

# Recycled

# History

## Re-Purposing Projects for Hands-On Learning

By Kids; For Kids



# RECYCLED HISTORY

## RE-USE & RE-PURPOSE

## TO EXPERIENCE HISTORY THROUGH HANDS-ON LEARNING

*Mom's Note :*

*When my son came asking for money to purchase the new Lego Mindstorms EV3 set, I told him that he was going to have to work for it...every cent, including the tax.*

*Given our location, lemonade stands, car washes, and all the usual were out of the question. After racking his brain a bit, he came up with something that he is good at, AND that he could do from our varied locations. Thus, 'Recycled History' was born.*

*He has always been a hands-on learner, preferring to piddle around and create stuff with objects laying around the house....things that you or I would trash. It's recycling at its best - the kids get involved and excited about history, and the trash gets reused.*

*I hope that your children enjoy these projects as much as he enjoyed putting them together. And yes, every cent earned from this project is going straight into his Mindstorms EV3 account....so thank you very much for your support!*

*--Yvie (Cullowhee's mom)*

# Egyptian Accessories

During my free time, I looked through [Miss Frizzles Adventures in Ancient Egypt](#) to get ideas for Egyptian projects. For the hieroglyphics project, I used the book [Egyptian Hieroglyphics](#). At bedtime, my brother and I read [The Golden Goblet](#) and [The Egypt Game](#).



## Bracelet & Arm Guard

*Most of the upper-class wore these accessories. They are made in the same way, but the bracelet is smaller than the arm guard, and it goes halfway around the arm (as opposed to all the way).*

### Supplies :

- card board
- exact-o knife
- inca gold paint
- antique gold paint
- screw driver
- red or black yarn

### To make :

- **Arm Guard**
- cut a piece of cardboard that is the length of 2/3 your forearm length and the width of your forearm's circumference
- paint it gold
- paint your name across the front in hieroglyphics with a different shade of gold
- cut four 5" lengths of yarn
- staple to four corners (you will use these to tie it onto your forearm)
- **Bracelet**
- cut a piece of cardboard that is the width of half the circumference of your forearm and 2" long
- paint gold
- cut an oval piece of cardboard that is 1" long and 1/2" wide - paint it gold - use silver paint to make it look like a beetle (scarab)
- glue to the center of cardboard
- draw an ankh on both sides of the scarab (see photo)
- poke a hole in the sides with a screwdriver and tie a 4" piece of yarn into each hole (you will use these to tie it onto your forearm)



## Necklace

*High priests, pharaohs, and queens wore necklaces like these.*

### Supplies :

- cardboard
- exact-o knife
- inca gold paint
- antique gold paint
- silver paint
- red paint
- blue paint
- green paint
- red or black yarn

### To make :

- cut a piece of cardboard in a trapezoid shape with a slight arc at the top and bottom
- paint the whole piece inca gold
- after that dries, use antique gold paint to make vertical lines and silver paint to make horizontal lines - about 2 cm apart
- after that dries, use green, blue, and red paint to make a pattern of squares - these are like the big jewels that would be laid in the gold (the bottom one, the biggest, should be a rectangle)
- cut a length of yarn that is just long enough to be tied and slip on and off your head
- position the cardboard to center of yarn and staple to connect it



## Sandals

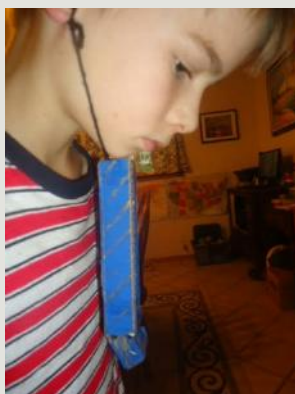
### Supplies :

- cardboard
- exact-o knife
- staples
- red or black yarn

#### To make :

- trace your foot on a piece of cardboard - only trace the outline of the big toe
- cut out feet
- cut two four-foot lengths of yarn
- use one piece of the yarn to go around the outside of one foot
- staple the yarn to the edge of the cardboard, all the way around
- repeat with the second foot

*To wear : Place foot on outline and wrap the yarn in a criss-cross pattern around your ankle and foot. Tie yarn.*



#### **Goatee**

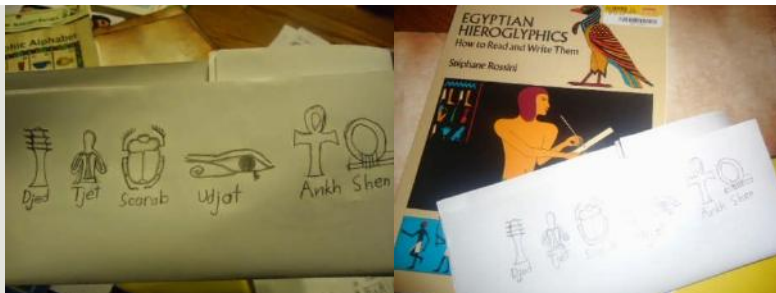
*The goatee was worn by pharaohs to represent how the male gods would wear their beards. Only the pharaoh wore this.*

#### Supplies :

- cardboard
- exact-o knife
- blue paint
- inca gold paint

#### To make :

- cut a piece of cardboard about 4" wide by 6" long
- paint it blue
- use gold paint to make an weaving pattern on the cardboard
- cut a piece of cardboard about 4" wide and 1" long (paint with same colors as big piece)
- fold both pieces into a box shape that is 1" wide all the way around - tape shut
- after they dry, tape the smaller piece to the larger piece, so that it is at an angle
- measure a length of yarn that goes around your ear and to your chin (cut two of these)
- tie a loop in one end of each piece of yarn so that you can loop it around your ear
- poke holes into the cardboard and tie each length of yarn into them (one on each side, to hook over your ears)



#### **Books**



# Valley of the Kings

## Egypt : Valley of the Kings



### Supplies:

- spatula
- sandbox
- Egyptian figures (I used the [Egyptian Toob](#))
- Miniature sarcophagus (I used one from the [Dig-a-Mummy kit](#))

### How to:

- If the sandbox is really grainy, soak it with a water hose and let it dry so that it hardens.
- Using a spatula, cut a square hole about 7" wide and 4" deep.
- Cut a hallway about 9" long by 3" wide that leads to the square.
- Put the sarcophagus in the corner farthest from the hall. Put your figurines in the corners of this tomb, but not next to the hallway. (This is how an Egyptian tomb would have been set up.)
- Cut a second 7" square at another part of the sandbox. Cut another hallway leading up to it. Put nothing in this tomb. (This is a false tomb to throw off tomb-robbers.)
- If you want to make it look new, make several supporting beams (from 2" long broken twigs). These should go on the false tomb to distract the tomb-robbers. Use flat pieces of sandstone to cover up the real tomb.



# Egyptian Kings



## Crown of Upper Egypt

This is the crown of the southern part of Egypt.

### Supplies

- 3 sheets of red construction
- staples
- invisible tape

### Steps

- Put two pieces of construction paper together and cut out pattern as shown. The front should be about 3" tall, and the back should be the length of the paper.
- Tape the two papers together so that the long pieces are taped in the back and the short pieces are taped in the front.
- Cut two strips of construction paper that are 1" wide by 2" long. Tape these just in front of the ears.
- Cut a strip of construction paper that is 1/2" wide by 3" long. Curl the end of the paper. Tape to the front of the crown.



## Double Crown

When the Upper and Lower Egyptian crowns are worn together, it is called the Double Crown. This began when Namer conquered Upper Egypt and combined the two kingdoms.

### Supplies

- 2-3 sheets of white office paper
- Upper Egypt crown
- yellow construction paper
- staples
- invisible tape
- red marker

### Steps

- Start with the crown of Upper Egypt.
- Take some white office paper and turn it into a funnel shape big enough to fit around your head. (Use enough sheets to fit around your head....staple the sheets together, if needed.)
- Cut a 2" strip of white office paper and create a much smaller funnel with it. (Cut off the extra.)
- Tape the smaller funnel to the top of the big one. Using white paper, cap the top funnel.
- Staple the crowns together, with the white crown inside the red crown.



