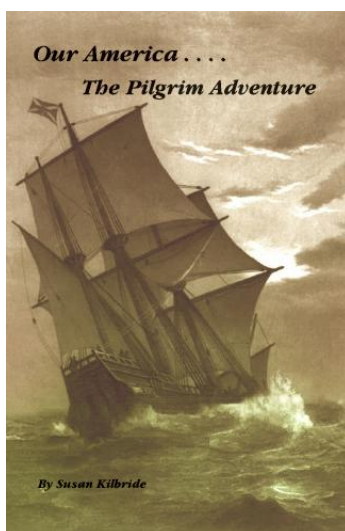


Activities to Accompany: *The Pilgrim Adventure* By Susan Kilbride



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These activities are designed to accompany the book *The Pilgrim Adventure*, but they can be used for any unit study on the Pilgrims and the Mayflower.

The Pilgrim Adventure

Finn & Ginny's parents are lost back in time, and the two young twins have decided to go back to early America to find them. Their search takes the twins to the Mayflower where they discover that the Pilgrims had far more adventures than they had ever realized.

This first book in the new *Our America* series is designed to teach the real story of the Pilgrims in such a fun way that the reader won't even realize that it's educational. *The Pilgrim Adventure* is based on actual accounts written by the Pilgrims themselves, and kids who read this book will find that by the end of the story they may know more about the Pilgrim's adventures than their parents do. Ages 10 and up.

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Susan Kilbride is a home educator who realized that the best way to teach history wasn't by using standard text books but by telling the stories of the people who lived it. She plans on continuing the *Our America* series in upcoming books. *The Pilgrim Adventure* is her second educational book, following her well-received *Science Unit Studies for Homeschoolers and Teachers*. For more information on Susan and her books, or for more of her free unit studies, you can visit her website at: <http://funtasticunitstudies.com/>

The *Pilgrim Adventure* is available at Amazon at the following link:

http://www.amazon.com/Our-America-Pilgrim-Adventure-1/dp/147003798X/ref=sr_1_3?ie=UTF8&qid=1330535713&sr=8-3

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Materials Needed for this Unit

