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## The Baths

The houses of the wealthy contained bathrooms, but most did not have a bath. This was because bathing was considered a social occasion, and most people went to the public baths regularly. People of all classes went to the public baths. The baths served a wider purpose than being the place where people went to clean themselves. It was a place to meet people and chat with them, and often meetings were held at the baths. Some even included a library.

The buildings that housed the baths were quite complex, consisting of several areas. Often there was an exercise yard. In warm climates this was usually outside, but in colder climates, such as Britain, the exercise yards were covered.

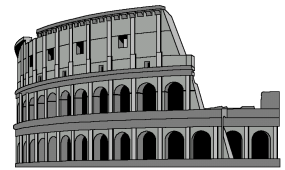
Bathing was not a speedy activity. First you would go to the changing rooms, the *apodyterium*, to undress. Wealthy people would take a slave with them to help undress. Next you would go into the *caldarium*, or hot room. After that you might do exercises, play games like knuckle bones or checkers or chat with your friends. Then you would go into the warm room or *tepidarium* until you were sweating. Then a slave would rub oil into your skin. Romans used oil instead of soap. Afterwards a *stirgil* or scraper was used to remove the oil, dirt and sweat. Then you could go in the *frigidarium* with its cold pool or have a swim in the larger pool.

A system of warm air which circulated under the floors and through hollow walls was used to heat the baths and the water in the pools.

In large towns and cities there were separate facilities for men and women, but in smaller towns the baths would be shared. Women usually went to the bath in the morning and men in the afternoon.

Most baths were clean and well kept, but there are records of smaller baths that were dirty and dank, and where you were in danger of having your clothes stolen. The largest public bath in Rome was built in the time of Emperor Caracalla and was large enough to hold two thousand people.

## Vocabulary - 1



Match the words with the correct definition.

You may use a dictionary if necessary.

- |               |       |    |   |
|---------------|-------|----|---|
| 1. Centurion  | _____ | a) | Roman apartment buildings.                    |
| 2. Latin      | _____ | b) | An area used for public meetings.             |
| 3. Plebeian   | _____ | c) | The river that runs through Rome.             |
| 4. Insulae    | _____ | d) | Built to bring water to the towns and cities. |
| 5. Tiber      | _____ | e) | A picture made from colored pieces of stone.  |
| 6. Forum      | _____ | f) | A man in command of eighty foot soldiers.     |
| 7. Aqueduct   | _____ | g) | Myths say that this man founded Rome.         |
| 8. Toga       | _____ | h) | Household gods.                               |
| 9. Patricians | _____ | i) | The art of public speaking.                   |
| 10. Villa     | _____ | j) | Language spoken by Romans.                    |
| 11. Mosaic    | _____ | k) | Lower class Romans.                           |
| 12. Tonsores  | _____ | l) | the main room in the home of a wealthy Roman. |
| 13. Rhetoric  | _____ | m) | King of all Roman gods.                       |
| 14. Lares     | _____ | n) | a catapult used by the military.              |
| 15. Hades     | _____ | o) | a large country home.                         |
| 16. Ballista  | _____ | p) | A slave who led an uprising.                  |
| 17. Jupiter   | _____ | q) | Roman barber.                                 |
| 18. Atrium    | _____ | r) | the Underworld.                               |
| 19. Romulus   | _____ | s) | a form of cloak worn by Roman men.            |
| 20. Spartacus | _____ | t) | upper class Romans.                           |

### **Integrated Studies - 3**



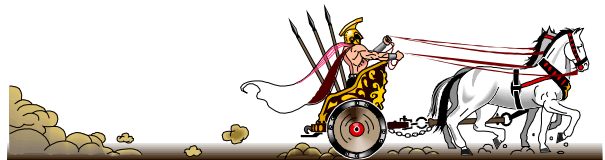
**Use the resources available to you to create an illustrated booklet about the weapons, armor and equipment used by the Roman military.**

**Your booklet should include pictures and diagrams, labeled where necessary, and written explanation of how the weapons and equipment were made and used in combat.**

**You may work independently or with a partner for this activity.**

**When your booklet is complete, ask three members of the class to evaluate and comment on your work.**

### **Integrated Studies - 5**



**Work with a partner to create a travel brochure designed to encourage tourists to visit Ancient Rome in the time of the Emperor Augustus.**

**Remember that your brochure should stress the features that tourists will find interesting and entertaining .**

**The brochure should include pictures, and brief descriptions of places to visit and activities that the visitors might enjoy.**