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# Introduction

Welcome to the *Heroes and Heroines of the Past: American History Curriculum*. It is my sincere wish that this study brings history to life for you and your students. Before we get started, I would like to take some time to explain how to use this curriculum.



Pilgrim on a journey,  
Amy Puetz

## How to Use This Book

This book is designed for 1st through 6th grades. Each of the history lessons are divided into two sections, the first page has a larger font and just a basic overview for 1st and 2nd grades. The next section has the same information just more advanced for 3rd through 6th grades. The stories of heroes or heroines of the past contain some reprints of old stories and some by modern authors and are designed for all ages. It is important to learn about the people who made history and these sections allow the student the opportunity to experience living history through stories.

There are several direct quotes in this book and many times they have words that are difficult to understand. A definition is next to the word in parentheses.

Each week a memory verse is suggested. The verse may be written on a 3 x 5 card in your favorite version. On the fifth lesson of each section the verse for that week is to be recited.

## Literature Books

There are also literature books that will be read by 5th and 6th graders, they may also be used as read alouds for younger students. Instructions are included in the text about when the books need to be read.

- *Ten Great Adventurers* by Kate Dickinson Sweetser
- *Ten Girls from History* by Kate Dickinson Sweetser
- *Heroines of the Past: Bible Study* by Amy Puetz
- *Two Little Americans in Spanish California* by Frances Margaret Fox
- *Jack and Jill* by Louis May Alcott

## Recommended Resources

At the end of each unit, there are some recommended resources that may be useful to expand the learning experience even more. Teachers are encouraged to preview the resources before giving them to students.

## Activities in the Books

To really understand what life was like years ago, history must go beyond words on a page. Recipes must be cooked, games must be played, historical art must be examined, and crafts must be done. Each day there is an activity that brings history to life. Please do not feel that each activity must be completed, there will be days when something must be skipped. Maybe have one evening a week when the recipes are cooked or use one of the games on a rainy day. Please do not feel overwhelmed to fit every activity into every day. **The activities should only be done under the supervision of an adult. The cooking and crafts have the potential of being dangerous and every precaution should be followed.** Please note: Golden Prairie Press is not responsible for the safety of your students.

The activities in this book include:

- Examining Historical Art
- Games of the Past
- Cook Up Some History
- Sing Some History
- Listen to Some History
- Crafts
- Experiments

## Questions, Writing Topics, and Geography

There are also questions to insure the student is retaining the information presented. Some days there will be writing topics but they may be skipped if necessary or feel free to use your own writing ideas. Scattered through the book are maps and geography questions to help familiarizes students with the places mentioned in the text.

## Answer Key

The answers to the questions are in the back of each book. The answers to the questions in Sections 1-15 are in the back of Part 1 and Sections 16-30 are in the back of Part 2.

## Supplies

You will need pencils, paper, crayons, and standard school supplies to use this book. On the Additional Materials CD there are printable timelines that may be put in a three ring minder or folder with prongs. Each activity has a list of supplies needed. At the beginning of each week, it is recommended that you preview the upcoming activities to see what supplies are needed that week.

## How Long Does it Take to Complete a Lesson?

Each lesson will take about an hour. Some may take longer to complete, especially for the recipes. Other days may take about thirty minutes.

## What comes in the Curriculum Package?

### *Heroes and Heroines of the Past: American History Part 1*

Lessons for the first half of the year.

### *Heroes and Heroines of the Past: American History Part 2*

Lessons for the second half of the year.

### *Additional Materials CD*

This CD has supplemental materials. There are printable timelines, instructions and entertaining videos, color artwork, coloring pages, and much more.

### *Historical Skits*

Performing historical skits is a great way to bring history to life. This book has nineteen skits from the time of Columbus to World War II.

### *Sing Some History CD*

Hear some of the songs that are mentioned in the book. Music is a great way to experience history.

### *Listen to Some U.S. History MP3 CD*

An audio collection of original speeches, poems, sermons, and documents that are mentioned in the book.

## Optional Book

### *Heroes and Heroines of the Past: American History Coloring Book*

This book has a coloring page that goes along with each daily lesson. Great for younger children or those who like to have something to do while listening to the lesson.