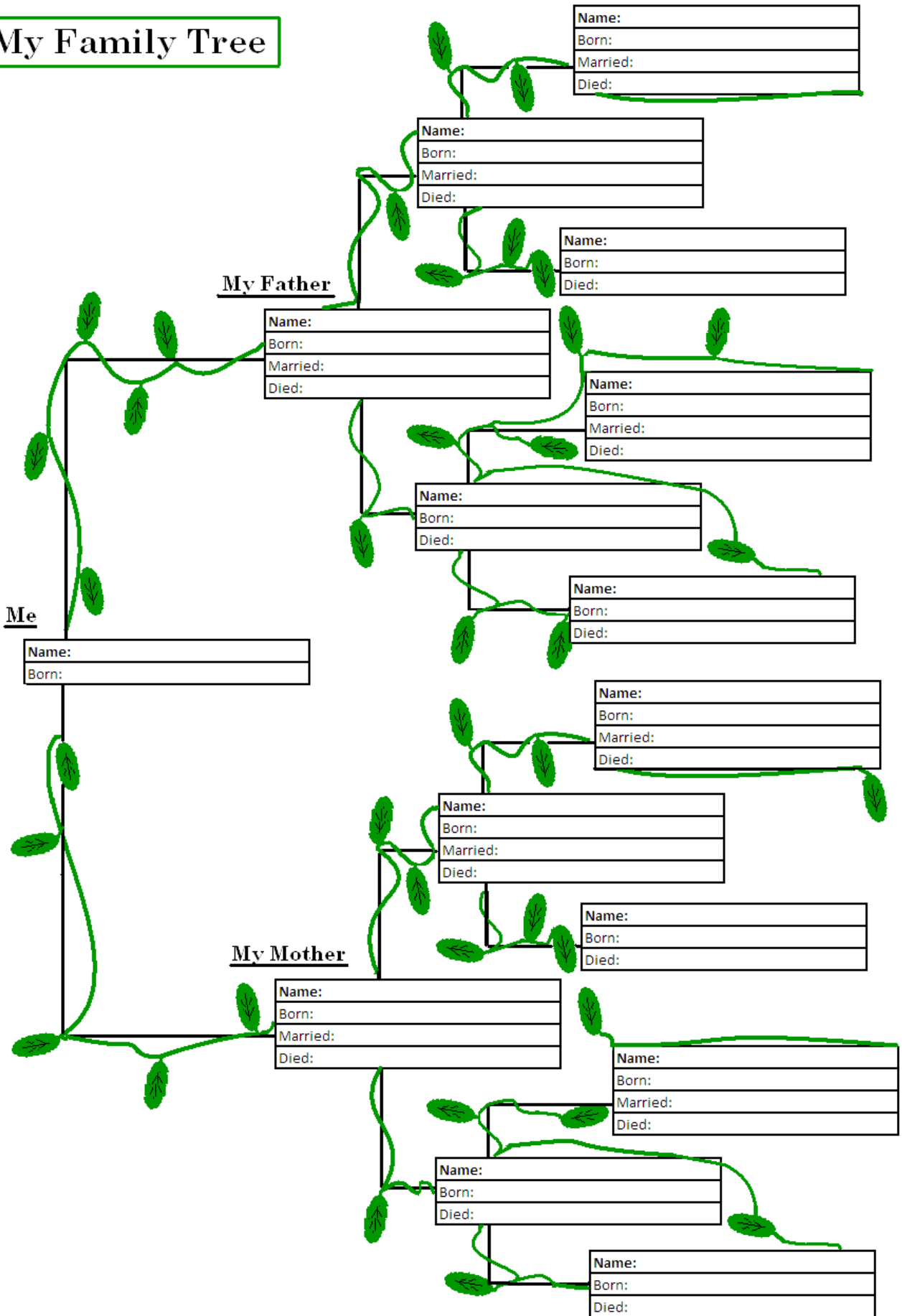
Cloth ribbon	A 16-ounce can of creamed corn
Needle and thread	A 16-ounce can of kidney beans
Printer paper	An 8-ounce can of creamed corn
Flour	An 8-ounce can of whole kernel corn
Water	One onion
Salt	One tablespoon of butter
Cookie sheet	One pound ground turkey sausage
Oven	1/2 cup of butter
Rolling pin	3/4 cup of sour cream
A strong piece of thread	One small package of cornmeal muffin mix
Washer	Two eggs
Two pencils	Fresh berries
Five pennies	Safety pin
A serving bowl	Iron and ironing board
A colorful piece of fabric 24" x 9"	
A protractor with a hole in the middle	
Thirty-one craft sticks or other small items	
Four pieces of rope about 1/2" in diameter by 26"	

Activity 1: Discover Your Family Tree

Finn and Ginny travel back in time to the Mayflower and meet their Billington ancestors. Having your students learn about their own ancestors is a great way to get them engaged in history. Give them a copy of the family tree on the following page and see how many branches they can fill out by gathering information from various family members. You could also have them write a biography of one of their grandparents, or of another family member. See how many interesting stories they can discover about their ancestors, and try and relate them to what was going in history at that time. The study of genealogy has become very popular and there are many websites available now to help people discover who their ancestors were.

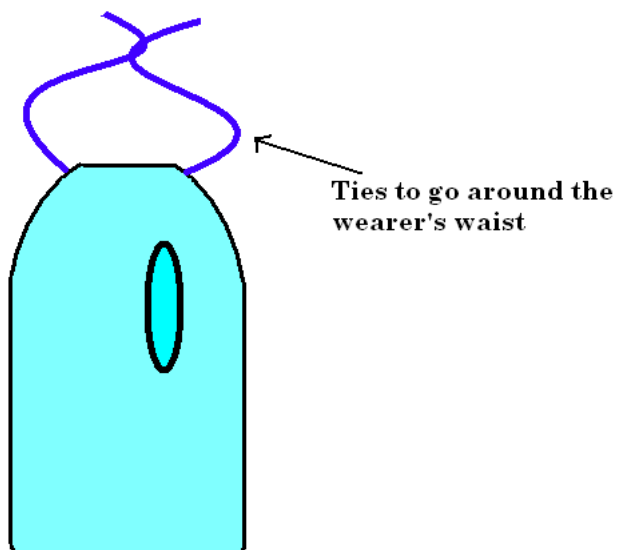
Many public libraries have free online access to Heritage Quest, a site that has old census records that you can easily search. Have your students use this site to see if they can find some family members in some of the old censuses. Another interesting site is RootsWeb's World Connect Project at: <http://wc.rootsweb.ancestry.com/> There you can type in an ancestor's name and see what other people have found about them. One thing you should be aware of when using this site is that in general the folks who have posted the information are not professional genealogists, so it is always good to check their accuracy. If a family tree on the site does not list its sources, it is less likely to be accurate.

