

## BIG HISTORY PROJECT / LESSON 7.0

# A DAY IN THE LIFE OF A FORAGER

## TEACHER INSTRUCTIONS

Early humans relied on foraging to meet their needs for food for millions of years. *Homo sapiens*, or modern humans, also relied on foraging to meet their food needs for about 200,000 years. Whether you focus on the millions of years of early humans, or focus more narrowly on the history of *Homo sapiens*, there is no denying that foraging was a successful strategy for getting food that stood the test of time. In this unit, we want to look at why humans would give up this life style for the very different patterns and requirements of farming.

**Note:** This activity will repeat in the opening for three lessons. In this lesson, students will think about the day in the life of a forager; in the next lesson, they'll look at a day in the life of a farmer; and in the third lesson, they'll look at a day in the life of an artisan living in an early city. Pass out the template for a forager's day.

Students should take 5 minutes to brainstorm what a typical day would be like for a forager. The chart asks students to describe what foragers would be doing at 6-hour intervals and asks them to address specific areas important in day-to-day living.

When students have finished, they should take a few minutes to compare their charts with a partner's chart.

Finish the exercise by asking students to share some of their ideas with the class.



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# FORAGING CHART

	Family Care	Foraging	Cooking	Community Labor	Recreation	Sleeping	Other
1 AM							
2 AM							
3 AM							
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							



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Take 5 minutes to brainstorm what a typical day would be like for a forager. Fill in the chart, which divides the day into 6-hour intervals and asks about specific daily activities.

When you're done, compare your chart with your partner's chart.

Be prepared to share some of your ideas with the class.



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	Family Care	Foraging	Cooking	Community Labor	Recreation	Sleeping	Other
1 AM							
2 AM							
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7 PM							
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9 PM							
10 PM							
11 PM							
12 AM							