## Ornamental Robes

These are the robes worn by pharaohs and priests. They usually had tunics underneath them.

### Supplies

- 1 white sheet
- red paint
- yellow paint
- black paint

### Steps

- Cut a twin-sized white flat sheet into half (length-wise). Fold the sheet in half (to make two squares) and cut a 6-8" radius circle in the middle of the fold.
- Using paint, create the triangular pattern all the way around the circle. The triangles should be about 3" long. Let it dry.
- Put it on with one arm pulled through, and tie at the waist.



## Jeweled Neckpiece

This was also worn by pharaohs, queens, and priests. In the picture with the robes.

### Supplies

- cardboard
- exact-o knife
- black paint
- red paint
- yellow paint

### Steps

- Cut a 16" diameter circle out of cardboard. Cut a 12" diameter circle out of the middle of that one.
- Using paint, create the triangular pattern all the way around the circle. The triangles should be about 3" long. Let it dry.



# Greece : Costumes & Projects



## Ancient Greek Pottery

### Supplies :

- [Play-doh](#)
- Clean soup can
- Black paint
- [Greek Myths coloring book](#) (has good stories and good designs)



### Directions :

- Roll the play-doh out into a long rectangle, very flat. Keep a little bit off to the side if you want to make handles.
- Wrap the play-doh around the soup can and mold it to the can.
- Create a handle for your pot. Mold it onto the pot.
- Have your mom put it into the oven at 100 degrees for about twenty minutes.
- After it cools, use black paint to put designs on your vase.
- Let the paint dry, then have your mom stick it in the oven for another twenty minutes.
- Now you have an antique vase!



## Paper Towel Roll Parthenon



### Supplies :

- Toilet paper rolls (or paper towel rolls, cut into half)
- Cardboard rectangle (2)
- Glue
- White paint (optional)
- [The Complete Greek Temples](http://TheCompleteGreekTemples.blogspot.com)

### Directions :

- Cut all of the tubes so that they are the same length.
- Cut a square / rectangle from cardboard to use the base.
- Glue the tubes along the base, all the way around, at equal distances apart.
- Fold the other cardboard rectangle into a triangle, and make a roof. Glue it to the top of the tubes.
- Spray paint it all white, if you want to.



# Greek Gladiator Costume

My mom and I made this gladiator costume while we were studying Rome. It can go with the [Roman body armor](#), [helmets](#), and [shield](#). We like to act out the scenes when she reads to us from [We Were There with Caesar's Legions](#), which is a really old book, but really cool!

## Gladiator Costume Tutorial

### Supplies :

- [McCalls pattern M5905](#)
- [Faux leather material](#)
- red yarn
- cardboard
- tin foil
- [gold accents](#)
- [velcro](#)



### Directions :

- Following directions on pattern, cut pieces to fit. Sew with sewing machine. Be sure to sew pieces together correctly the first time, as seam-ripping with this material is difficult and leaves large holes!



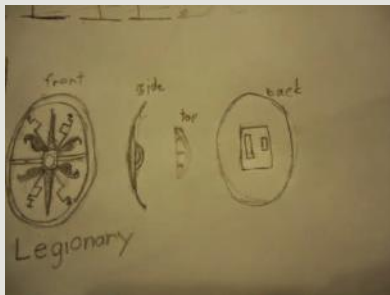
- Using velcro, finish belt and helmet straps. We made two settings for each, so that both boys would be able to use the costume.

- *The pattern called for feathers, but we found these very difficult to use and came up with this idea instead. It worked well, and was considerably cheaper.* Cut a piece of cardboard to fit within the top helmet pieces. Glue red yarn pieces across both sides to create the red headdress. Once glue is dry, carefully stitch piece into leather sides with a large sewing needle.





# Roman Soldier : Shields



## Supplies :

- cardboard (about a box)
- paper
- invisible tape
- exacto knife

## Directions :

- Cut one box until its about 3 feet high and 1 1/4 feet wide for a soldiers shield. Then cover the surface with paper. There are two different types of roman shields ,soldier and legionary(see photo).
- For the legionary shield make it about 7 foot perimeter and for shape see picture above.

You can see my tutorial for the [helmet / arm guards](#) and [body armor](#) at these two posts.



**Don't forget to pay your soldiers! Here is a Roman coin that I designed to pay my legionnaires.**



# Roman : Eggshell Mosaic



## Supplies :

- Paper cups
- Eggshells (save from a dozen or more eggs, wash them and let them dry out)
- Water
- Food coloring
- Base for mosaic (at least 12"....I used the lid from a gallon of ice cream)



## Directions :

- After your eggshells have dried, break them into little bitty bits.
- Put food coloring and water into paper cups. We used red, green, and blue.
- Put the eggshells bits into the cups, cover them with coloring, and let them sit overnight.
- Dump them out the next day and let them dry on newspaper.
- Using the different colors, create your mosaic.

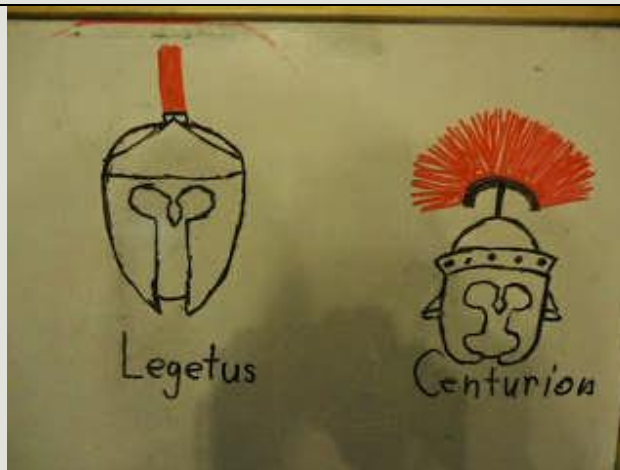




Some tips:

- If you use different sides of the eggshell, you will get different shades of the same color. With red, I got red and pink, depending on which side I used.
- If you're doing a circle shape, start with the outside and work your way in.
- Save some of your eggshells so that you have the color white as an option.