My Family Tree

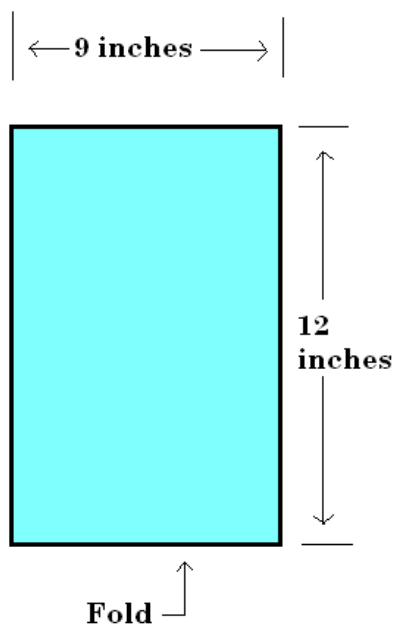


Activity 2: Make a Pocket

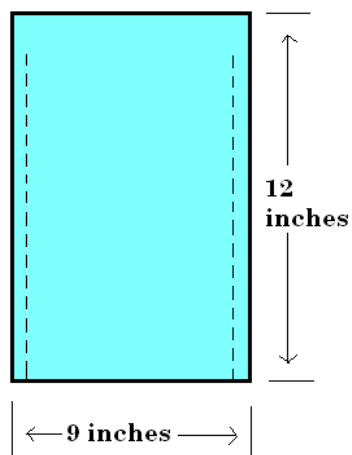
When Ginny found herself on the Mayflower, her fanny pack had turned into a bag that was tied around her waist. Seventeenth century women used these bags for pockets. The bags were located under their skirts and could be reached by a slit in the skirt seam. The pocket itself would have a hole in it to reach into.



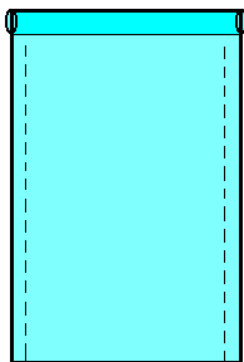
Explain to your students that the bag they will be making is somewhat different from the pocket that the Pilgrims would use; it doesn't have a hole in the side, and it has a drawstring through the top instead of ties on the sides (you can make one more like the picture above if you would like to be more authentic). To make it, tell your students to take a colorful piece of cloth that is twenty-four inches long and nine inches wide and fold it in half so that they have a rectangle that is twelve inches long and nine inches wide:



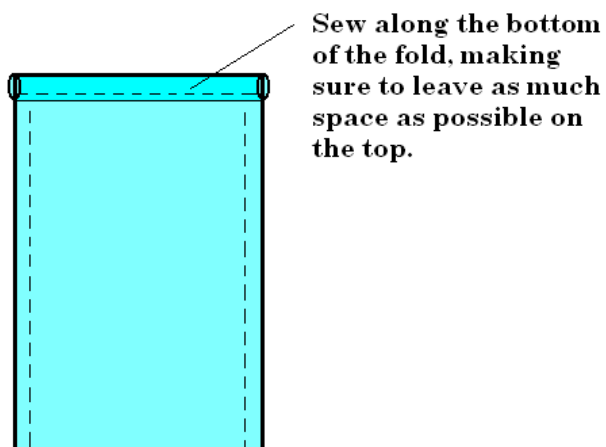
Next, have them sew up both sides, stopping about one inch from the top on each side:



