



HISTORIC
ENVIRONMENT
SCOTLAND

ÀRAINNEACHD
EACHDRAIDHEIL
ALBA

PART 2 TEACHERS' NOTES

GO ROMAN

THEME 3: OFF DUTY

LET'S
INVESTIGATE
NOTES AND
OBJECT
CHECKLIST



GO ROMAN THEME 3: OFF DUTY



When on duty, the soldiers were occupied with training, patrolling the Wall and carrying out maintenance or administrative tasks, as well as actual fighting if required. Off duty, soldiers could visit the local village known as a *vicus* to spend their money or visit their girlfriends or family, or could relax in the bath houses built at every fort. The bath house included steam rooms and saunas and was a place where soldiers could chat, eat, drink, and play games. Soldiers cleaned themselves using oil scraped off with scrapers known as *strigils*.

The box contains the following replica objects on this theme:

- Oil lamps
- Nit comb
- Scraper
- Ointment Pot
- Coins and bag
- Board game
- Sponge stick
- Water canteen

FURTHER RESOURCES AND ACTIVITIES

<http://www.antoninewall.org/learning-centre/primary/downloadable-resources>

On this website you can download an activity sheet (Bath Time!) investigating objects found at a Roman bath house.

<http://www.nms.ac.uk/explore/games/discover-the-romans/discover-the-romans/build-a-roman-fort/>

This website has a 'build the fort' activity which features the bath house.



ACTIVITIES



ACTIVITY 1: IN THE BATH HOUSE

Look at pictures and the general layout of a bath house. You could use Lego to build a model bath house. Using drama, pupils could mime various different activities taking place in the bath house – the various different cold and hot baths, using a scraper, gambling, playing games, chatting. They could script short scenes taking place there.

The Go Roman game includes a visit to the bath house.

ACTIVITY 2: MAKE A LAMP

Here are simple instructions for how to make a usable oil lamp: <http://timetravellerkids.co.uk/uncategorized/make-roman-oil-lamp/> Make a lamp out of air drying clay. When dry, pour olive oil into it. Create a wick from rolled-up kitchen roll, and poke the wick down the 'spout'. The wick draws up oil. Light the end of the kitchen roll and sit back and enjoy the light from your lamp!

ACTIVITY 3: A ROMAN BOARD GAME TOURNAMENT

There are a number of games which the Romans played which can still be played today. Look online to find instructions for Rota, Merels and Tabula. In groups, pupils choose and research a game, then create and play it, and finally teach others how to play it.



HANDLING BOX OBJECT CHECKLIST RECEIVED AND RETURNED



OFF DUTY

Object	Quantity	Tick received	Tick returned
1. Oil lamps	2	<input type="radio"/>	<input type="radio"/>
2. Nit combs	1	<input type="radio"/>	<input type="radio"/>
3. Scraper	1	<input type="radio"/>	<input type="radio"/>
4. Ointment pot	1	<input type="radio"/>	<input type="radio"/>
5. Coins and bag	1 x bag 11 x coins	<input type="radio"/>	<input type="radio"/>
6. Board game	1 x boards 1 x instructions for the board game known as <i>latrunculi</i> 1 x bags with 24 counters (12 terracotta and 12 white) and 2 centurions	<input type="radio"/>	<input type="radio"/>
7. Sponge stick	1	<input type="radio"/>	<input type="radio"/>
8. Water canteen	1	<input type="radio"/>	<input type="radio"/>

Received

Returned

LET'S INVESTIGATE!



1

Look at the objects.

2

Talk about the questions on the cards for each object.

3

Finally, sketch one of the objects.

GO ROMAN THEME 3: OFF DUTY

It wasn't all fighting! After a hard day marching, building or training, Roman soldiers had time to relax. All of these objects are replicas (exact copies) of real things Roman soldiers used when they invaded Scotland.

Most of the forts had a bath house, which was like a leisure centre for the soldiers. Here they could work out, relax, have a bath, chat to their friends, play games or write to their families. Soldiers would also go and spend their money in the local village. Here they could buy food, drink and other items, or could gamble in bars.

WATER BOTTLE



TAKE A LOOK

- Look at the different materials this bottle is made from
- Explore how the lid works
- See how the handle is attached to the bottle

WHAT DO YOU THINK?

- What do you think was carried in this?
- Do you think it would leak?
- How could it be attached to a back pack?
- Could you put it down on the ground?

