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# Games/Activities

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## Create-a-Book:

Make book about the Constitutional Convention. Hand-out preprinted sentence strips to pairs of students. Each partnership glues strip on an 8.5X11 paper, draw and color illustrations to match text. Put pages in chronological order.

This lesson can be modified by having family members compose their own sentences, write sentence(s) on 8.5X11 paper, draw and color illustration(s) to match sentence(s).

About 216 years ago, our Country's Constitution was written.

The Constitution is the rules and laws that tell how our government is to run.

Delegates (people) from the states met in Independence Hall and wrote the Constitution. You can visit Independence Hall today.

There were about 30 or 40 men at the Convention. Men like Benjamin Franklin, George Washington and James Madison were there.

Sometimes the men disagreed on what should be in the Constitution. They talked to each other and explained their point of view.

During the meeting they kept everything they talked about secret. They even boarded up the windows so people couldn't peek on them.

The meeting lasted longer than a day, a week or even a month. It lasted 4 months! That is a long time.

After the Constitution was written most of the men signed it.

The Constitution is very important because it helps to keep our government organized and running.

The original Constitution is in a museum in Washington, D.C.



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# Colonial Games

Colonial children played more games and had fewer toys than modern children. Any playthings that they had were homemade by themselves or adults. Some of these games you may have heard of and some you may not. These games included:

**LEAPFROG-** Play in partners. One player squats down while the other gently places his hands on the squatter's back and leaps over. You can have classroom races.

**HOPSCOTCH-** Today's version of Hopscotch is much the same. Use a stick to mark Hopscotch squares in the dirt. Find a rock to throw as a marker.

**HOP SKIP AND JUMP-** Three motions are done in the order-hop, skip and jump-for distance, without a pause. Class members can take turns measuring the distance covered to determine the winner.

**CAT'S CRADLE-** This game is also called Cratch Cradle. One player stretches a length of yarn over the extended fingers of both hands in a symmetrical form. The second player uses his fingers to remove the yarn without dropping the loops and tries to make another figure.

**BOWLING ON THE GRASS-** Set up empty milk cartons on the grass and roll a ball from a distance of about 15 feet. Try to knock over the cartons. Play on teams or individually scoring a point each time a carton is hit. (Of course, colonial children did not have milk cartons or the nice balls that children of today do!)

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# Colonial Refreshments

## SWAMP YANKEE APPLESAUCE CAKE

- 1 cup sugar
- 1 cup raisins
- 1/2 cup shortening
- 1 tsp soda, dissolved in warm water
- 1 tsp. salt
- 1 cup cooked applesauce
- 1/2 tsp. Cloves
- 1-3/4 cups sifted flour.
- 1/4 tsp. Nutmeg

1. Heat oven with control set at 350 degrees for moderate oven.
2. Butter loaf pan - a bread pan is good.
3. Cream sugar and shortening.
4. Add salt, cloves, nutmeg and raisins.
5. Add soda that has been dissolved in warm water, and stir in applesauce.
6. Beat until well mixed.
7. Then add flour
8. Bake in loaf pan 350 degrees for 45 minutes.
9. Cover with white frosting as desired
10. Is also good just plain with a glass of cold milk.



## 1776 MOLASSES DUMPLINGS

- 2 cups. flour
- 2 tsps. cream tartar
- 2 tsp fat
- 1 tsp. soda
- 1 tsp salt
- 3/4 cup milk.

1. Mix-dumplings and roll to one inch thickness. Cut with small cutter.
2. Drop 2 or 3 at a time in hot fat.
3. Have ready another kettle of boiling molasses, as soon as fried, drop into boiling molasses
4. Remove and drain.

