-page spread. On the left, draw and write about Athens (the Parthenon, philosophers, pottery). On the right, draw and write about Sparta (soldiers, simple barracks, training).
 - Draw scenes from the ancient Olympic games: a chariot race, a discus thrower, a wrestling match.
3. **Hands-on Action:** Host a mini "Homeschool Olympics!"
 - **Discus Throw:** Use a frisbee.
 - **Javelin Throw:** Use a pool noodle.
 - **Running Race & Long Jump:** Measure your distances!

You can also create a "Grecian Urn" by painting a plain jar with scenes from your Olympics, using the classic black-figure-on-orange style.

Week 9: The Ancient Civilizations Fair

Focus: A culminating week for H to synthesize, present, and celebrate his learning journey in a creative and personal way.

Learning Objectives: H will demonstrate his understanding of one ancient civilization by teaching others about it, consolidating his knowledge and taking pride in his work.

- **Materials Needed:** A large cardboard display board, all of H's previous projects and his Main Lesson Book, and any materials needed for his chosen presentation elements (e.g., cooking ingredients, costume parts, building supplies).

Lesson Activities:

1. **The Grand Project:** This week is all about preparation. H will choose **one** civilization from our journey to become an "expert" on. His task is to prepare a presentation—his own "Ancient Civilizations Fair"—for his family.
2. **Choose Your Presentation (Pick 3 or 4):**
 - **Create a Display Board:** Summarize the key features of the civilization with drawings, maps, and interesting facts.
 - **Build a Model:** Construct a model of a famous landmark (a pyramid, the Parthenon, a ziggurat) from LEGOs, cardboard, or clay.
 - **Dress the Part:** Create a simple costume of a person from that time period.
 - **Taste of History:** With help, prepare a simple, ancient-inspired dish (like Egyptian

flatbread or Greek honey cakes).

- **Be the Storyteller:** Prepare to retell a favourite myth or historical story from that culture.
 - **Curate Your Museum:** Present your Main Lesson Book and your favourite hands-on projects from the unit, explaining what you made and what you learned.
3. **The Fair!** At the end of the week, set up the display board, lay out the food, put on the costume, and let H proudly present his hard work. This is a joyful celebration of his incredible journey through the ancient world!