





(Scheitholt)

# Unit Introduction

Leisure activities are an integral part of our daily lives today. Most Americans have time each day or week for recreation, exercise, listening to music, reading, watching television, or engaging in hobbies. Our culture would probably add shopping, going to movies, concerts, plays, or even out to eat to the list of regular leisure. For settlers though, the time required for sustenance and daily work was greater than our typical eight hour work day, but they still found time for relaxation and fun. Leisure provided them, as it does for us, the chance to rejuvenate their bodies and spirits and also build community. This unit introduces some of the activities that the first settlers, and the generations that followed, enjoyed, including telling stories, singing, playing instruments, dancing, and playing with games and toys.

## Student Learning Outcomes

Students will understand the role of leisure.

Students will understand the role of oral tradition in passing on songs, stories, music, and other culture.

Students will be introduced to early games, toys and songs.

Students will learn the basics of playing a lap dulcimer.

## Differentiated Instruction

As needed, exceptional students will be paired to facilitate activity successes. As needed, gifted students will use extended resource list for additional challenges.

## Unit Guiding Questions

Which leisure activities were common in Colonial America in the 18th century and specifically on the Frontier?

What role did leisure play in the family and community?

## UNIT PRE-VISIT SUGGESTIONS

Talk to elderly family or community members about their childhood games, stories and songs.

## VISIT

Visit activities are outlined in individual lessons.

## UNIT POST-VISIT SUGGESTIONS

Have students teach some younger students the games and songs they learn.



Fort Interpreter Ronnie Utt teaches students a song