## **Roman Solider Costume : Helmet & Leg Guards**



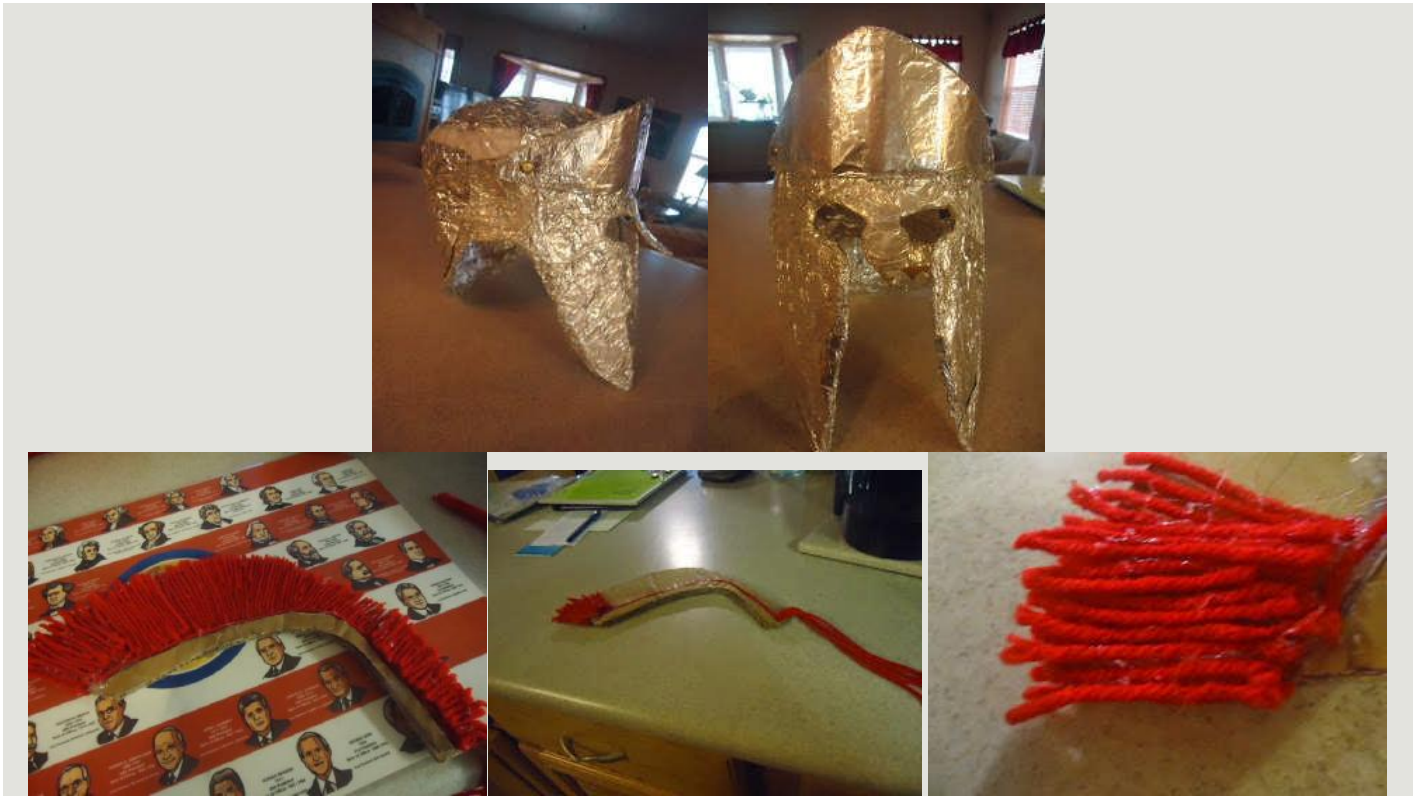
### **Helmet**

#### **Supplies :**

- cardboard (about 2 boxes)
- aluminum foil
- invisible tape
- exact-o knife

#### **Directions :**

- Cut a piece of cardboard about as round as your head.
- Cut long narrow triangle down it as shown.



## Leg Guard

### Supplies:

- cardboard
- exact-o knife
- aluminum foil
- brown yarn

### Directions:

- Cut the into a sort of rectangular type shape.
- Cover it with the shinier side of the aluminum foil.
- Poke a hole in the top and bottom corners and tie brown yarn into the holes.

You can see my tutorial for the [shield](#) and [Body armor](#) at these two posts.



# How to Make a Roman Laurel Wreath

## Supplies :

- Glue
- Scissors
- Pencil
- Construction Paper
- Ruler

## Directions :

- Make a leaf template.
- Cut out paper leaves about an inch 1/2 long and 2/3 an inch wide.
- Glue the leaves overlapped like roof tiles.
- Then do this half way around, then do the other half facing the opposite direction.



# Roman : Lego Creations

## Lego Creations for Ancient Rome



### Roman Household

- Use two ionic columns pieced together from [Lord Business' Office Tower](#).
- You can also find columns from the [Atlantis Temple set](#).
- Put them on a baseplate, then add a Roman couch in between the columns (made from four regular yellow bricks).
- For the top, use a grey baseplate with a fence piece on it.
- Make marble walls from three white, regular half-bricks.
- Use single-piece circles to finish off the ionic columns.



### Roman Chariot

- Use a regular black horse with a red horse helmet, and top with a fire piece from a [Ninjago set](#).
- Take two wagon wheels and connect them to axles. Connect these with two 3x3 baseplates.
- Put two regular 2x2 bricks in the front center of the baseplate.
- Use four 2x2 ['macaroni bricks'](#) (two in each stack) and add to the sides of the chariot, on either side of the center. Use a flat piece across the top to hold them all together.
- To connect the horse to the chariot, use a hinged 2x2 brick.
- Most of these pieces came from the [Lego Movie Castle Calvary set](#).



This is our Roman chariots (we made more than one) beside our Roman house....and my brother wouldn't get out of my picture!!!

I want to build a Lego Coliseum, but don't have enough of the right kind of bricks. If you want to create a Coliseum, maybe you can convince your mom to get this set. It's not Lego, but it's similar!



# Roman Soldier : Body Armor

## Roman Soldier Costume : Body Armor

### Supplies :

- cardboard (a few big boxes)
- aluminum foil
- invisible tape
- exacto knife

### Directions :

- Measure around the chest of the person the armor is for, and then cut the cardboard to that length. The strip should be 1-1/2 inches wide. You will need approximately eight of these strips to form the body of the armor.



- After it is cut, cover the strips with foil so that the shinier side of the aluminum foil is showing.
- Then, bend the strips to a circular shape, and tape each one, half-overlapping the other. (see photo)



- When you are finished taping them together, cut a piece of cardboard that is half as long as the original strips. Cut a second strip that is 1-1/2 inches shorter than that one. Cut a third that is 1-1/2 inches shorter than the second. Cut a fourth strip that is 1-1/2 inches shorter than the third. Cover the strips in foil. Shape them into an arc, and tape the ends together well. Make two of these shoulder guards, and then place them on the side of the breast armor and tape them down. (see photo)



- Cut two strips of cardboard that are 1-1/2 inches wide and the length of the chest armor from bottom to shoulder guard base. Cover the strips in foil. Attach to the outside of the chest armor in the back.





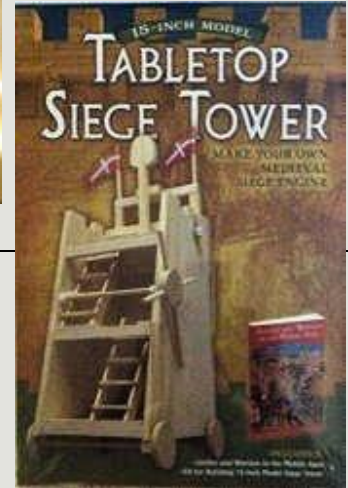
- If you need to make the chest armor wider, add covered strips of cardboard to the front sides of the chest armor. When the chest armor is the correct size, strengthen the armor by adding more covered strips on the inside, going up and down.



- On the back of the armor, place reinforcements from shoulder to shoulder. (see photo)



# Ancient War Technology : Siege Tower



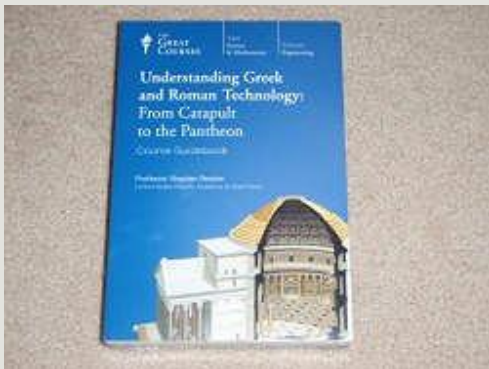
## Wooden Siege Tower for a Lego War!

### Supplies :

- [Siege Tower Kit](#)
- Glue
- [Lego knights](#)

### Directions :

- Learn the history of siege towers with this [cool DVD](#) that shows you all about [ancient war technology](#).
- -OR- [Read about it, you like books better.](#)
- Follow the instructions in the kit.
- Line up your good guys and bad guys and have an ATTACK!!



