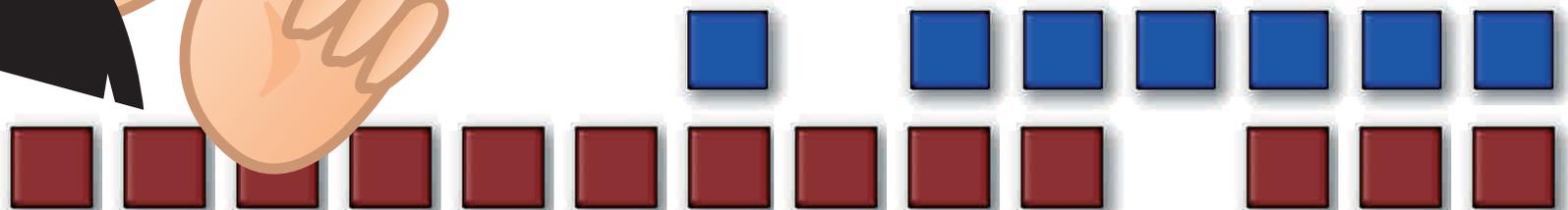




# ■ Tour the Romans' Wonderful Way of Life

Site Visit Resources for Primary Schools



**Segedunum: Tour the Romans' Wonderful Way of Life**  
Site Visit Resources for Primary Schools

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## ■ Fort: Information Sheet

When the Romans decided to build a fort at Segedunum, they chose a site overlooking a bend in the River Tyne. It was farmland in the territory of the Brigantes.

The soldiers of the Sixth Legion were sent to build the fort. It was part of the extension of Hadrian's Wall east of Newcastle. The legionaries were the expert builders and engineers of the Roman army. However, they did not go on to live in the fort they built at Segedunum. Instead, Roman auxiliary soldiers were stationed there. The names of the first army units at Segedunum are not known but we do know that the Fourth Lingones were based at the fort in the third century. This unit included both infantry and cavalry.

The site you see today shows the outlines of the buildings of the second century fort.

### **On Site:**

Roman stone - original stone left in place

Cobblestones - foundations of the Roman walls where the marks of the walls were found but the stones were missing.

Yellow gravel - floors

Pink gravel - in the barracks the big ovals mark the horses' toilet pits and the small mounds mark the soldier's cooking fires.

Packed earth and stones – streets in the fort

Walls that cut across two of the barrack blocks show where separate accommodation units were built later on in the third and fourth centuries.

Do not miss a visit to the cavalry barracks. The excavation at Segedunum confirmed that cavalry men and horses shared living quarters. There are no separate stables for the horses. There is a reconstruction of the barracks inside the Museum.

Segedunum fort was built using a standard military layout. The buildings can be identified by using either

- the Fort Trail linked to the information boards on the site and supported by the Group Leader's Guide, or
- The Fort from the Tower : Pupil's Activity Sheet.

There were over 700 small finds made during the excavations. These are on display in the Museum. To discover where some of them were found you can use the Artefacts Activity sheet: Found on the Fort. This is linked to information boards on the site and has a Group Leader's Guide.

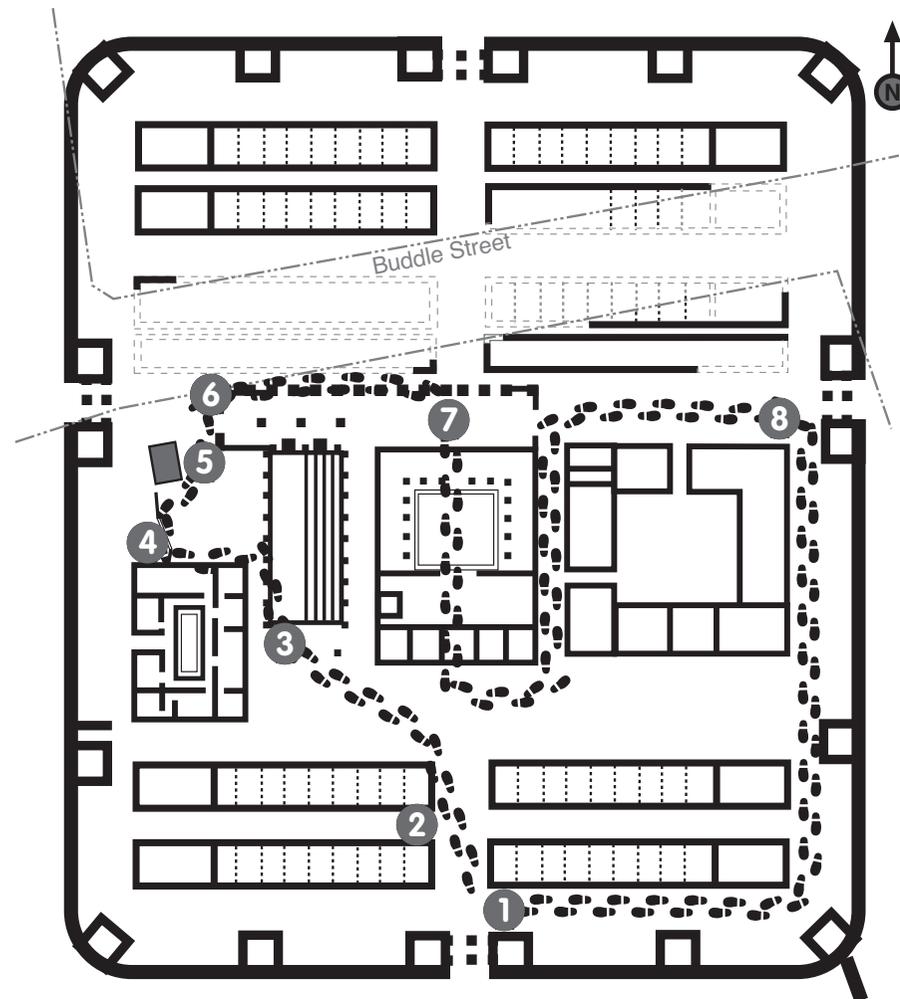
## Fort Trail

### Group Leader's Guide

The trail starts at the South Gate which is the main visitor entrance to the fort site. To find the South Gate from the Museum, you follow the route to the Bath House but turn right before you reach the Baths.

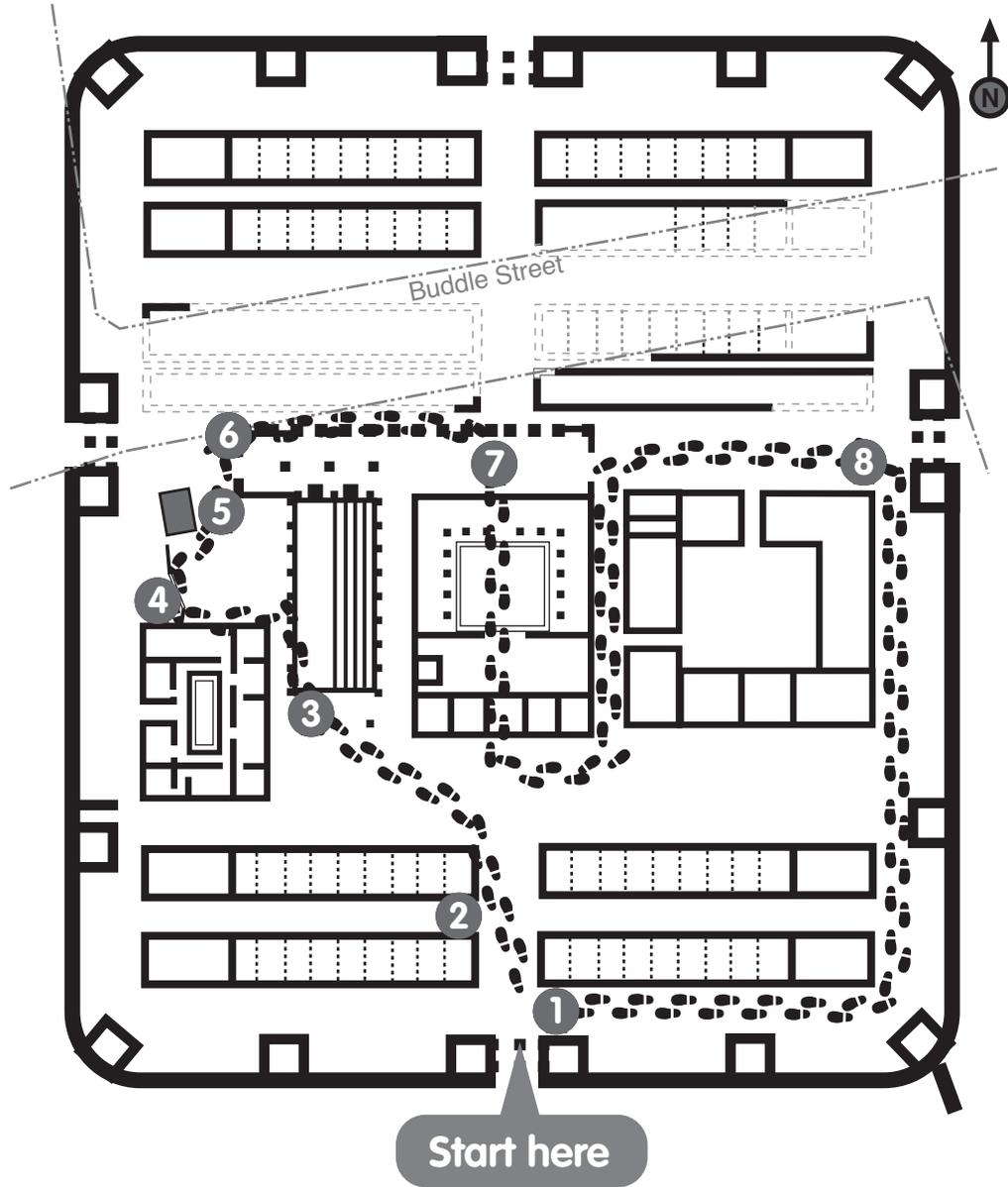
At each point there is a notice board with the name of the building you can see and some information about it. The pupils can fill in the key on their trail sheet by following the footsteps to each notice board. Here is the trail with the key filled in.