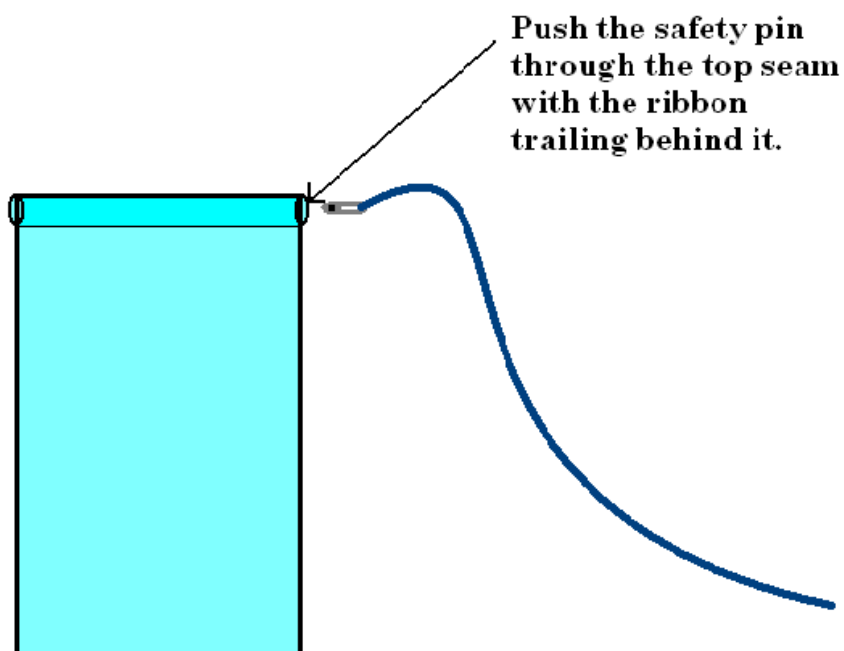
Next, fold the top edge on each side down one inch and iron it so that it stays in place:



Now, sew along the bottom of the fold you just made. Sew the top of each side separately, *making sure not to sew the two sides together*. When you are done, turn the bag inside out.



Finally, take a cloth ribbon and tie one end of it to a safety pin. Thread the safety pin with the ribbon on the end through the holes on the sides of the top seam so that it makes a circle through the top of the bag:



Tie the ends of the ribbon together and you have a drawstring bag. These are especially handy for gift bags, or for holding favorite items.



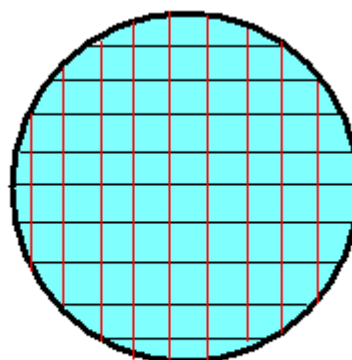
Activity 3: Sea Biscuits

One of the foods that Finn and Ginny ate on the Mayflower was sea biscuits, better known as hardtack. Tell your students that hardtack was a flour and water biscuit that was cooked so much that it was extremely hard. It was so hard that you could break a tooth on it! Hardtack could last years without spoiling, which is why it was used as a staple on ships. Sailors usually dipped it in some type of liquid to make it easier to chew (and perhaps to get the grubs out). You can make a version of hardtack using the recipe below. Just be careful not to break a tooth on it! Eat them like the sailors did by dipping them in soup, tea or even just water to soften them.

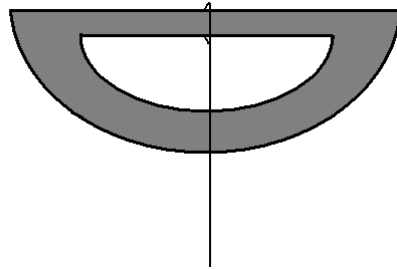
Preheat your oven to 375 degrees. Mix together 2 cups of flour, 1/2 cup plus 3 tablespoons of water, and 3/4 teaspoon of salt. Roll out the dough so that it is 1/2 inch thick and cut it into three-inch squares. Poke 4 rows of holes in each biscuit, with 4 holes in each row. Place the biscuits on an ungreased cookie sheet and bake for 30 minutes. Take them out of the oven, turn them over, and bake for another 30 minutes. They should be a light golden brown when they are done. Let them cool for about 30 more minutes before eating.

Activity 4: Make an Quadrant

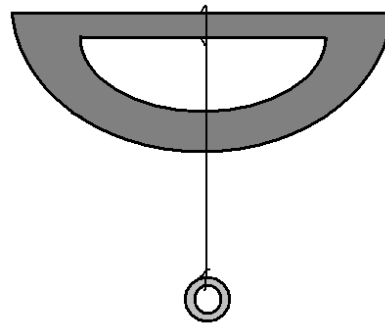
Tell your students that sailors during the time of the Pilgrims didn't have fancy GPS (global positioning system) devices like we have today. They had to use older methods of navigation, such as compasses or the position of the sun and stars. One of the tools that they might have used was a quadrant, which is an instrument that can be used to find latitude. Latitude lines are the grid lines on globes and maps that are in a horizontal direction. The lines that go around the globe vertically are called longitude lines. Show your students the diagram below. The grid lines in red are the longitude lines and the grid lines in black are the latitude lines.