# Templar Knight Costume

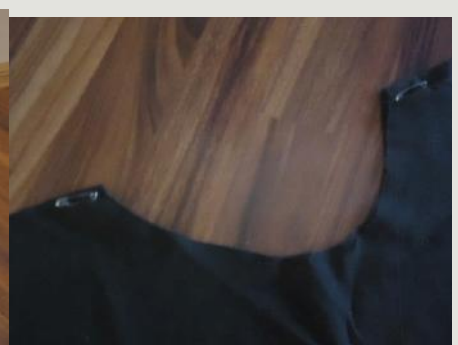
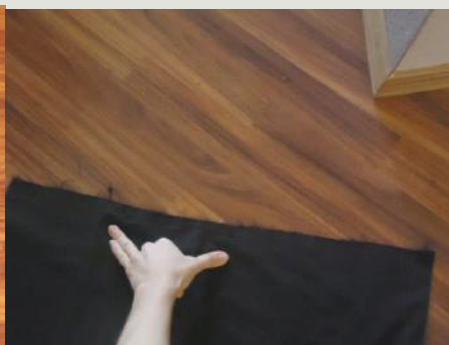


## Supplies :

- [Black cloth](#), about 3' by 6'
- Scissors
- Red cloth, at least 12" by 3"
- [Sewing Machine](#)
- Tin foil
- Cardboard
- [Viking hat](#) (with horns removed)

## Directions :

- Fold the cloth in half, so that you have a 3' by 3' square.
- Cut out a neck hole in the middle. We cut it a little too big, and just used safety pins on either side to make it the right width.
- Cut out two 12" by 1.5" strips of cloth, with a little 'V' at the ends. Make a cross and [sew](#) them to the front of the black square.
- [Sew](#) about 3" in the middle of both sides of the square. This will keep it closed, but make it easy to get on an off.
- Cut a 2' length of cardboard and wrap it with tin foil. Cut a larger square at the bottom, glue it, and wrap it with foil. Now you have a sword!
- We used a [viking hat](#) for a helmet, but you could make one with tin foil, like the [Roman Legionnaire](#), but without the red stuff.







# Stained Glass Windows & Woven Cloth



## Supplies :

- [Tracing Paper](#)
- Black Marker
- Picture (to trace)
- Crayons
- [Laminator](#)

## Directions :

- Print out the picture that you want to copy. We used shields and crests.
- Trace the picture on the [tracing paper](#) with the black marker.
- Color it with crayons. Use bright colors. Don't color too hard, or the wax will run!
- Cut out your shield and [laminare](#) it to make the colors even brighter.
- Hang it up and let the sun shine through!





# Renaissance Peasant Costume



## Supplies :

- Crushed Velvet [peasant shirt](#)
- Old satin pajama pants
- Belt
- Roll of [1/2" elastic](#)
- [Sewing Machine](#)

## Directions :

- Try to get as many of the pieces from Goodwill or the Salvation Army. Mom can usually find stuff for about fifty cents a piece, and she says it's a LOT easier than making everything from scratch. **I tried to make a shirt once, and she's right. It's easier to buy something and just change it.**
- We got these velvet shirts for a dollar each, and the jammy pants were a quarter each. We used our church belts.
- Cut the jammy pants off to your ankle. Cut a [length of elastic](#) that just barely wraps around your leg.
- [Sew](#) the elastic to make a circle. When you hem up the pants, make sure the elastic is inside the bottom of them. This will cinch the bottom of them and give it a puffy look - like the peasants wore.
- If they need it (like these did), take tucks at the waist of the pants to make them fit. They don't have to be pretty, since the shirts will cover them.
- Tie the belt around your waist and fluff up the shirt over it.



Start off with as many pieces as you can find.



**Cut off the pants, and take tucks at the waist to make them fit.**



**Cut elastic, sew it, and put it inside the hem of the leg.**





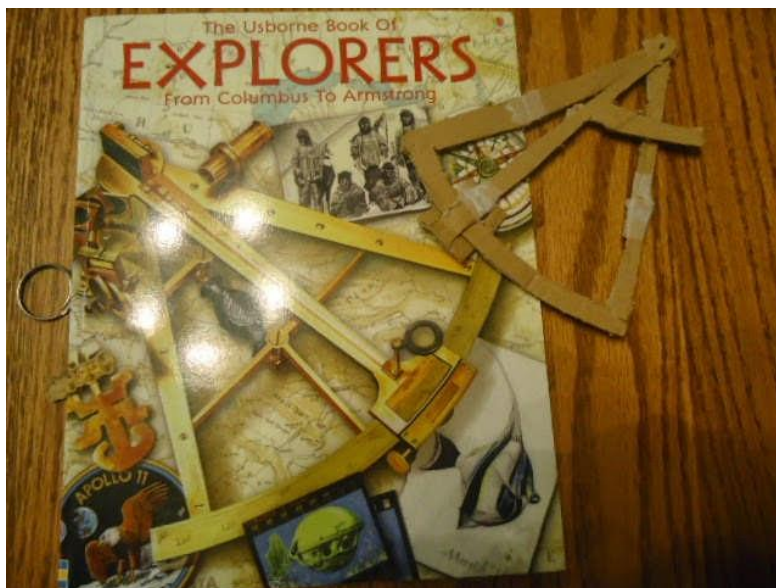
## Early Explorer Costume

### Supplies :

- [Renaissance Peasant costume pieces](http://culowheecreates.blogspot.com/2015/02/medieval-peasant-costume.html) <http://culowheecreates.blogspot.com/2015/02/medieval-peasant-costume.html>
- Conquistador hat (see below)
- Sextant (see below)
- Cloth or leather bag to carry all your worldly belongings

### Directions :

- Put all of the pieces together, hop in your pretend boat, and set off for new lands!





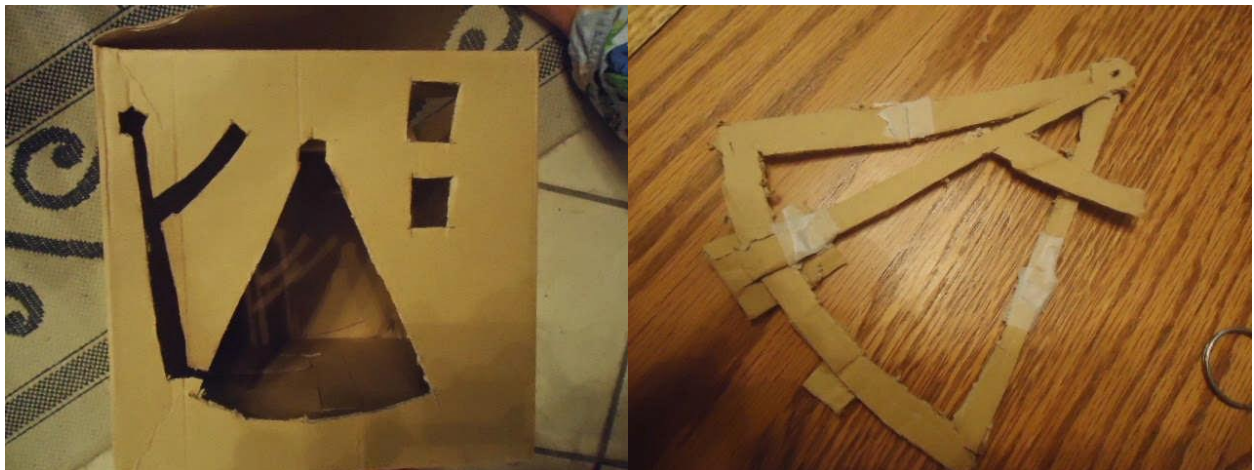
## Sextant

### Supplies :

- [Usborne Book of Explorers](#)
- cardboard
- scissors
- protractor
- tape
- brad / fastener
- ink pen

### Directions :

- Cut a triangle (with an arc at the bottom) out of your cardboard. Cut a small rectangle (about 1" long) and a third, Y-shaped, piece for the slider, as shown below.
- Using a brad, fasten the slider to the triangle, at the point.
- Using your ink pen and a protractor, mark of the degrees on the arc portion of your sextant. Use the example in the book, [Usborne Book of Explorers](#).
- Fasten the rectangle at the bottom of the slider, in front of the triangle (make sure it's stable in the back, too, but don't attach it to the base triangle) with tape.
- Slide the piece back and forth as you navigate your way through the waters!