You can find out more about each building by going to the part of the Roman Gallery named after each section of the fort. Eg. Granaries, Commanding Officer's House.



### Key

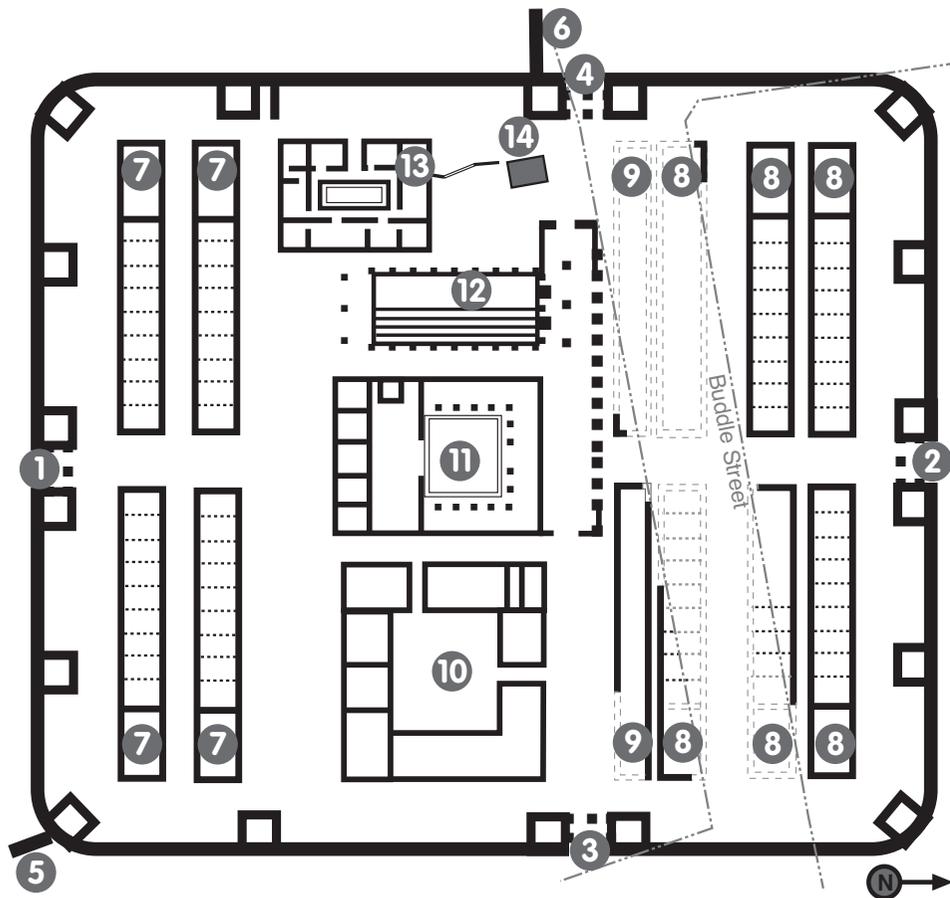
- |                     |                               |
|---------------------|-------------------------------|
| 1. South Gate       | 5. Water Tank                 |
| 2. Cavalry Barracks | 6. Forehall                   |
| 3. Granaries        | 7. Headquarters               |
| 4. Hospital         | 8. Commanding Officer's House |



■ **Fort Trail**  
Pupil's Activity Sheet

**Key**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



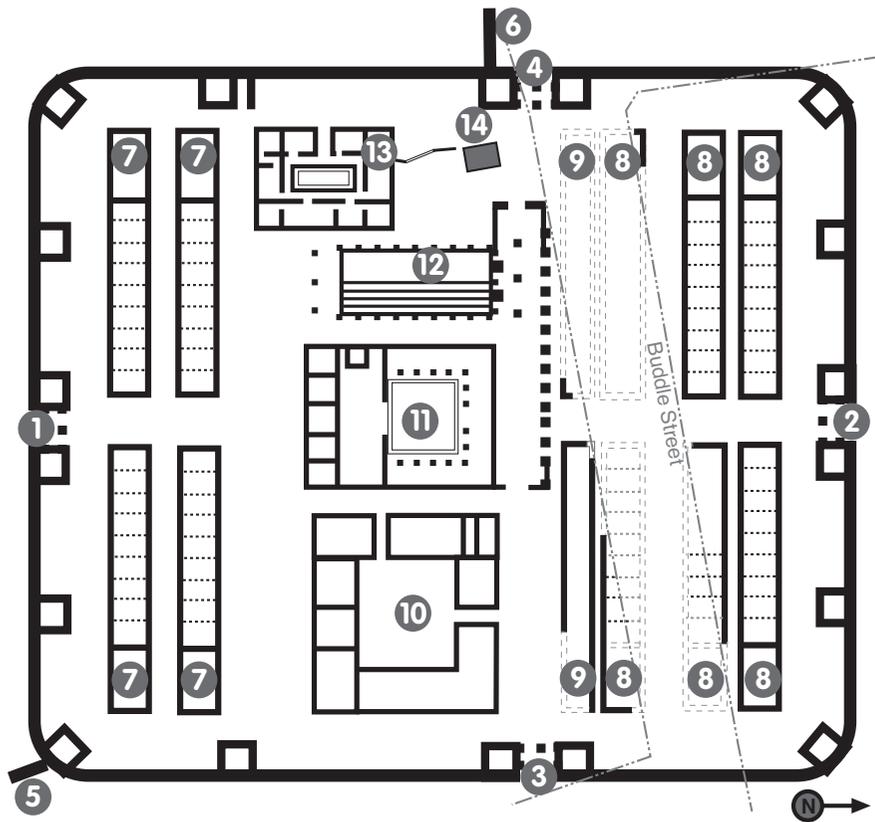
**Key**

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. South Gate                     | 8. Infantry Barracks           |
| 2. North Gate                     | 9. Workshops                   |
| 3. East Gate                      | 10. Commanding Officer's House |
| 4. West Gate                      | 11. Headquarters               |
| 5. Branch of Hadrian's Wall       | 12. Granaries                  |
| 6. Western Line of Hadrian's Wall | 13. Hospital                   |
| 7. Cavalry Barracks               | 14. Water Tank                 |

**The Fort from the Tower**  
Pupil's Activity Sheet

Look out of the window and use the plan to help you answer the questions.

- Where are the 4 fort gates?
- Where are the 2 parts of Hadrian's Wall?
- How many barrack blocks can you see?
- How many workshops can you see on the ground?
- Who lived in the biggest building you can see?
- Which building can you see right in the middle of the fort?
- Find where the soldiers kept their food and water
- Find the Hospital



### Key

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. South Gate                     | 8. Infantry Barracks           |
| 2. North Gate                     | 9. Workshops                   |
| 3. East Gate                      | 10. Commanding Officer's House |
| 4. West Gate                      | 11. Headquarters               |
| 5. Branch of Hadrian's Wall       | 12. Granaries                  |
| 6. Western Line of Hadrian's Wall | 13. Hospital                   |
| 7. Cavalry Barracks               | 14. Water Tank                 |

### ■ The Fort from the Tower Answer Sheet

1. South, North, East and West gates. (Marked 1,2,3, & 4)
2. Branch of Hadrian's Wall and the Western line of Hadrian's Wall (Marked 5 & 6)
3. 10 Count both sides of the modern road (Marked 7 & 8)
4. 1 The second workshop is still hidden under the modern road. (Marked 9)
5. The Commanding Officer. His house is the biggest building. (Marked 10)
6. The Headquarters. (Marked 11)
7. The Granaries for food and the Water Tank for water (Marked 12 & 14)
8. The Hospital is next to the Granaries and near the Water Tank. (Marked 13.)