Write notes and ideas from your discussions in the notes section below

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GO ROMAN THEME 3:
OFF DUTY

INFORMATION

WATER BOTTLE



This is a Roman water canteen known as a *laguncula*. It could also be used for holding wine or beer.

It could be tied on to a back pack with the handle, or perhaps looped on to a belt.

It could be wrapped up in a damp cloth to keep the water cool on hot days.

It would have been lined with beeswax to make it leak-proof.

Water containers could also be made from leather.



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GO ROMAN THEME 3:
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OIL LAMPS



TAKE A LOOK

- Feel the clay that these lamps are made from
- Look closely at the different designs on them
- See where there are different sized holes and openings

WHAT DO YOU THINK?

- The lamps would have needed oil and a wick, perhaps made from rolled up fabric.
- Where do you think the oil would be poured in?
- Where would the wick go?
- What would it be like not to have electric lights?
- How would this affect what you did?

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OIL LAMPS



INFORMATION

These oil lamps were filled with olive oil through the spout.

A wick was then placed into the spout. The wick would draw up the oil and would then be lit to create a steady flame.

It might have been quite smoky and the light levels would have been much lower than with modern electric lighting.

NIT COMB



TAKE A LOOK

- Look at the different sizes of teeth on either side of this comb
- Feel if the comb is smooth or rough
- Feel the case and explore how the comb fits into it

WHAT DO YOU THINK?

- Why do you think there are two different widths of comb teeth?
- What do you think the comb is made of?
- Why is there a case to put the comb into?
- What is the case made of?

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GO ROMAN THEME 3:
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INFORMATION

NIT COMB

Nits haven't changed - and neither have nit combs!
A modern nit comb looks very like this one.

The large teeth are for combing hair everyday while the thin teeth would catch the nits.

Roman combs were made of wood or animal bone.

The case is made of leather and would protect the teeth as the owner carried it around.





SCRAPER

TAKE A LOOK

- Take one in your hand and work out how it should be held
- Try to work out how it was used
- Feel the material it is made from

HINT: it was to keep people clean

WHAT DO YOU THINK?

- What else do you think you would need for it to work properly?
- Do you think you would feel clean after using this?
- Do we have anything similar today?

Write notes and ideas from your discussions in the notes section below

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INFORMATION

SCRAPER

This scraper was called a *strigil* by the Romans.

It is made of metal.

It was used by soldiers in the bath house for scraping off dirt.

Soldiers would rub themselves with oil in the bath house to loosen dirt, and then scrape themselves clean using the *strigil*.



OINTMENT POT

TAKE A LOOK

- Look closely at the pot and its stopper
- Think about what may have been stored in it
- Look at the shape and think about why it was made like this

WHAT DO YOU THINK?

- What is it made of?
- What is the stopper made of?
- What do you think this pot might have held?

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GO ROMAN THEME 3:
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OINTMENT POT

INFORMATION

This pot is made of clay with a cork stopper.

The pot contained oil or lotion for use in the bath house.

If the soldier was really dirty, he might mix sand with the oil to rub the dirt off his skin.

The wide body meant that even if it was knocked over, then what was inside it wouldn't all spill out.



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GO ROMAN THEME 3:
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COINS AND BAG



TAKE A LOOK

- Look at the materials the coin and bag are made of
- Look closely at the coins. Try to find:
 - An elephant
 - Two horses
 - An eagle
 - A horse with a fish tail
 - An archway
- Look at the heads shown on the coins and see if any of them are the same
- Look for any names or words you recognise

NOTES

WHAT DO YOU THINK?

- How many different materials are the coins made of?
- What is the bag made of?
- Who do you think the heads show?
- Why is this useful for archaeologists?

Write notes and ideas from your discussions in the notes section below

COINS AND BAG



INFORMATION

Coins were made of gold, silver or bronze.

The bag is made of leather.

Coins show the head of the Emperor at the time they were made.

Soldiers were paid 225 *denarii* a year. This was quite a lot of money - 1 *denarius* was a day's pay, so this was perhaps around £100 per working day in today's money. But they had to pay for their food, uniform and weapons out of this money, so there might not have been much left.

Archaeologists know the dates when each Emperor reigned, so can use the coins to work out when the Romans were living on the Wall.



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GO ROMAN THEME 3:
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GAME



TAKE A LOOK

- Look at the wooden board and the squares on it
- Look at the counters and see if they are all the same

WHAT DO YOU THINK?