## Conquistador Hat

### Supplies :

- cardboard
- scissors
- measuring tape
- aluminum foil

### Directions :



- Measure the circumference of your head. Cut out an 'O' from cardboard, with the center circle being the same as your head, and the outside circle about an inch thick. It's easier if you draw on the cardboard first.
- Cut two "angel wings" from cardboard, where they are joined at the middle, but look like big butterfly wings, about 12" long. Fold them in half and tape the sides together, so that they form an awkward cap.
- Tape the cap part to the o-ring. It will look really bad.
- Cut a strip of cardboard about 1" wide by 12" long. Tape across the top of the cap, as shown in the picture below. Now it's really going to look funky!
- Cover the entire cardboard piece with aluminum foil - lots of foil! This will be the metal for your hat.
- Tip it just a little bit forward on your head (to keep the sun out of your eyes), and grab your sextant to go explore!





If you're going to be a good explorer, you have to have an accurate compass. You have to know how to get where you're going!

When we studied magnetism, we read the Magic School Bus : [Amazing Magnetism](#) and completed a [unit study](#). Then, we got to build our own compass using the same methods from as Miss Frizzle!! We used the [Young Scientist Series : Magnetism](#) kit - these are SUPER SUPER FUN!!!!!!!



### Supplies :

- sewing needle
- magnet (It can be a flat refrigerator magnet or a more powerful magnet, like [neodymium](#). A stronger magnet will work best. Keep the magnet away from your tv and computer.)
- pliers
- cork
- scissors
- bowl
- water

### Directions :

- Rub the magnet against the sewing needle at least five times. (If you are using a weaker magnet, such as a flat refrigerator magnet, rub the needle at least a dozen times.) Always rub the magnet in the same direction against the needle. Your needle should now be magnetized for a little while.
- Cut off about 1/4" of the cork from one of the ends, making a small cork disk that is about one-quarter-inch tall.
- Lay the cork disk on a flat surface, and push the needle through the side of the disk with the pair of pliers. Push the needle all the way through the disk so that about the same amount of needle shows on either side of the disk. We couldn't find any cork on the day of the project, so we carefully laid it across one of mom's [kombucha bottle](#) lids.
- Fill a bowl with at least one inch of water.
- Put the cork disk (with the needle) on the water in the cup. Try to keep the disk floating in the center of the water, away from the sides of the cup.
- Your needle will point north! Take it outside and test it out someplace that you know, and see just how well it works, and how long it takes for the magnetism to wear off.



**You Tube : How to Make a Compass**

<https://www.youtube.com/embed/VIKkZcTkhuv>



# Vikings : Raiders of the North

## Supplies for entire costume :

- Cardboard
- Tin foil
- Exact-o knife
- Markers
- Cape
- Fur material
- Duct tape
- Stapler



## To make shield :

- Cut a large piece of cardboard into an oval shape.
- Decorate it with Celtic symbols.
- Cut a strip of cardboard about 7" long and 3" wide.
- Staple this (and duct tape the sides) to the back of the shield. This will be your handle.

## To make helmet :

- Use tin foil to make a covering for the entire top of your head.
- While it is on your head, wrap duct tape around the outside rim of your head, so that everything will stay in place and keep its shape.
- Cut two horns out of cardboard, and place them sticking outward on the head. Duct tape these into place.

## For full costume :

We used an old Halloween cape and a couple of [fur stoles](#) that we found at a garage sale for a quarter each. Vintage clothes are great for making costumes! Put these with black pants and a white shirt and good shoes. The [helmet I am wearing at the History Fair](#) came from a trip to [Lindsborg, Kansas](#).







We really have to remember that the FIRST Americans were the Native Americans, who were here thousands of years before the Europeans arrived. Here are some of the weapons that they may have used, and a simple headband to finish off the costume.

## Headband

### Supplies :

- Black (or brown) construction paper
- White construction paper
- scissors
- staples
- magic marker

### Directions :

- Cut a strip of black paper that is 1" wide and as far around as your head. This will be the band. Staple the ends together.
- Create two (or more feathers) by cutting shapes out of white paper and using magic markers to color the feathers. We used plain white feathers with a black line down the middle and black tips at the end, to look like white hawk feathers.
- Staple the feathers to your headband, and wear proudly.



## Spear

### Supplies :

- cardboard
- aluminum foil
- tape
- wooden dowel (about 4' long)

### Directions:

- Measure the length around the dowel (circular part). Cut a piece of cardboard that is 6" long and as wide as around the dowel.
- Cut out a diamond with a tail at the bottom (to stick inside the cardboard shaft).
- Assemble the shaft by rolling the cardboard rectangle around the dowel, and taping it closed.
- Add the spear point, and tape it on.
- Cover the entire surface with aluminum foil.
- Slide the spear point onto the dowel.



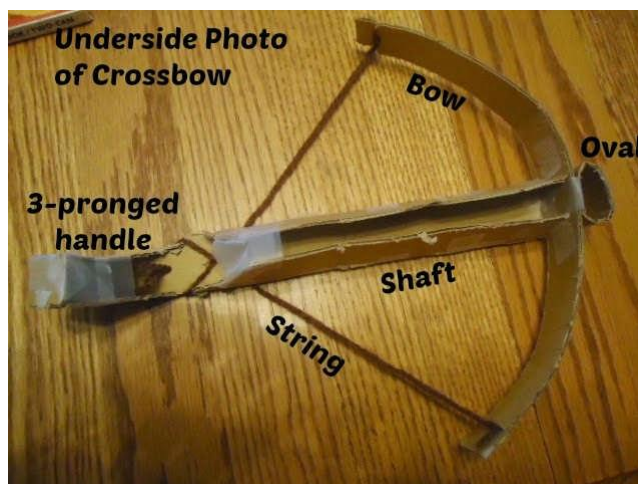
## Crossbow

### Supplies :

- cardboard
- tape
- yarn
- knife

### Directions:

- Cut out a shape (as seen in the photo below) that is about a 16" by 3" rectangle, with three 2" by 4" (long) prongs coming off the end of it.
- Bend down the long 16" sides of the rectangle to make a three-sided shaft.
- Fold down the three prongs so that they meet at a point, and tape them together.
- Cut a long strip of cardboard - about 12" by 3/4". Center it across the front of the 16" shaft, and tape it in an arc across the front, to make the bow. (see second photo)
- Make a small cardboard oval and tape to the center front of the bow. (see third photo)
- Create an arrow by cutting a strip of cardboard that is 9" long and pointed at the end. It should have an open point (see second photo) at the other end. Tape it to the top of the shaft.
- Using a knife, cut notches into both ends of the crossbow (on top and bottom) about 1/2" in from the end. Wrap yarn around each notch and tie a knot to begin your string.
- Cut a notch just where the arrow ends, and run the string from each end of the bow down into the shaft. Run it through the shaft, back around, and through it again, and tie it off so that it will stay.
- The crossbow will not work, but it will look good!





## Bow & Arrow w/ Quiver

### Supplies :

- cardboard
- tape
- yarn
- knife

### Directions:

- Cut a piece of cardboard about 2 feet long and 1" wide. Cut notches into it at about 1" from each end. Make the notches small, and on either side of the cardboard. Take a long piece of yarn and thread it through the notches of one end and tie it off. Run it to the other end, thread it through the notches, and tie it off. Now you have your bow!
- For the arrows, cut 9" by 1/2" strips of cardboard (as many as you want for arrows). Make the front a triangle shape, and the back a reverse triangle shape (see photo).
- For the quiver, cut a piece of cardboard about 4" wide and a foot long, with an arc shape at one end (see photo). Roll it into a shaft, and tape it shut, so that it can hold the arrows. Cut a length of yarn that will go around your body from one shoulder to the other hip. Tape one end of the yarn to the top of the quiver, and the other end of the yarn to the bottom.
- Then you can slip your arrows inside, put your quiver on, and go hunting!