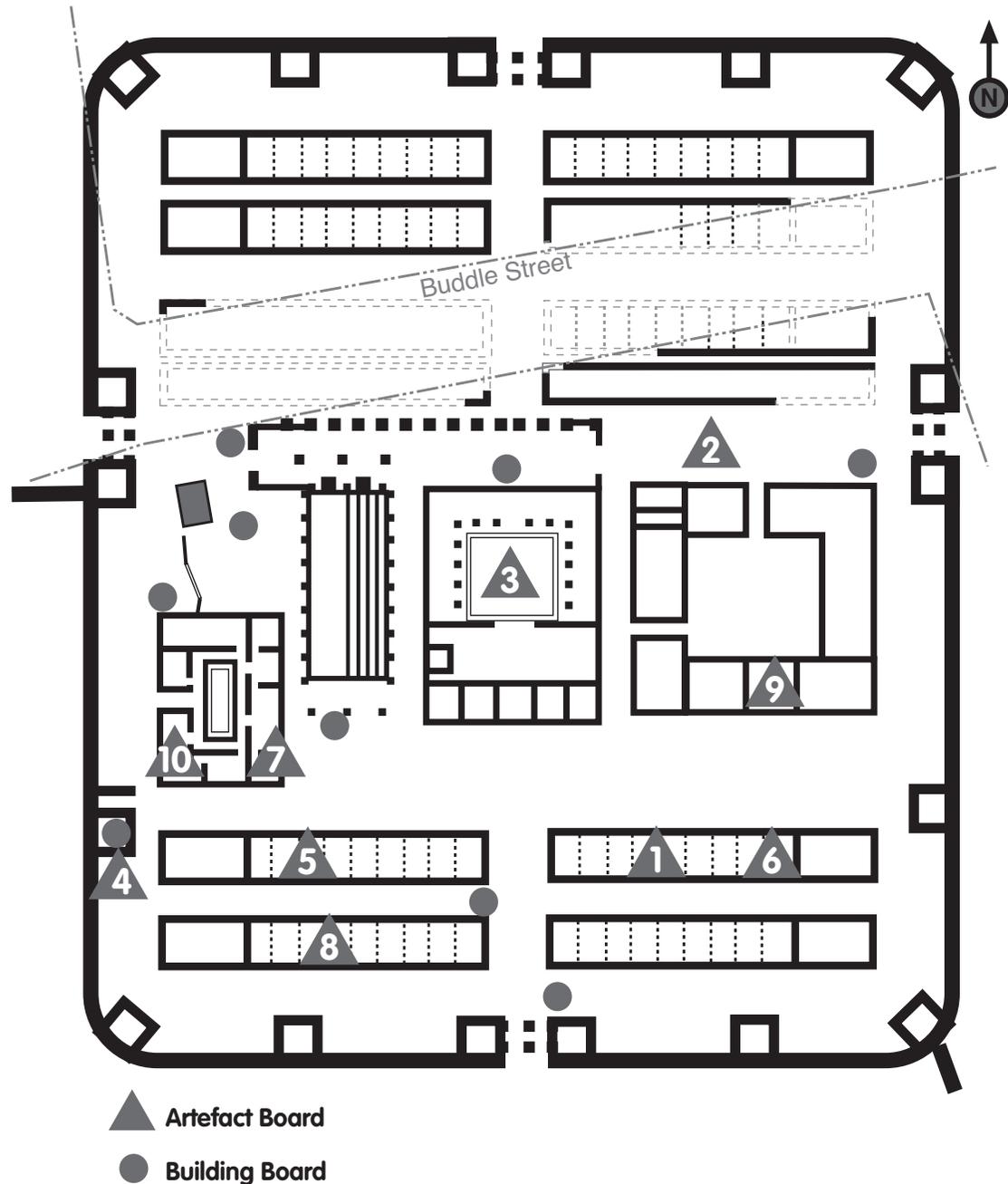
■ **Artefact Activity**

Found on the Fort  
Group Leader's Guide

Enter the fort by the South Gate. This is the main visitor entrance to the fort site. To find the South Gate from the Museum, you follow the route to the Bath House but turn right before you reach the Baths.

Look for 10 places where artefacts were found. There is no fixed route. Each place is marked with a small notice board with a drawing of the artefact on it. Nearby is a notice board with the name of the building on it.

Right is a plan of the fort with the artefact boards and the building boards marked on. An answer sheet is also included in this pack. The buildings can also be identified from the Fort Trail Group Leader's Guide.

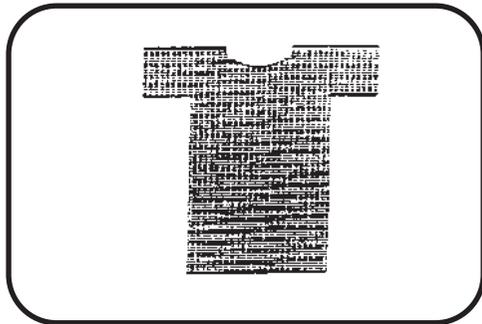


## ■ Artefact Activity

Found on the Fort : Pupil's Activity Sheet

The archaeologists found these things outside on the Roman Fort. Go round the remains of the fort and find the notice boards that tell you where each one was found.

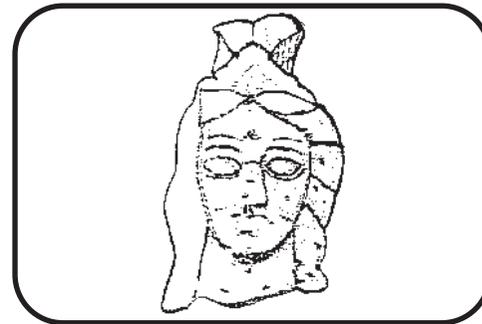
Which building did the archaeologists dig in to find each one?



1

Found in the

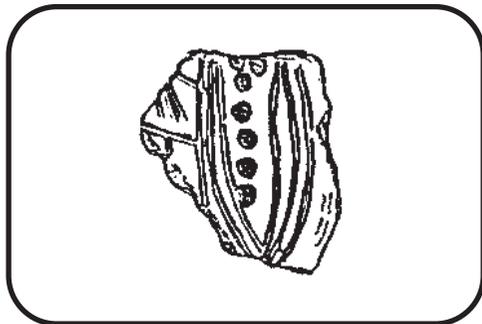
\_\_\_\_\_



2

Found in the

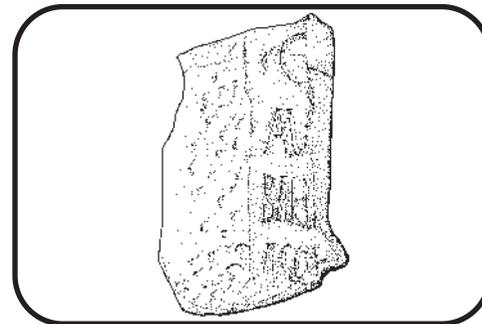
\_\_\_\_\_



3

Found in the

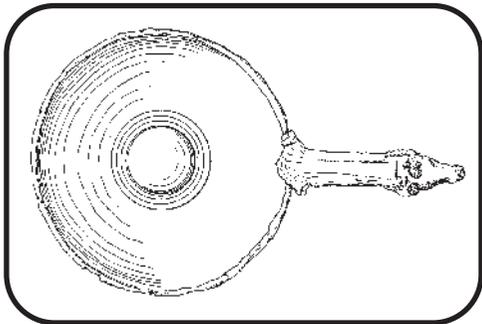
\_\_\_\_\_



4

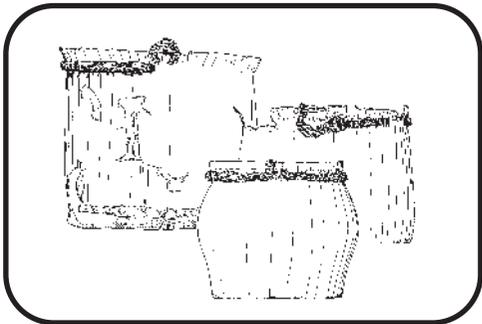
Found in the

\_\_\_\_\_



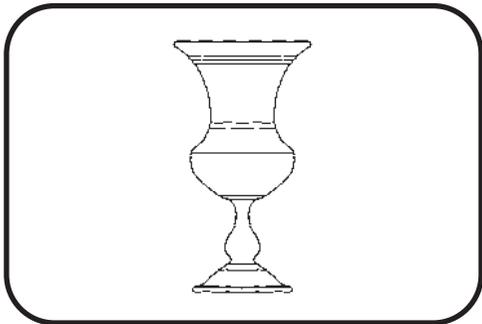
5

Found in the \_\_\_\_\_



6

Found in the \_\_\_\_\_



7

Found in the \_\_\_\_\_



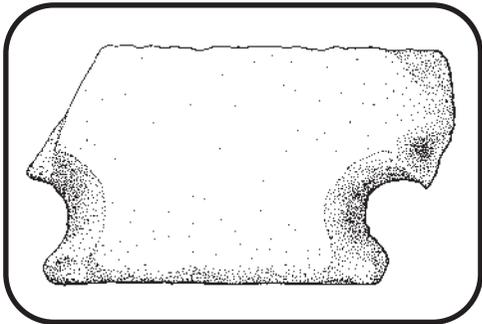
8

Found in the \_\_\_\_\_



9

Found in the \_\_\_\_\_



10

Found in the \_\_\_\_\_

Have you filled in all 10 answers? **Well done.**

Which is your favourite artefact?