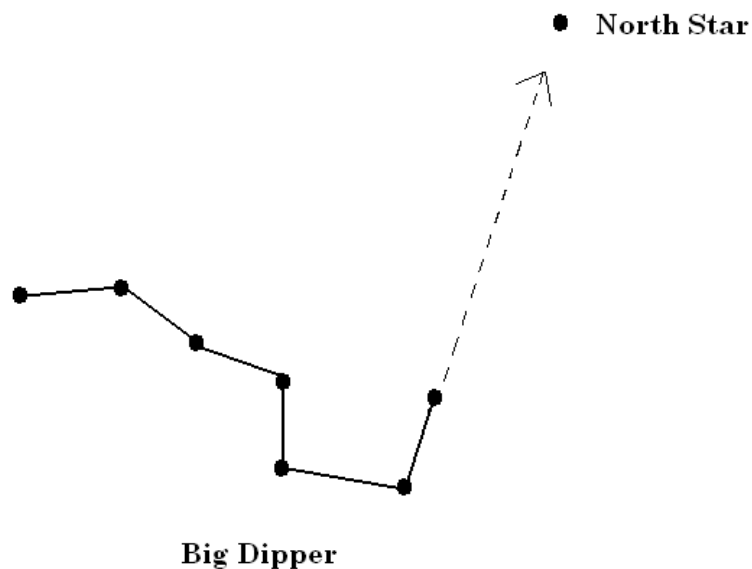
Now tell your students that the whole earth has been divided up into these imaginary lines so that people can use them for navigation. Early explorers used quadrants to help figure out what their latitude was. You can make a simple quadrant by taking a protractor that has a hole in the center and tying a 12-inch piece of strong thread in exact middle of the straight part of the protractor. The string needs to be tied very tight so that it doesn't slip from the center when you tilt the protractor:



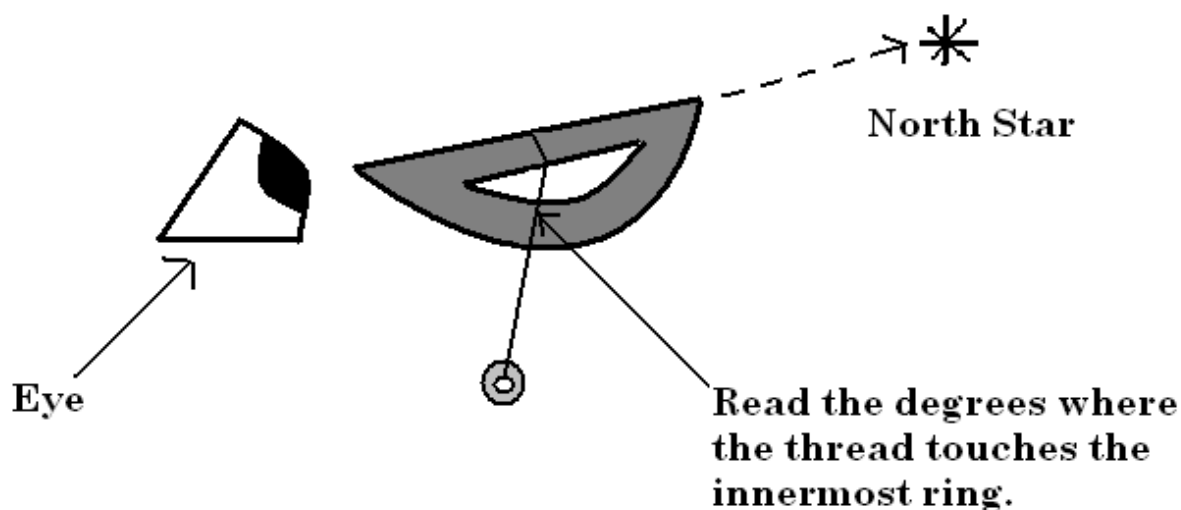
Next, take a heavy washer and tie it to the other end of the thread:



The next step requires knowing where the North Star (sometimes called Polaris) is. Tell your students that the neat thing about the North Star is that it is always in the North, so if you can find it you will know what direction North is in. The constellation called "The Big Dipper" points to the North Star:



Now take your students outside at night, find the North Star, and have them hold their quadrants so that the markings on the innermost ring go from 0-90, with the 0 closest to their bodies. They should hold the top straight edge of the protractor up to their eyes and sight along it at the North Star. Once they have it pointed at the North Star, they should hold the string against the side of the protractor and read the number of degrees where the thread touches the innermost ring:

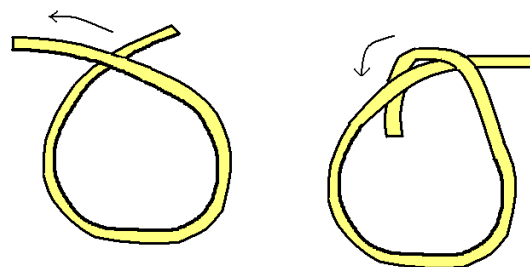


Now, have them take the number of degrees that they measured and subtract it from 90. The answer will be their approximate latitude.

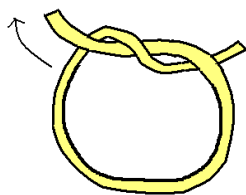
Activity 5: Play Quoits

In *The Pilgrim Adventure*, Finn played Quoits on the Mayflower with some of the Pilgrim men and boys. The game of Quoits has been played in England since before the 15th Century. There are many versions of the game, including one that is often played on board ships using a rope ring. Below is a version of Quoits for your students to play.

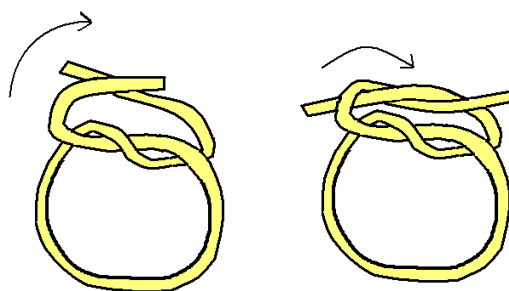
To make the rope rings, you will need four pieces of rope that are about 1/2 inch in diameter and 26 inches long. Tie each of the pieces of rope into rings using a square knot. Knot-tying is a skill used both by sailors in the 1600s and sailors in modern times. A square knot is made by holding one end of the rope in your right hand and one end of the rope in your left hand. Cross the end in your right hand over the end in your left hand, and then take it under the rope in your left hand:



Now bring the end of the rope that is now in your left hand, back to the top:



Next, you do exactly the same thing again, except that you take the end of the rope that is now in your left hand, and cross it over the end of the rope that is in your right hand, then take it under the rope in your right hand:



Finally, pull the ends tight while holding the circle open at the same time. The circle should be about 5 inches across. Make the other three rings the same way. An easy way to remember how to do a square knot is to remember this: “Right over left and under, left over right and under.” If you would rather not teach your students how to make a square knot (which is a very handy knot to know how to make), then you could also make the rings by just taking four pieces of rope that are 17 inches long and taping them together in a ring shape using masking tape.

When all four rings are finished, take two of them and make stripes on them with a marker. Then go outside and pound two pencils about two inches into the ground so that they are about 9 feet apart. This is closer together than a regular Quoits game, so you can put them farther apart if you would like.

Quoits is played with two players. One player takes the two rings with the stripes, and the other player takes the two plain rings. Both players stand together at one pencil and take turns trying to toss their rings over the other pencil. The last player to get the ring over the pencil gets two points. Here’s an example of a possible round and the outcome:

Player 1 tosses a ring over the pencil
 Player 2 misses the pencil
 Player 1 tosses a ring over the pencil
 Player 2 tosses a ring over the pencil

In the case above, Player 2 would get the two points because his/her ring was the last one to get over the pencil. If neither player gets a ring over the pencil, then the player whose ring was the closest to the pencil gets one point. Next, the players switch sides and stand at the opposite pencil and toss the rings in the other direction. The first player to get to twenty-one points wins.