Our Early American costume is going to be all in black, so that you can't see how dirty they got. They only changed clothes every so often, and they didn't even have to take baths every night! To make your Early American costume, you will use pieces from some of the other costumes we have created.

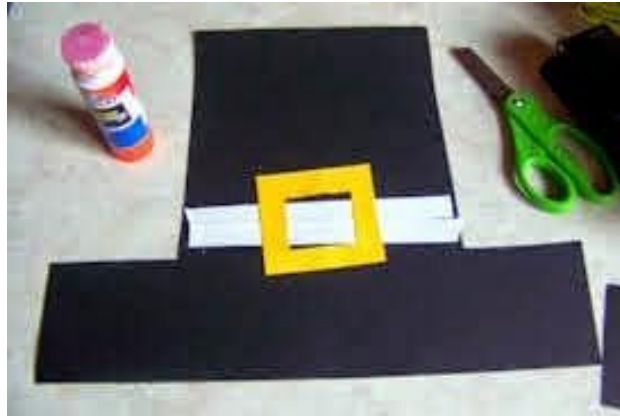


### Supplies :

- Black pants
- Black button down shirt
- Black socks & shoes
- [Conquistador hat](#) or Pilgrim hat (see below)
- [Musket](#)

### Directions :

- Get dressed, grab your musket, and go look for your settlement.



## **Pilgrim Hat**

### Supplies :

- black construction paper
- yellow construction paper
- scissors
- white construction paper
- staples
- glue stick

### Directions :

- Cut out a strip of black paper that is 2" long by as far around as your head is. Staple the ends together to make the band that will hold the hat on your head.
- Cut out a hat shape from black paper, at least 12" tall (from top to bottom). Make it look like the one in the picture.
- Cut out a strip of white paper that is 1" wide to make a hat band.
- Cut out a 4" square of yellow paper, and then fold it in half and cut out a square from the center that is half the size (like the picture) to make a hat buckle.
- Glue the white band to the black hat, then glue the yellow buckle on top of that. Glue the hat to the big, black hat band that will go around your head. Let it dry, then you can wear it.



# Early American Explorers

## Costumes



### Supplies :

- Blue jeans
- Checked button-down shirt
- [Coon-skin cap](#) (we got this for Oklahoma Land Run Days)
- [Cub Scout canteen](#)
- [leather pouch](#)
- [musket & powder horn](#)
- backpack
- beach towel

### To Make :

- Get all dressed up.
- Roll up your towel and carry it with the backpack. (This is your camp blanket.)
- Go explore the forest!

## Potato Boats

*You will need potatoes, cheese, a knife, and toothpicks.*

- Cook the potatoes. After cooked, cut the potatoes in half, length-wise.
- Stick a toothpick in the potato, to make the mast.
- Cut a square piece of cheese and stick it on top of the toothpick, length-wise, to be the sail.
- Eat and enjoy!





# Tepees

*You will need paper, skewers, a circular base, crayons, string and hot glue.*

- Hot glue the dull ends of the skewers to the base and have them connect up at the top.
- Tie string around the top of the skewers to hold the together.
- Decorate a white piece of paper with Indian symbols and then roll it into a funnel shape that will fit around the skewers.
- Hot glue the paper to the skewers.
- Find a [Lego that looks like a mountain man](#), and let him play with the teepee!



# Revolutionary War : Regular



## Supplies :

- one red jacket
- two black shoes
- two long white socks
- one white button down shirt
- one leather or felt tricorn
- football pants (they make good breeches)
- one powder horn
- one cartridge bag
- one bayonet & musket

## Directions :

- scavenge the yard sales and thrift stores for as many of the above pieces as possible. it's a lot easier to make a good costume if you already have the basics, but don't pay a lot for them. mom can usually find stuff for a quarter or fifty cents. she says it's worth her time not to start from scratch! for this project, we found the jacket and football pants for about fifty cents each. we found the socks in dad's drawer, and i had shoes and a shirt from church clothes.
- we got our tricorns in [Boston](#) and powder horns at [Fort Ticonderoga](#), and we made our own muskets, cartridge bags, and bayonets. mom sews a lot, but dad can make anything in the garage!
- on another post, i'm going to show you how we made our muskets.
- on the jacket, we sewed on lots of eagle & military-looking buttons and mom pulled in the back about four inches to make it fit my brother. the cool thing about that was that it gave the back the flared out pieces like a real uniform. that was the only change we made to the pieces of clothing we bought. then we put it all together for a regular costume.

# Revolutionary War : Patriot



## Supplies :

- one blue jacket
- two black shoes
- two long white socks
- one white button down shirt
- one white button down vest
- one set of foot ball pants
- one leather or felt tricorn
- one powder horn
- one cartridge bag
- one bayonet

## Directions :

- scavenge the yard sales and thrift stores for as many of the above pieces as possible. it's a lot easier to make a good costume if you already have the basics, but don't pay a lot for them. mom can usually find stuff for a quarter or fifty cents. she says it's worth her time not to start from scratch! for this project, we found the jacket, vest, and football pants for about fifty cents each. we found the socks in dad's drawer, and i had shoes and a shirt from church clothes.
- we got our tricornes in [Boston](#) and powder horns at [Fort Ticonderoga](#), and we made our own muskets, cartridge bags, and bayonets. mom sews a lot, but dad can make anything in the garage!
- on another post, i'm going to show you how we made our muskets.
- on the jacket, we sewed on lots of star buttons and pulled up the sides to make them triangles, with more star buttons at the points. that was the only change we made to the pieces of clothing we bought. then we put it all together for a patriot costume.



# Revolutionary War : Musket



## Supplies :

- 2x4 wood
- sand paper
- wood stain
- varnish
- band saw
- metal pipe (at least 10" long)
- spoons (ones that can be ruined) (about five)
- vise
- small lapel pin of your choice (like a flag or an emblem)



## Directions :

**PLEASE COMPLETE THIS PROJECT WITH HELP FROM AN ADULT!!!!!!**

- Sketch the pattern of how you want your gun to look on a length of 2x4 wood. If you want a 20" gun, you'll need a piece of wood at least that long.
- Have someone help you cut it out with a band saw.
- Hand sand the wood to make it smooth.
- Stain the wood, and hang it to dry.
- Press a lapel pin into the wood stock to personalize your gun.



- Varnish the entire piece, and hang it to dry.

For the barrel -

- Use 1/2" electrical conduit (this is a light pipe that won't rust).
- Cut it to the length that you want your barrel and paint it black.
- Create barrel bands to hold the barrel to the wood by stripping the sheath from #10 copper wire and hammering it flat.

For the trigger, trigger guard, and attachments -

- Cut and bend spoons using a vice and grinder. Spoons can also be used to make sights and a spoon pan. Drill holes into the wood and use screws to hold the spoons in place.
- Old spoons look better, but newer spoons are easier to cut and bend.



This is a complicated project, but the muskets will last a very long time and can be used with many different costumes!