## ■ Artefact Activity

Found on the Fort : Answer Sheet

1. Ring mail - in the Barracks
2. Minerva's Head – in the Commanding Officer's House
3. Anglo-Saxon pottery – in the Headquarters Building
4. Inscription stone – in the Minor West Gate
5. Patera dish – in the Barracks
6. Cooking pans (Mess tins) – in the Barracks
7. Candlestick – in the Hospital
8. Lead shrine – in the Barracks
9. Statue of Fortuna – in the Commanding Officer's House
10. Stone latrine seat – in the Hospital



## ■ **Hadrian's Wall:** Information Sheet

Hadrian's Wall was the north-west frontier of the Roman Empire for almost three hundred years. The Emperor Hadrian ordered the Wall to be built and then visited Britain in AD 122. He probably saw the work underway. Changes to the original plan are attributed to his visit. The Wall finally ran for 80 Roman miles (73 modern miles or 117 km) from Bowness on the Solway Firth in the west to Wallsend on the River Tyne in the east.

At Segedunum, Hadrian's Wall joins the west side of the fort as part of the southern tower of the main west gate. The Wall leaves the fort at the south-east corner and runs approximately 300m down to the River Tyne. There may well have been a monument to the Emperor Hadrian at the Wall's end.

Hadrian's Wall does not run all the way to the sea because the River Tyne becomes the frontier between Segedunum and the coastal fort, Arbeia.

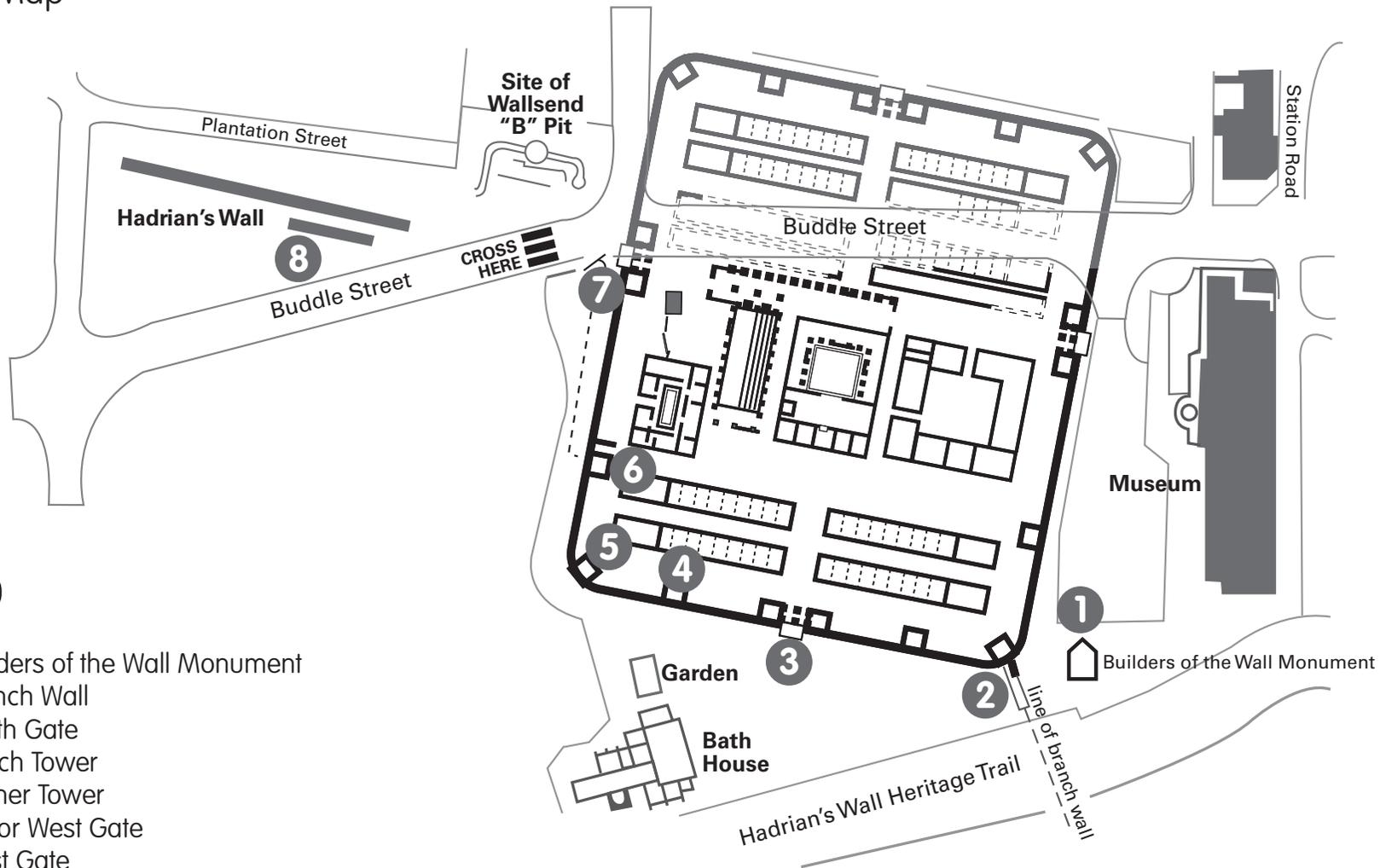
At Segedunum you can see the excavated remains of Hadrian's Wall. This section of the Wall runs in

the grass until dipping to show a spectacularly collapsed section of Hadrian's Wall which the Romans repaired again and again. Thorn bush pits (cippi) were found north of the remains of the Wall, nearer the fort. These are marked by wooden posts. The Wall was also defended by a deep ditch, dug in front of it, beyond the thorn bush pits. This cannot be seen at Segedunum because of the modern building work.

The Hadrian's Wall site has a large, reconstructed section of Wall to show what it would have looked like in Roman times. The walkway at the top is accessible by steps.

You can find out more by using the Hadrian's Wall Trail and Group Leader's Guide. There is also a Pupil's Activity Sheet for use at the Wall site.

## Hadrian's Wall Trail Map



### Key

1. Builders of the Wall Monument
2. Branch Wall
3. South Gate
4. Watch Tower
5. Corner Tower
6. Minor West Gate
7. West Gate
8. Hadrian's Wall

## ■ Hadrian's Wall Trail

### Group Leader's Guide

#### 1. The Builders of the Wall Monument

On this monument you can find the names of Romans who worked on Hadrian's Wall. The Wall was built in sections by different groups of soldiers. The leader of the group was usually a centurion and it was his name that was inscribed on to a stone in the wall.

#### 2. Branch Wall

Here you can see part of Hadrian's Wall going down to the river. It is on the other side of the fence. You cannot see exactly where it joins the river because the shipyard is there now. There is a plaque in the shipyard which marks this part of Hadrian's Wall even nearer the river.

When you look towards the remains of the fort you will see a line of cobblestones leading to the base of the tower at the SE corner of the fort. This is where Hadrian's Wall joined the fort.

#### 3. South Gate

You can see the foundations of this main gate. It had two high towers and two archways with double

doors. The bases of the towers are marked by cobblestones. You can walk through where the doors used to be.

If you look straight ahead you will see a gap between the modern houses on the far side of the road. The gap marks the North Gate. This gives you an idea of how big the fort really was.

#### 4. Watch Tower

This square base marks the bottom of a watch tower along the fort wall. The fort walls were up to 4m high. On the inside there was a steep earth bank and steps up to a walkway. Soldiers could walk along the top and into the towers. They would watch the people using the river.

#### 5. Corner Tower

Two walls meet at the corner. A tower was built here so that guards could look out both ways. This is the SW corner of the fort and there would be a good view of the busy village outside the fort walls.

## 6. Minor West Gate

This single gateway led into the village outside the fort. Today we see an industrial estate and have to imagine the village.

Although outside the fort, the settlement was protected on all four sides:

To the north by Hadrian's Wall

To the east by the fort

To the west by a large earth bank

And to the south by the river.

The original bath house would have been in this safe area. The road from this gate went all the way to Newcastle (Pons Aelius).

## 7. West Gate

The remains of one of the two towers of this gate can be seen in the ground. This tower is the south tower of the gate. This is where Hadrian's Wall joins the fort. The stonework still lies underground, under the road. This was explored in 1929 and it was found that Hadrian's Wall and the gate tower wall were built as one piece and at the same time.

The gates open north of Hadrian's Wall so that troops could move quickly into the open countryside to meet an attack.

## 8. Hadrian's Wall

You can see the Roman remains of the Wall in the ground where it was excavated. The posts you can see in the ground in front of the Roman wall mark where there used to be pits for thorny branches. Beyond the posts there would have been a deep ditch to stop attackers coming near. This ditch cannot be seen today.