- Look at the rules. Is it a bit like any game that you know?
- Would you actually need the special board and counters? How easy would it be for a soldier to make this game?

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GO ROMAN THEME 3:
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INFORMATION

GAME

This game is called *Latrunculi*. It is similar to draughts.

If you have time, try playing the game or make your own board and counters.

Boards made of stone have been found on the Antonine Wall, with counters made of bone or bits of broken pottery. But soldiers could just as easily have scratched out a board in the earth and played with stones as counters.



SPONGE AND STICK



TAKE A LOOK

- Look at how the sponge is attached to the stick
- Pick it up and think about how it might have been used

WHAT DO YOU THINK?

- What do you think it is?
HINT: it was used to keep people clean
- Do you think it would be easy to keep yourself clean with this?
- It's hard to find natural sponges in Scotland. What might soldiers have used instead?

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GO ROMAN THEME 3:
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SPONGE AND STICK

INFORMATION

The sponge stick was used instead of toilet paper!

All Roman forts had a toilet or latrine block. People sat down together to use the toilets.

They cleaned themselves using moss or sponge sticks dipped in clean water running in a small drain in the floor.

Dirty water was washed away into a ditch.

Archaeologists have worked out that, even though they tried to keep clean, the Romans had a lot of bugs in their bodies, for example, ringworm. This might be because the sponges were shared by lots of different people in the toilets!



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GO ROMAN THEME 3:
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OBJECT INFORMATION

1. WATER BOTTLE

- This is a Roman water canteen known as a *laguncula*. It could also be used for holding wine or beer.
- It could be tied on to a back pack with the handle, or perhaps looped on to a belt.
- It could be wrapped up in a damp cloth to keep the water cool on hot days.
- It would have been lined with beeswax to make it leak-proof.
- Water containers could also be made from leather.

3. NIT COMB

- Nits haven't changed – and neither have nit combs! A modern nit comb looks very like this one.
- The large teeth are for combing hair everyday while the thin teeth would catch the nits.
- Roman combs were made of wood or animal bone.
- The case is made of leather and would protect the teeth as the owner carried it around.

5. OINTMENT POT

- This pot is made of clay with a cork stopper.
- The pot contained oil or lotion for use in the bath house.
- If the soldier was really dirty, he might mix sand with the oil to rub the dirt off his skin.
- The wide body meant that even if it was knocked over, then what was inside it wouldn't all spill out.

7. GAME

- This game is called *Latrunculi*. It is similar to draughts.
- Boards made of stone have been found on the Antonine Wall, with counters made of bone or bits of broken pottery. But soldiers could just as easily have scratched out a board in the earth and played with stones as counters.
- If you have time, try playing the game or make your own board and counters.

2. OIL LAMPS

- These oil lamps were filled with olive oil through the spout.
- A wick was then placed into the spout. The wick would draw up the oil and would then be lit to create a steady flame.
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4. SCRAPER

- This scraper was called a *strigil* by the Romans.
- It is made of metal.
- It was used by soldiers in the bath house for scraping off dirt.
- Soldiers would rub themselves with oil in the bath house to loosen dirt, and then scrape themselves clean using the *strigil*.

6. COINS & BAG

- Coins were made of gold, silver or bronze
- The bag is made of leather
- Soldiers were paid 225 *denarii* a year. This was quite a lot of money – 1 *denarius* was a day's pay, so this was perhaps around £100 per working day in today's money. But they had to pay for their food, uniform and weapons out of this money, so there might not have been much left.
- Coins show the head of the Emperor at the time they were made
- Archaeologists know the dates when each Emperor reigned, so can use the coins to work out when the Romans were living on the Wall.

8. SPONGE STICK

- The sponge stick was used instead of toilet paper!
- All Roman forts had a toilet or latrine block. People sat down together to use the toilets.
- They cleaned themselves using moss or sponge sticks dipped in clean water running in a small drain in the floor
- Dirty water was washed away into a ditch.
- Archaeologists have worked out that, even though they tried to keep clean, the Romans had a lot of bugs in their bodies, for example, ringworm. This might be because the sponges were shared by lots of different people in the toilets!

WHAT'S IN THE BOX



1. Water canteen
2. Oil lamps
3. Nit comb
4. Scraper
5. Ointment Pot
6. Coins and bag
7. Board game
8. Sponge stick



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THE
ANTONINE WALL
FRONTIERS OF THE ROMAN EMPIRE

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