Activity 6: Play Hubbub

On the expedition to Massasoit's village, Finn observed the Indians playing a game called Hubbub, a dice-throwing game that was popular at the time. To play this version of Hubbub you will need 5 pennies, a serving bowl, and thirty-one craft sticks. If you don't have craft sticks, you can use straws, buttons, or any small objects. The thirty-one crafts sticks are counters. Place all of the counters in a pile to start with. This game can be played with either two people or two teams. The first person tosses the pennies into the bowl and looks at the heads or tails combinations that result from the toss. Points are awarded based on the following:

All five pennies are the same: 3 points

Four pennies are the same and one is different: 2 points

Once the player determines how many points were earned, he or she takes that many craft sticks from the pile in the middle and it is now the next player's turn. Play until all of the craft sticks are gone. The person or team who has the most craft sticks at the end of the game wins.

Mention to your students that when the Native Americans played this game they would have used items made from nature such as pieces of bone instead of pennies.

Activity 7: Have a Pilgrim and Indian Meal

Have a meal similar to one the Pilgrims or Indians might have eaten in the 1600s. Below are two colonial-type recipes you can try. To make it even more fun, eat your meal by candlelight!

Succotash is a bean and corn dish first made by the New England Indian tribes and then adapted by the colonists. To make it, take an onion, chop it, and brown it in one tablespoon of butter. Add a pound of ground turkey sausage and stir constantly until the sausage is browned. Next add a 16-ounce can of creamed corn and a 16-ounce undrained can of kidney beans. Add enough water to just cover the mixture, bring to a boil, and simmer on low heat for about thirty minutes.

Corn was a very important food item for both the Native Americans and the Pilgrims. Various forms of corn meal mush and corn pudding were a popular food item during colonial times. The following recipe is a more modern adaptation of these types of recipes. To make it, melt 1/2 cup of butter and let it cool. Next add 3/4 cup sour cream, an 8-ounce can of creamed corn, an 8-ounce can of whole kernel corn (drained), a small package of cornmeal muffin mix, and 2 eggs. Once everything is mixed together, pour it into a greased casserole dish and bake it at 350 degrees for 35-45 minutes, or until you can stick a skewer into it and have it come out clean.

Serve your meal with fresh berries and enjoy!

Praise for Susan Kilbride's *Science Unit Studies for Homeschoolers and Teachers*

If you are looking for quality science units, but simply don't have the time to put a unit together, Susan's book is perfect for you. If you want to supplement your existing science program, I definitely recommend taking a close look at the book. Those of you who might be a little scared of trying to put together your own science lessons for fear you might get something wrong, fear no more....

--Jackie from Quaint Scribblers--

This collection of fun science lessons and activities are designed to offer hands on experiments that will satisfy the curious nature of children, while making it easier for parents to teach science.

--Kathy Davis of HomeschoolBuzz.com--

If you're looking for a science unit study homeschool program that is easy to use and is comprehensive and worth using, then you should check out "Science Unit Studies for Homeschoolers and Teachers." I recently read through the book and really liked what I saw.

--Heidi Johnson of Homeschoolhowto.com--

I think "Science Unit Studies for Homeschoolers and Teachers" is a good value and provides a lot of fun, hands-on science for homeschoolers.

--Courtney Larson, The Old Schoolhouse® Magazine--

....the conversational style and logical, easy-to-follow instructions certainly make this a recommended and useful tool for any parent; especially those that may be uncomfortable or unfamiliar with teaching science.

--Jeanie Frias of California Homeschooler--

The wealth of information included therein is amazing and the material is novice friendly. I would definitely recommend "Science Unit Studies for Homeschoolers and Teachers."

-- Bridgette Taylor with Hearts at Home Curriculum--

Susan's book is full of so many activities that one would have a very full study of general science over the course of a school year if every activity was completed. I teach a General Science class at a local homeschool co-op and I am implementing a lot of the activities in this book into my class this year. There are even short quizzes (complete with answer keys) provided for the older student unit studies. The quizzes are multiple choice in format and cover the main points students should glean from each unit. I highly recommend this book for any science teacher or student. It really makes the teaching of science quite simple and fun. Overall I give Susan's book 5+ stars.

--Heart of the Matter Online--

Science Unit Studies for Homeschoolers and Teachers is available online at Amazon.com:

http://www.amazon.com/Science-Unit-Studies-Homeschoolers-Teachers/dp/1463549156/ref=sr_1_1?ie=UTF8&s=books&qid=1310266925&sr=8-1