

## Romans

### Who were the Romans?

The Romans lived in Rome, a city in the centre of the country Italy.

The romans came to britain nearly 2000 years ago and changed our country. Even today, evidence of the Romans being here can be seen in the ruins of the Roman buildings, forts, roads and baths can be found all over britain. The Romans also invaded other countries like much of Europe, north Africa and the middle east.



### What was it like for a Roman child?

Both boys and girls wore a special locket, given to them at birth, called a bulla. A bulla was an amulet, a protective charm against evil. Girls wore their bulla until their wedding night, when it was set aside with other childhood things, like her toys. Boys wore their bulla every day until they were 16 or 17 and became full Roman citizens, with the right to vote and hold office and marry.

### Clothing:

Both boys and girls wore tunics. Boys wore tunics down to their knees, with a crimson border. In the home, girls wore a simple tunic with a belt at the waist. When girls went outside, they wore a tunic that reached their feet.

## What was it like to be a Roman soldier?

A Roman soldier was a well-trained fighting machine. Roman soldiers weren't always at war - they spent most of their time training for battle. They practised fighting in formation and man-to-man. Legionaries also patrolled their conquered territories and built roads, forts and aqueducts (a bridge which carried water).

Roman soldiers were very strong and tough, they had to march over 20 miles a day with heavy things to carry. They had to carry equipment such as tents, food, cooking pots and weapons as well as wearing all their armour. The Roman legionary was a soldier who was a Roman citizen younger than 45.

## Fun facts:

- The ancient Romans worshipped a lot of different gods and goddesses.
- Sometimes the Romans would flood the whole Colosseum or Circus Maximus for a boat battle.
- Ancient Rome is underground.
- Ancient Rome used to be covered in graffiti.
- Romans used to wash clothes in urine

## Clothes

Most of the clothing worn in Ancient Rome was made of wool. Wool was made throughout Italy and much of the Roman Empire both in the home and commercially. Sometimes clothes were made from rare materials such as linen from Egypt, cotton from India, and silk from China.

## Mens Clothing

Tunic - The most common type of clothing for men was the tunic. The tunic was like a long shirt. It varied in length from just above the knees to the ankles. A belt was used about the waist to keep it tight.

Toga - The toga was worn by upper class men outside the home or at official occasions. The toga was a large piece of cloth around 18 feet long and 6 feet wide. It was wrapped and draped around the wearer according to the latest style. Togas were very heavy and uncomfortable.

Cloaks - Roman men also wore a wide variety of cloaks to stay warm in bad weather. Examples of cloaks include the lacerna, the paenula, the birrus, and the pallium.

## Women Clothing

unic - The most common form of clothing for women was the tunic. It was the primary garment worn by peasants and unmarried women. The women's tunic was typically longer than the men's.

Stola - The stola was the traditional form of clothing worn by married Roman women. The stola was a long pleated dress held on by belts. It could be decorated with ribbons and colors.

Cloaks - Like the men, women wore cloaks on top of their clothes in cold or bad weather. The palla was a typical cloak worn over the stola and fastened with brooches.

Underclothes - The typical underclothes worn by a woman was a closely fitted light tunic.



## Shoes

Roman citizens wore sandals (soleae) which were indoor footwear without toe coverings indoors. Outdoor shoes or boots were called calcei or calceus which were footwear with toe coverings and with straps which covered the ankles, the calf some reaching up to the knee.

## What types of houses did they live in?

The Romans lived in a wide variety of homes depending on whether they were wealthy or poor. The poor lived in cramped apartments in the cities or in small shacks in the country. The rich lived in private homes in the city or large villas in the country.

Most people in the cities of Ancient Rome lived in apartments called insulae. The wealthy lived in single family homes called domus of various sizes depending on how rich they were.

## Insulae

The vast majority of the people living in Roman cities lived in cramped apartment buildings called insulae. Insulae were generally three to five stories high and housed from 30 to 50 people. The individual apartments usually consisted of two small rooms.

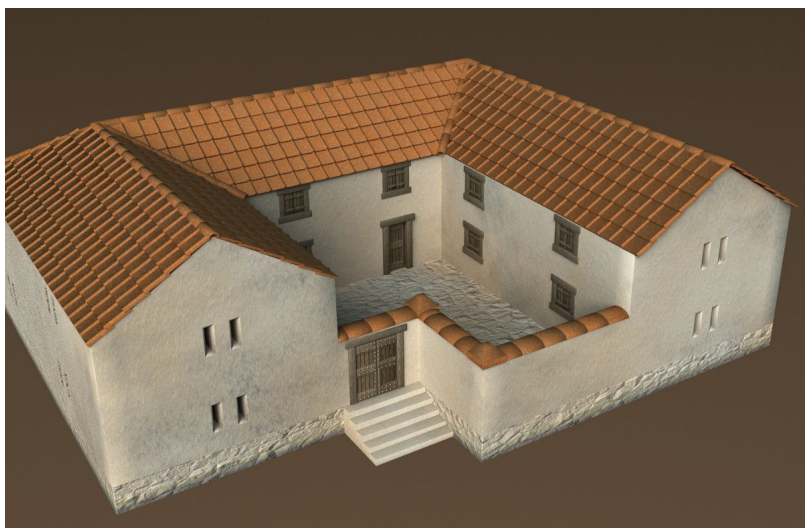
The bottom floor of the insulae often housed shops and stores that opened out to the streets. The larger apartments were also near the bottom with the smallest at the top. Many insulae were not constructed very well. They could be dangerous places if they caught fire and sometimes even collapsed.

## Private homes

The wealthy elite lived in large single family homes called domus. These homes were much nicer than the insulae. Most Roman houses had similar features and rooms. There was an entryway that led to the main area of the house called the atrium. Other rooms such as bedrooms, dining room, and kitchen might be off to the sides of the atrium. Beyond the atrium was the office. In the back of the home was often an open garden.



- Insulae



- Private homes