To help us understand what Hadrian's Wall would look like before it fell down, the archaeologists have built the reconstructed wall next to it. This is 4m high and the walkway along the top is accessible by steps. You can also look at the wall underneath the steps to see three different finishes that may have been used on the Roman wall, using paint and plaster. It is unlikely to have been left as bare stone as we see it today.

## ■ Hadrian's Wall

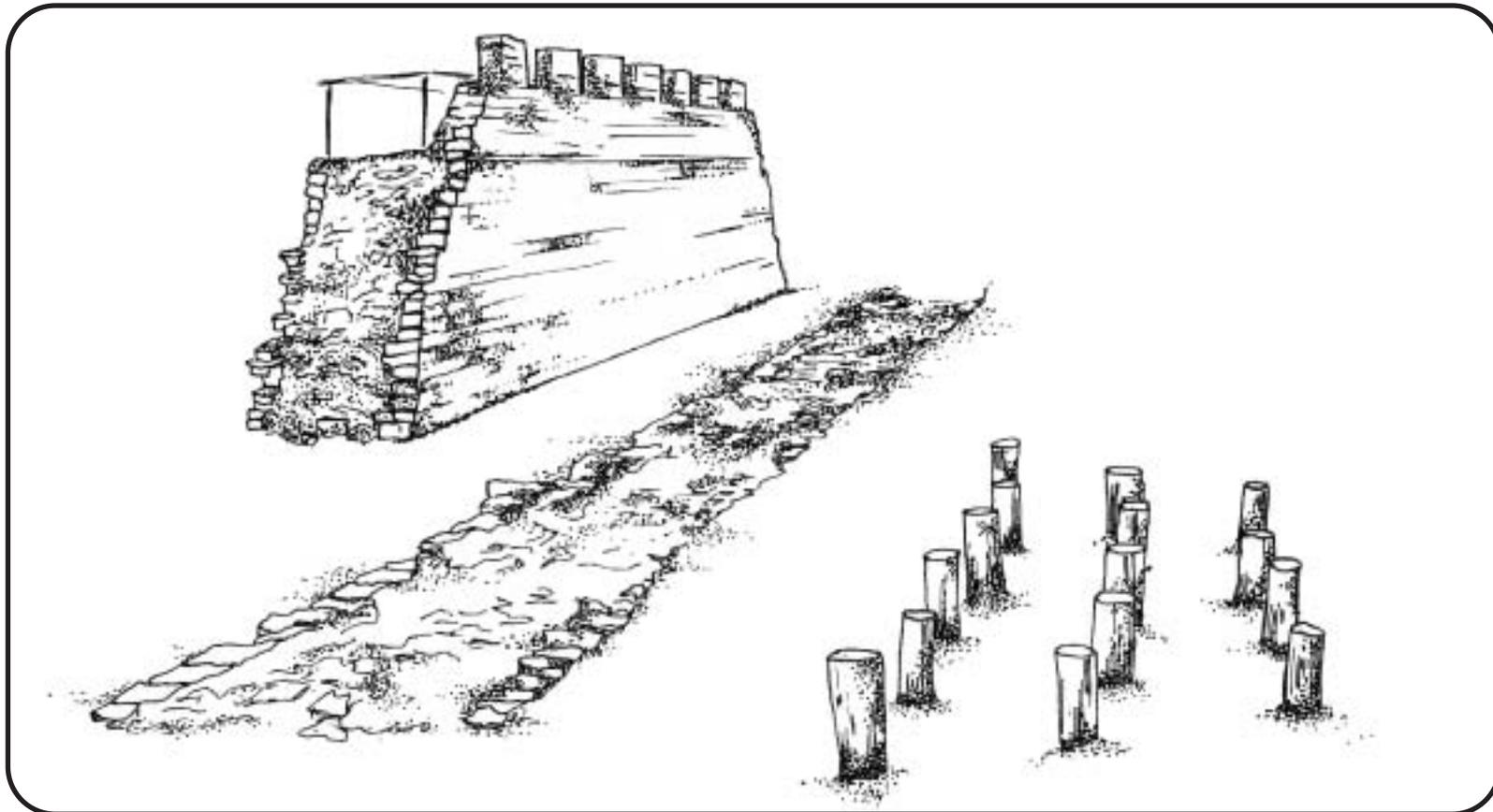
Pupil's Activity Sheet

1

### Today

What can you see?

Draw yourself in the picture.

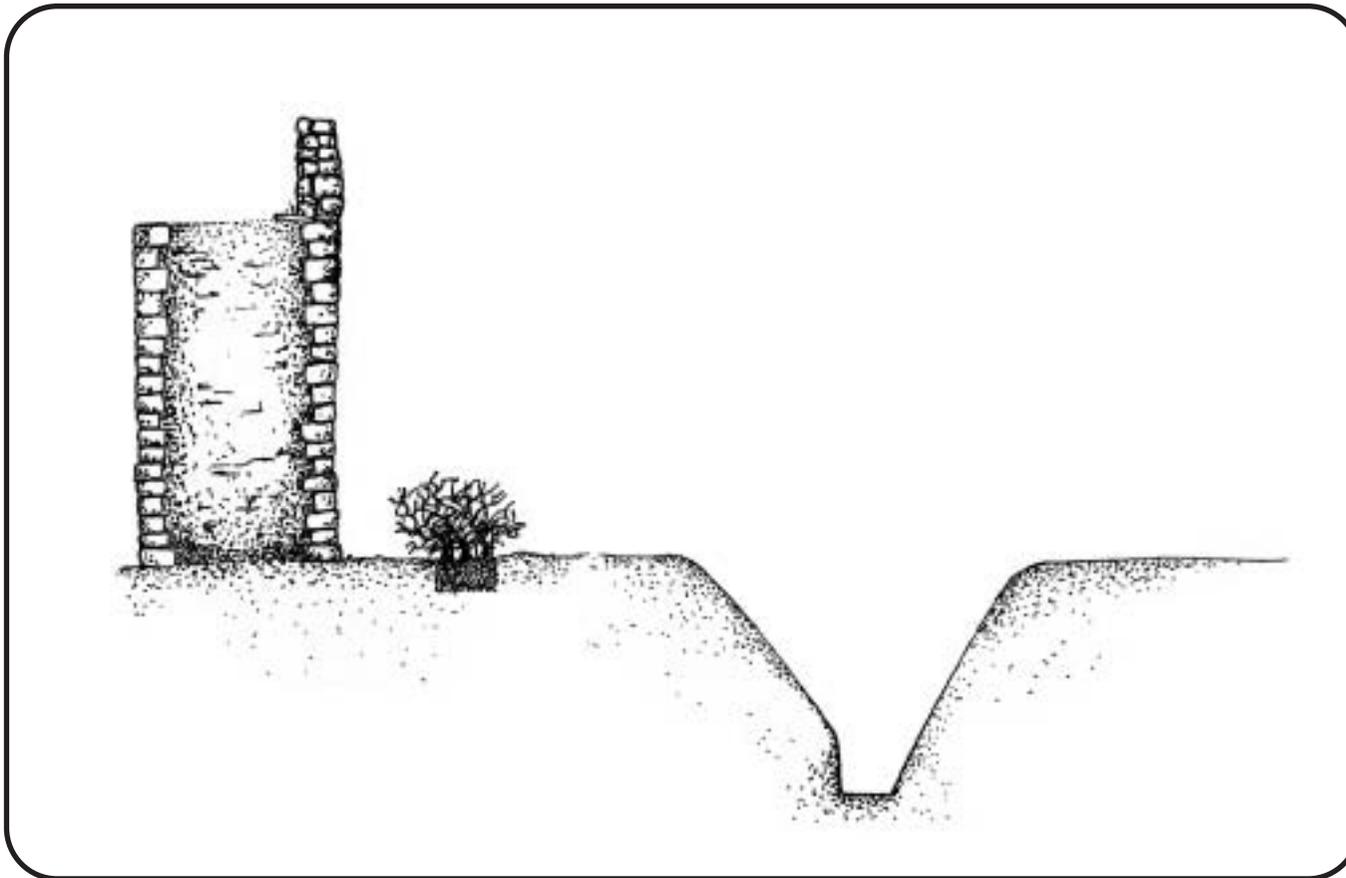


## ■ Hadrian's Wall

Pupil's Activity Sheet

### 2 Roman Times

Look at the picture of Hadrian's Wall in Roman times. Use the words to label the picture.  
Draw a Roman soldier in the picture.



wall

thorny  
branches

ditch

## **Museum:** Information Sheet

The Museum has galleries on two floors. On the ground floor is the Roman Gallery and on the first floor are a variety of displays and facilities.

Plans of each floor are included in this pack.

### **1. Ground Floor**

#### **The Roman Gallery**

This gallery displays hundreds of finds from the excavations at Segedunum. They are laid out in sections around a central courtyard.

The courtyard represents the Headquarters building at the centre of the fort. The other sections are on the themes:

- Excavation and Discovery
- Building techniques
- The Granary (Food & Drink)
- The Soldier's Life with a reconstructed Barrack and Roman Life Film Theatre
- The Shrine of the Standards

- The Commanding Officer's House (Office, Leisure and Belief)
- The Hospital

Hands-on activities are included in each zone ranging through sorting artefacts, solving puzzles to dressing up. There are also touchscreen computer games and "real Romans" on video. There are two models of the fort in the gallery. One is a scenic model under glass and the other is a carved model designed for touch.