### **We used these with many of our costumes!**

- Revolutionary War ([Patriot](#) & [Regular](#))
- Civil War ([Confederate](#) & [Union](#))
- Explorers
- Colonial American

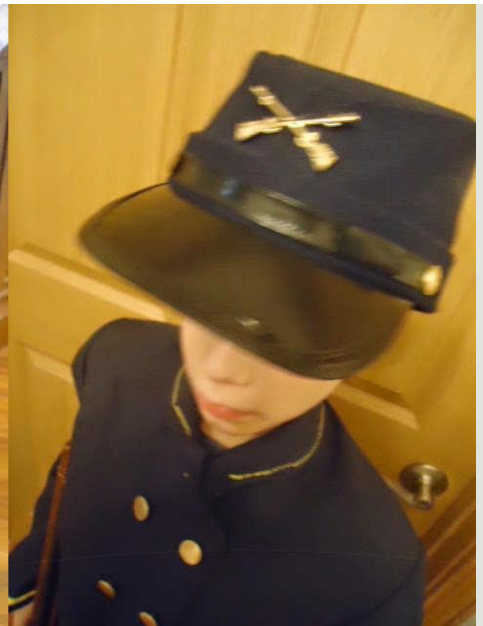


# Civil War : Union Soldier



## Supplies :

- one blue suit jacket
- one pair blue suit pants
- two black shoes
- one [blue Civil War cap](#)
- [yellow ribbon](#)
- [velcro dots](#)
- [two snaps](#)
- one [musket](#)



### **Directions :**

- scavenge the yard sales and thrift stores for as many of the above pieces as possible. it's a lot easier to make a good costume if you already have the basics, but don't pay a lot for them. mom can usually find stuff for a quarter or fifty cents. she says it's worth her time not to start from scratch! for this project, we found the jacket at a garage sale for a quarter, and a pair of old lady suit pants (that we cut off) for fifty cents. i already had the shoes and musket from my [Revolutionary War costume](#).
- we got our Civil War caps in [Pennsylvania](#), and we made our muskets. mom sews a lot, but dad can make anything in the garage!
- on another post, i'm going to show you how we made our muskets.
- on the pants, we sewed on yellow ribbon and stuck some velcro dots to make it look like white buttons, and mom pulled in the back about an inch. the cool thing about that was that it gave the back the flared out pieces like a real uniform. i sewed on a second set of buttons to make it look like it had two rows of buttons, but then mom put a couple of snaps on the inside so that we could take it on and off easily!

# Civil War : Confederate Soldier



## Supplies :

- one grey suit jacket
- one pair grey suit pants
- two black shoes
- one [grey Civil War cap](#)
- [yellow ribbon](#)
- [velcro dots](#)
- [two snaps](#)
- one [musket](#)





**Directions :**

- scavenge the yard sales and thrift stores for as many of the above pieces as possible. it's a lot easier to make a good costume if you already have the basics, but don't pay a lot for them. mom can usually find stuff for a quarter or fifty cents. she says it's worth her time not to start from scratch! for this project, we found the jacket and pants for a dollar. i already had the shoes and musket from my [Revolutionary War costume](#).
- we got our Civil War caps in [Pennsylvania](#), and we made our muskets. mom sews a lot, but dad can make anything in the garage!
- on another post, i'm going to show you how we made our muskets.
- on the jacket, we sewed on yellow ribbon and stuck some velcro dots to make it look like white buttons, and mom pulled in the back about four inches to make it fit my brother. the cool thing about that was that it gave the back the flared out pieces like a real uniform. i sewed on a second set of buttons to make it look like it had two rows of buttons, but then mom put a couple of snaps on the inside so that we could take it on and off easily!

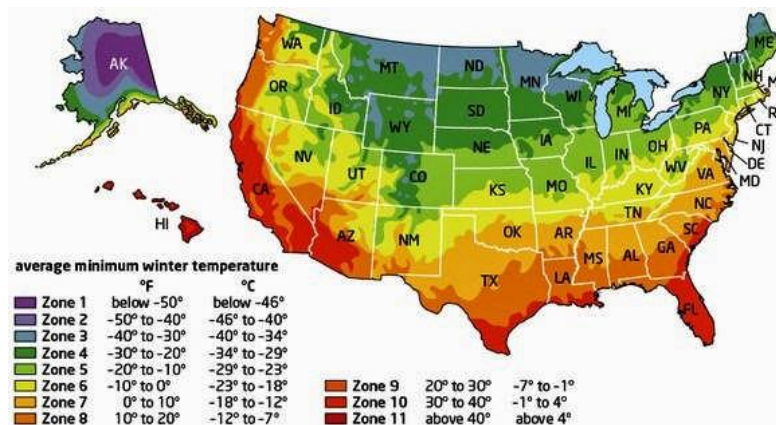


Victory gardens emerged during World Wars I and II as a way to minimize demand on an overburdened public food system. Citizens were encouraged to grow their own fruits and vegetables, so that more of the foods coming out of factories could be shipped overseas to soldiers.

Now, years later, victory gardens are once again becoming popular – but this time the goal is different. The new victory garden is all about self-reliance. It's about growing your own food, so that you have control over how it is grown and how much you pay for it. It's about getting back to real food.

Good planning is essential to a successful vegetable garden. Vegetables have specific requirements, and you must choose your site carefully to ensure a bountiful harvest. We like to start our seeds inside, to give them a leg up once their placed in the ground. Here are the basics you need to consider before you select your seeds...





Use the "Zones of Hardiness Map," which divides the United States and Canada into 11 zones. Because winter cold is the single greatest threat to plant survival, the zones are divided according to the average monthly temperature they experience locally.

Plant descriptions in catalogs and labels typically refer to these hardiness zones to specify the areas in which any given plant will thrive. Once you have identified the zone in which your garden is located, purchase only plants recommended as reliably hardy there.



In general, plants described as requiring "full sun" (most vegetable plants fall under this category) need at least six hours of exposure to direct sunlight daily. "Part sun" or "semi-shade" plants flourish where periods of direct sunlight alternate with periods of shade, or where the sunlight is filtered by an intermittent canopy of branches or a trellis overhead. "Full shade" describes a spot where direct sunlight never penetrates, due to shadows cast by dense evergreens or solid man-made structures, such as a high wall or porch roof.



Vegetable crops fall into two categories:

**Cool-Season Crops:**Peas, lettuces, radishes, brassicas (broccoli, kale, cauliflower, collards), and spinach germinate and thrive in the lower temperatures of spring and fall and tolerate light frosts. Many cool-season crops can be direct-sown in the garden around before the last frost.

**Warm-Season Crops:**Tomatoes, eggplants, summer and winter squash, beans, and corn prefer summer's heat. Plant these only after the soil has warmed. Many warm-season crops require a long growing season and should be started indoors in late winter or early spring or purchased as seedlings ready to be transplanted.





## Companion Planting

OneCreativeMommy.com

	Basil	Beans	Broccoli	Carrots	Cauliflower	Chives	Cilantro	Corn	Cucumbers	Dill	Garlic	Leeks	Lettuce	Marigold	Melon	Nasturtium	Onion	Oregano	Parsley	Peas	Peppers	Rosemary	Sage	Spinach	Squash	Strawberries	Sunflowers	Swiss Chard	Thyme	Tomatoes
Basil																														
Beans																														
Broccoli																														
Carrots																														
Cauliflower																														
Chives																														
Cilantro																														
Corn																														
Cucumber																														
Dill																														
Garlic																														
Leeks																														
Lettuce																														
Marigold																														
Melon																														
Nasturtium																														
Onion																														
Oregano																														
Parsley																														
Peas																														
Peppers																														
Rosemary																														
Sage																														
Spinach																														
Squash																														
Strawberry																														
Sunflower																														
Swiss Chard																														
Thyme																														
Tomatoes																														

■ Plants grow well together   
 ■ Don't plant together!   
 ■ Beneficial to garden in general  
■ Combination helps bug control   
 ■ Carrots will have good flavor, but stunted roots

### Map Out Your Plants

Sketch out your plan on paper. Use graph paper and draw to scale, keeping in mind the mature size and habit of each kind of plant. Site larger plants like corn and tomatoes where they won't cast shade over shorter plants. Choose compact varieties if you have limited space. Start small: You can always dig more beds or enlarge existing ones in subsequent years.

# World War II Evacuee Costume

Many children were forced to leave their homes quickly, with very few belongings and only the clothes that they had. Some of the clothes were too big, and some were too small.



