

TAKING A BATH

BATHING IN ROMAN TIMES AND HOW WE KEEP OURSELVES CLEAN NOWADAYS

Introduction activity

Ask the class to think of their usual bath/shower time routine and to write it down in a quick note form in a series of instructions.

Main part of the lesson

Watch the 'See what you need to take to the baths' video.

Explain that these are a couple of the objects that the Romans would take to the bath-house to help them get clean.

Can the class think of a modern day example?

Discuss the bath-house and how the Romans used their visits to the baths as social occasions – they would visit a public bath-house, and it would be a social occasion. Perhaps read out some extracts of the 'Bathing in Roman London resource' to help the class understand how bathing was indeed very different.

Watch the 'See how Londoners kept themselves clean and tidy' video clip which gives us more information about keeping clean in Roman London.

In the introduction activity the pupils wrote instructions for a modern day bath/ shower routine. In this session ask them to write out instructions for a Roman bath-time routine.

Pupils can use the 'Bathing in Roman London resource' for further information.

Plenary

Pupils can compare and contrast bathing in Roman times and modern times.

Ask the pupils to decide which they think they would prefer and give reasons for this choice.