More information on Roman life can be found on the lift-out panels in each section of the gallery.

In the centre of the gallery is a model of the fort with a video tour.

## **Artefact Activity**

To encourage a closer look at some of the rarer finds at Segedunum there are 4 linked activity sheets in this pack:

Artefact Activity: Gallery Search – for use in the Roman Gallery

Artefact Activity: Found on the Fort – for use outside on the fort

Artefact Activity: Research Results – for use in the classroom or with advanced pupils on site.

Artefact Activity: Quick questions – to extend any of the above sheets.

## **2. First Floor (accessible by lift and stairs)**

### **The Film Theatre (40 seats)**

The story of the whole site is shown in a 9 min film. It starts with the arrival of the Romans and continues through history to the dangers of the coalmine and the drama of shipbuilding.

## **The Industry Gallery**

The dangers of the mines and the development of the safety lamp are the theme of the Coal-mining display. The Shipbuilding section shows the range of ships that were built in the local yards with photographs and scale models.

## **The Temporary Exhibition Gallery**

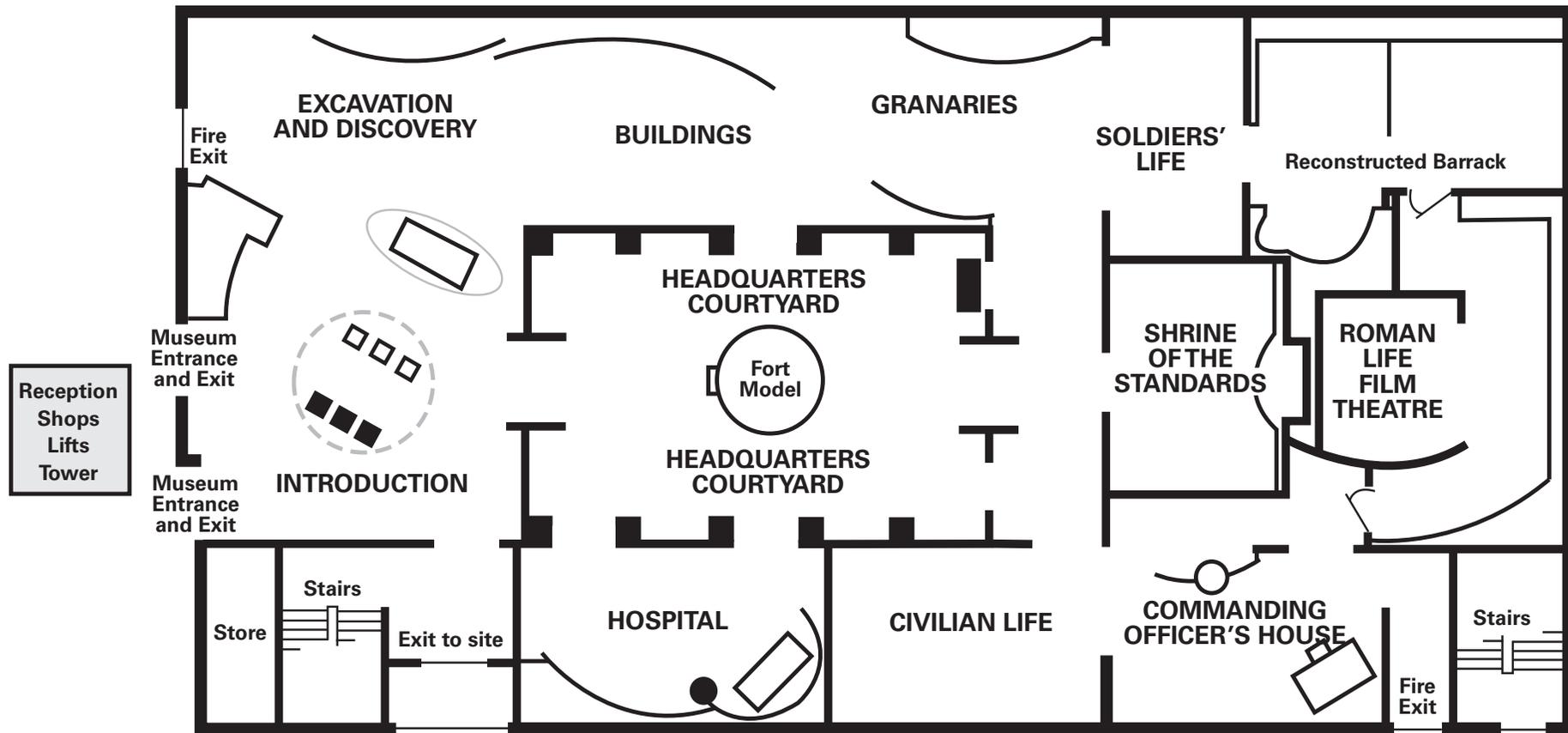
A range of exhibitions are put on in this gallery throughout the year. Please contact the Museum for details of the programme.

## **The Activities Area**

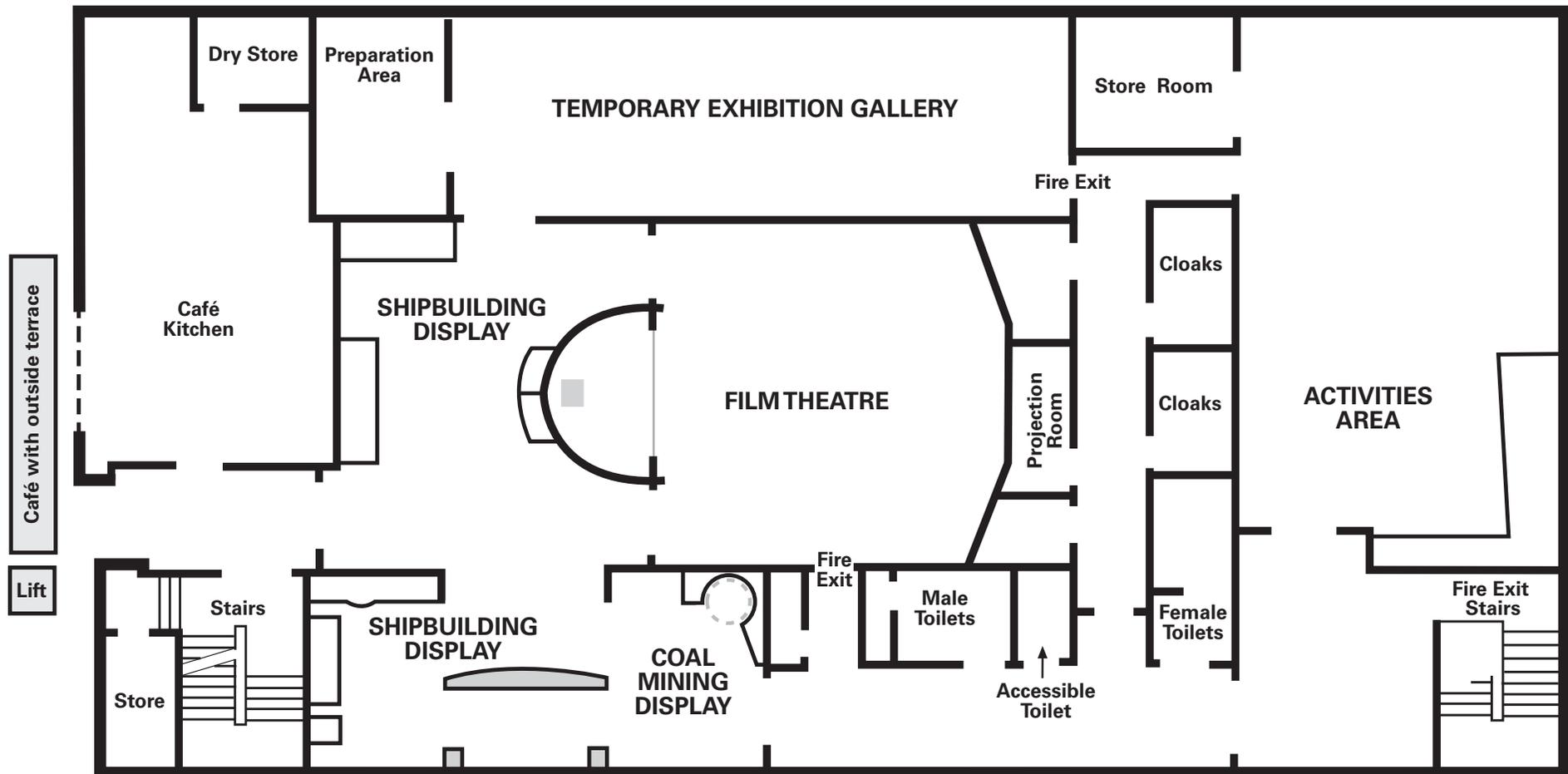
The main room is used for a range of activities including workshops for schools. Please contact the Museum for details of the educational activities available. Schools groups also eat their packed lunches in this room. Toilet and cloakroom facilities are nearby.