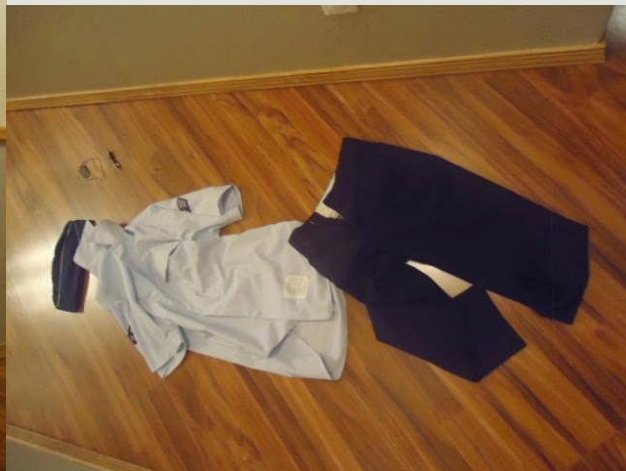
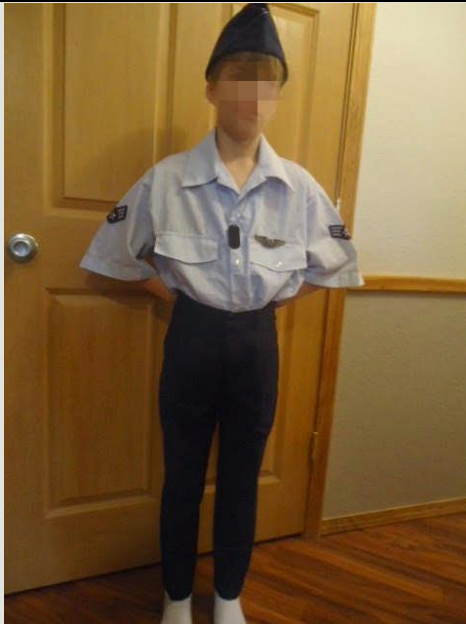
## Supplies :

- too-big vest from Dad's closet
- long sleeved button-down church shirt
- khaki church pants
- two pieces of ugly cloth, about 2' square each
- church shoes
- [newsie cap](#)

## Directions :

- Make a carpetbag out of your two squares of cloth. Turn them inside out, and sew three of the sides together. Now you have something to carry everything you own.
- Roll up the khakis so that they look way too short. Put the rest of the clothes on, and your newsie cap. Put on a really sad face, because it will be a long time before you see your parents again....if you ever see them again.

# World War II Soldier Costume

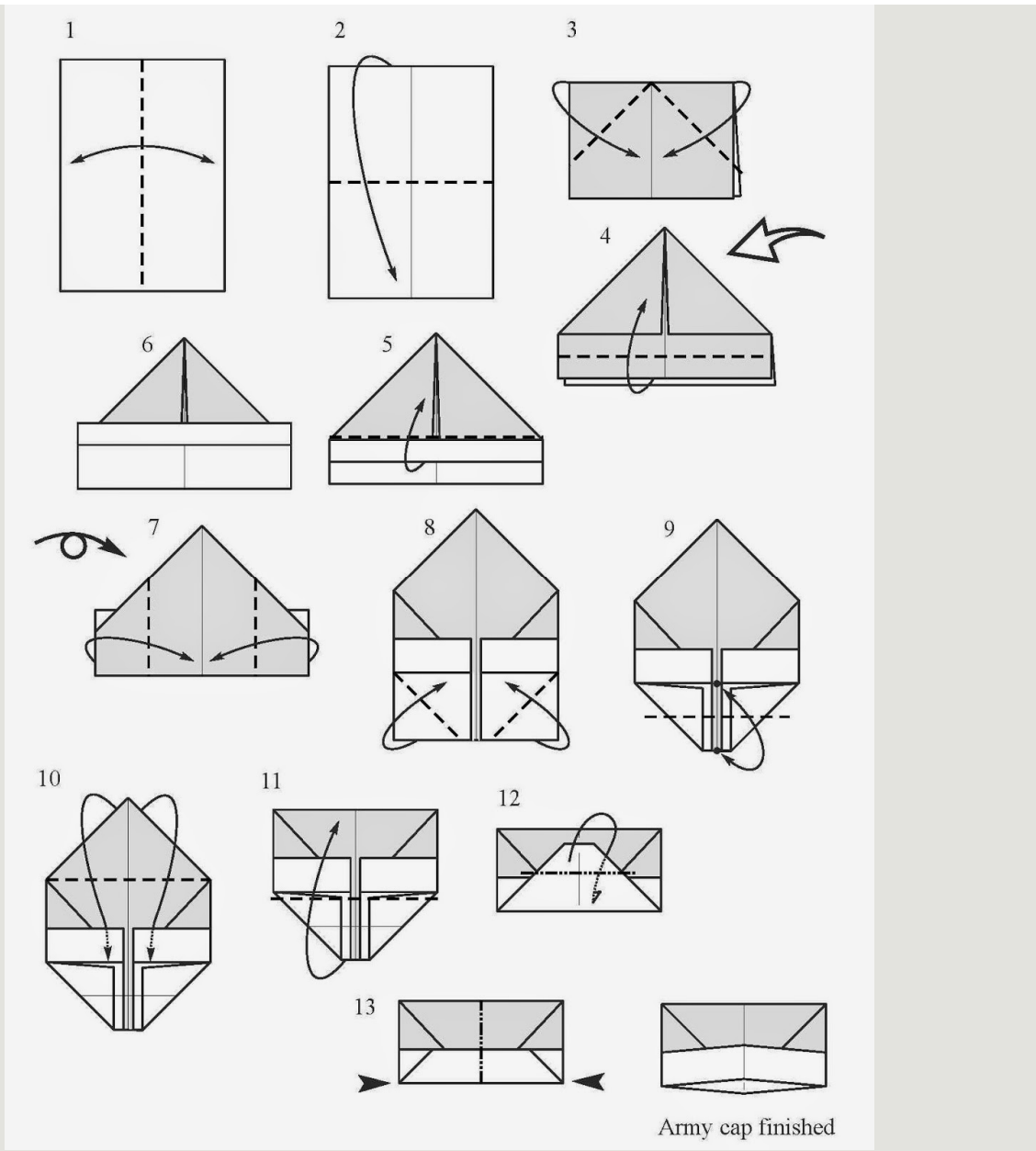


## Supplies :

- Navy blue church pants
- Blue button down shirt from Dad's closet
- [large sheet of origami paper](#)
- [dog tags](#)
- [patches](#) and [wings](#) for shirt

## Directions :

- If you need to make [dog tags](#), cut two pieces of black construction paper that are about 1" by 2". Put a hole in them and thread them through a piece of string to make a necklace. I just used my Grandpa's from when he fought in the Vietnam War.
- Put on your pants, tuck in your shirt, put on your dog tags, and then you need a cap!
- To make a cap, follow the directions below. Use a big sheet of black or navy blue paper.





# World War II Pilot Costume



## Supplies :

- Brown jacket (preferably with fur lining)
- Patches (like the [B-52](#) or [Rockwell 1-B](#))
- at least 3' x 1' of cloth
- [aviator cap](#)
- [aviator goggles](#)

## Directions :

- To make the scarf, fold the cloth in half so that it is about 3' by 6". Sew two sides together and part of the third. Turn it right side out, and finish sewing the edge.
- To make the jacket, sew patches all over a brown coat. Or, if you want to make it easier, just buy a [bomber jacket](#). But it's not as much fun as making your own.
- The [hat](#) and [goggles](#) were really really hard to make....I tried. But my aunt got my brother a set for his birthday a few years ago, and he let us use them for the costume.
- Wear a pair of jeans, some black gloves, and dirty shoes, and you have a bomber costume!