**Museum Galleries**

Floor Plans : Ground Floor



■ **Museum Galleries**  
Floor Plans : First Floor

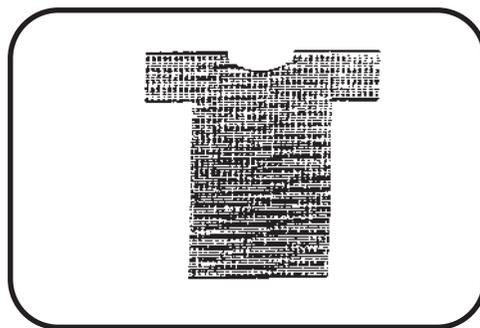


**Artefact Activity**

Gallery Search : Pupil's Activity Sheet

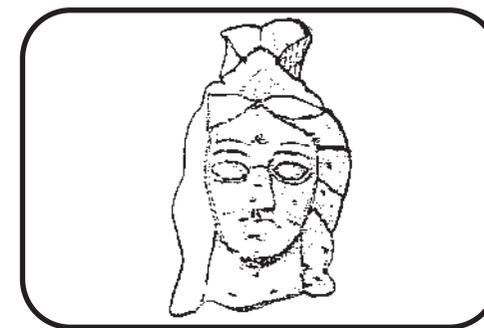
The archaeologists found these things in the ground. Now they are in the Museum. Go round the Roman Gallery and when you find the artefact, match it to its name.

There is a small label in the display case to help you. It looks like this



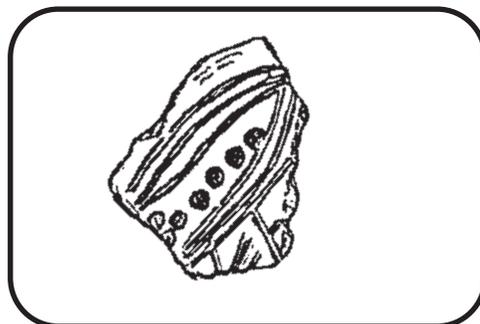
1

Inscription  
stone



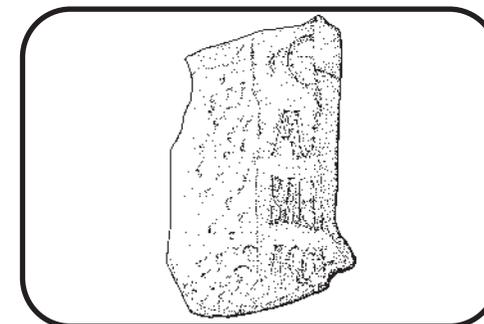
2

Anglo-Saxon  
Pottery



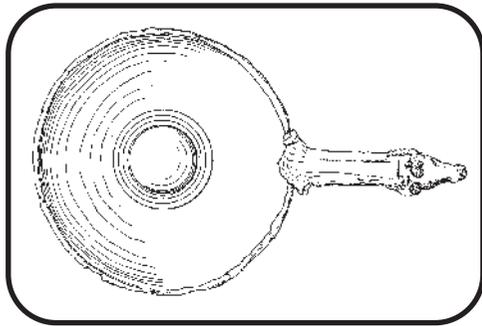
3

Minerva's  
Head



4

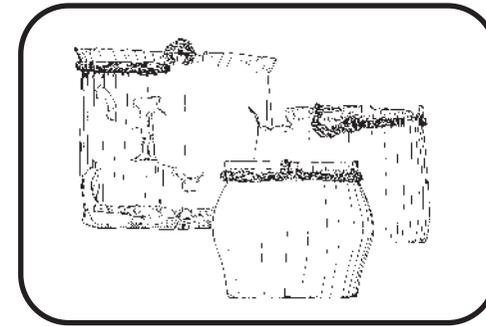
Ring mail



5

Stone  
latrine seat

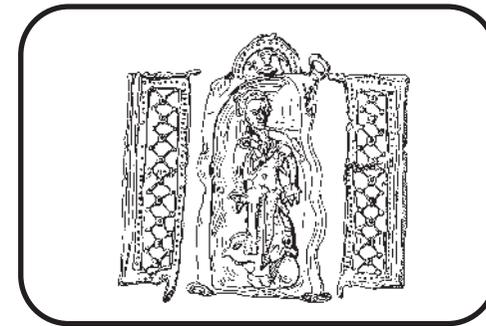
Candlestick



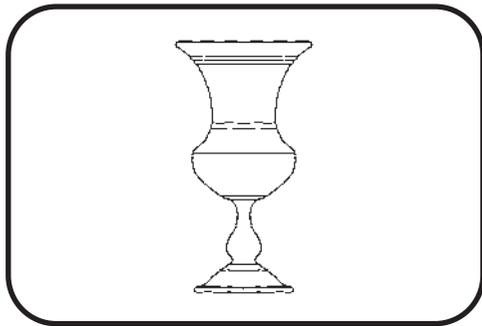
6

Fortuna

Cooking Pans



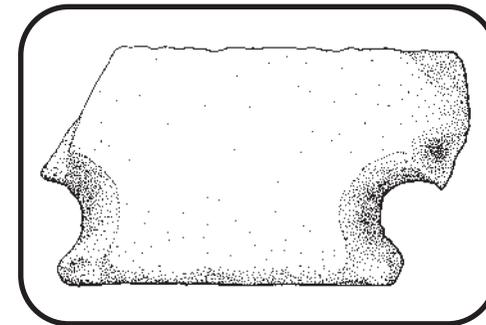
8



7

Shrine

Dish (Patera)



10



9

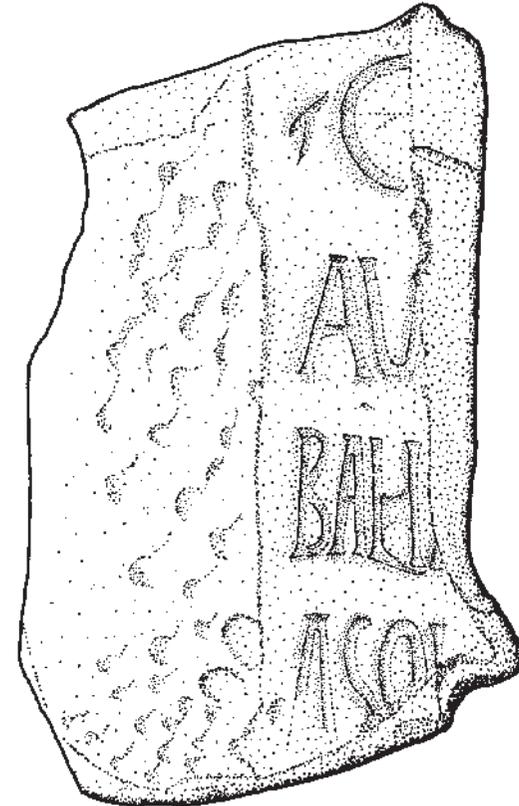
Have you found the name of 10 artefacts? **Well done.**

Which artefact is not Roman? \_\_\_\_\_

## ■ Artefact Activity

### Gallery Search : Answer Sheet

1. **Ring mail** on display in the barracks
2. **Minerva's Head** on display in the Headquarters Courtyard
3. **Anglo-Saxon Pottery** on display in Excavation and Discovery area
4. **Inscription Stone** on display in the Buildings area
5. **Patera dish** on display in the Headquarters Courtyard
6. **Cooking Pans** on display in the Granary area
7. **Candlestick** on display in the Hospital
8. **Shrine (Mercury)** on display in the Hospital
9. **Statue of Fortuna** on display in the Commanding Officers House
10. **Stone latrine seat** on display in the Hospital



**Artefact Activity** Research Results : Pupil's Activity Sheet  
Use your research to complete the table

**1**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**2**  **Name**  
\_\_\_\_\_

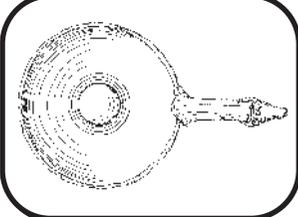
**Found in the**  
\_\_\_\_\_

**3**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**4**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**5**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**6**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**7**  **Name**  
\_\_\_\_\_

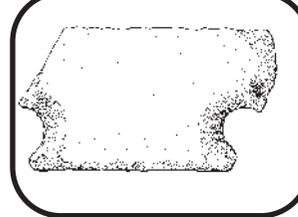
**Found in the**  
\_\_\_\_\_

**8**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

**9**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

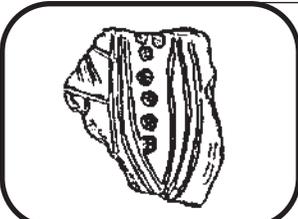
**10**  **Name**  
\_\_\_\_\_

**Found in the**  
\_\_\_\_\_

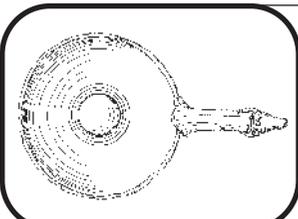
■ **Artefact Activity** Research Results : Answer Sheet

**1**  **Name**  
Ring mail \_\_\_\_\_  
**Found in the**  
Barracks \_\_\_\_\_

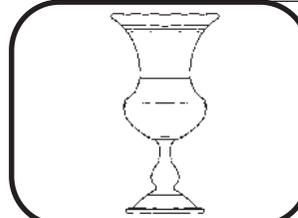
**2**  **Name**  
Minerva's Head \_\_\_\_\_  
**Found in the** Commanding  
Officers House \_\_\_\_\_

**3**  **Name**  
Anglo-Saxon Pottery \_\_\_\_\_  
**Found in the**  
Headquarters Building \_\_\_\_\_

**4**  **Name**  
Inscription Stone \_\_\_\_\_  
**Found in the**  
Minor West Gate \_\_\_\_\_

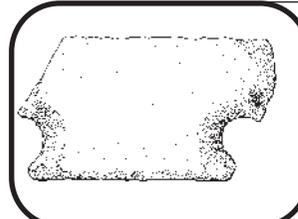
**5**  **Name**  
Patera Dish \_\_\_\_\_  
**Found in the**  
Barracks \_\_\_\_\_

**6**  **Name**  
Cooking Pans (mess tins) \_\_\_\_\_  
**Found in the**  
Barracks \_\_\_\_\_

**7**  **Name**  
Candlestick \_\_\_\_\_  
**Found in the**  
Hospital \_\_\_\_\_

**8**  **Name**  
Lead shrine \_\_\_\_\_  
**Found in the**  
Barracks \_\_\_\_\_

**9**  **Name**  
Statue of Fortuna \_\_\_\_\_  
**Found in the** Commanding  
Officer's House \_\_\_\_\_

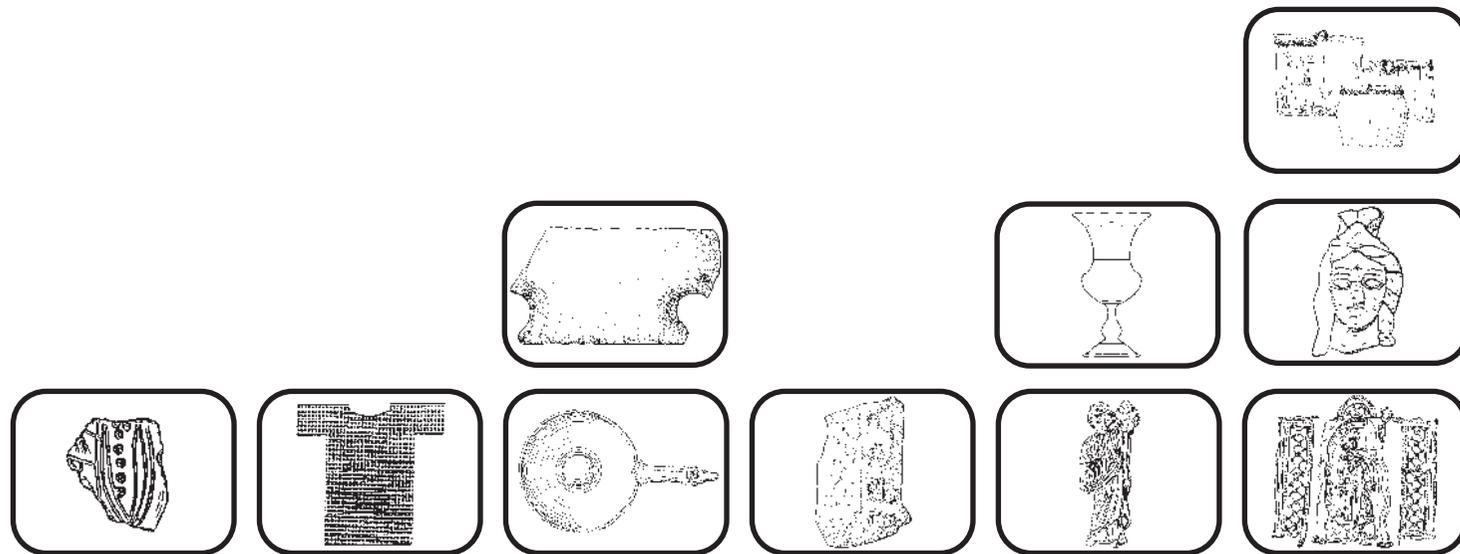
**10**  **Name**  
Stone latrine seat \_\_\_\_\_  
**Found in the**  
Hospital \_\_\_\_\_

## ■ Artefact Activity

Quick Questions : Pupil's Activity Sheet

Which artefact(s) can tell us about....

1. Where Romans went to the toilet \_\_\_\_\_
2. What the soldiers wore \_\_\_\_\_
3. What the Romans used to light their rooms \_\_\_\_\_
4. What the soldiers used to cook \_\_\_\_\_
5. Which gods the Romans worshipped \_\_\_\_\_

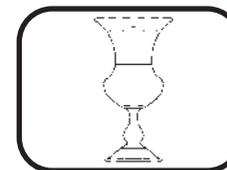
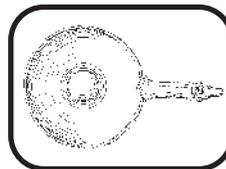
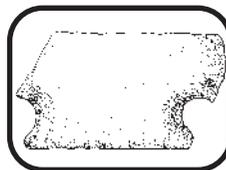


■ **Artefact Activity**

Quick Questions : Answer Sheet

**Which artefact(s) can tell us about....**

1. Where Romans went to the toilet  
**Stone latrine seat**
2. What the soldiers wore  
**Ring mail**
3. What the Romans used to light their rooms  
**Candlestick**
4. What the Soldiers used to cook  
**Cooking Pans (a patera was a serving dish)**
5. Which gods the Romans worshipped  
**Minerva's head, lead shrine (Mercury inside) and Statue of Fortuna**



## **The Roman Baths:** Information Sheet

### **The Baths**

The baths were the main meeting place and social centre near the fort. Like a modern leisure centre, they provided somewhere to relax and meet with friends. The baths were laid out in a series of cold, warm and hot rooms similar to modern Turkish baths. Roman bathers usually did not wear any clothing. Both men and women could use the baths and regulations were brought in for different bathing hours on several occasions.

### **The Changing Room**

As you come through the main doors you step into a large hall. This impressive room is the changing room but was used by the Romans for a variety of activities. They would exercise, chat, buy food, eat snacks and play dice or board games. The Roman writer, Seneca, tells us that bathers could also have the hair plucked from their armpits!

The niches in the wall are where the Romans could put their clothes and swap their shoes for a pair of sandals with wooden soles. These protected their feet from the floors in the hot rooms which were heated by the hypocaust. At the opposite end to

the niches, the door leads to a Roman toilet (not for use!) and to modern toilet facilities (for the visitor). The other door out of the Changing Room leads to a series of rooms. The Romans could choose which order to visit and re-visit these rooms.

### **The Cold Room**

In this room there is a plunge bath full of cold water. The walls show frescoes of fish and swimming Cupids based on Roman bath house designs. You can also see a replica statue of Fortuna, the Goddess of Good Luck who was a great favourite with the soldiers. Bathers often chose to start and finish with a cold plunge.

### **The Warm Rooms**

Before going into the Hot Room everyone would have to visit a Warm Room. These were places to sit and relax and let the body temperature adjust. There is no bath. The Romans would put on their sandals as the floor is hot here. They smoothed oils on their skin and rubbed themselves down with a blunt scraper called a strigil. Some would have a massage.

### The Hot Room

This room was the place to get hot and sweaty in a steamy atmosphere. Situated right next to the furnace, the water in the deep plunge bath was kept at a high temperature. Hot air circulated under the floor and through the air bricks inside the walls and vaulted ceiling. On one side you can see a fountain carved as Medusa's head with snakes in her hair. (She is the Gorgon killed by Perseus.) From her mouth flows warm water which steams as it hits the hot floor. Bathers could cool their face with the water.

### The Third Warm Room with the Hot Dry Room

These rooms are on the left as you come from the Changing Room. Unlike the other rooms they are not operational. In Roman times they provided an alternative to the wet, steamy baths. The hot, dry atmosphere was thought to be good for convalescents.

### A Look Inside the Hypocaust

In the Hot Dry Room, the wall and the floor have been left open so that the construction of the hypocaust and hollow wall tiles can be seen.

### The Frescoes

The fresco designs are based on those found at Roman sites in Britain. Roman pattern books did not change much over the years or across the

Empire. For example, the pillar design in Warm Room 2 is based on one used in a villa in Britain which is very similar to one in a bath house in Pompeii.

A fresco is completed by painting coloured pigments mixed with water on to a wet lime plaster mixture on the wall. The water dissolves lime out of the plaster and binds the pigment into the surface. When dry, the surface is water resistant. Roman paintbrushes were made from natural hair (e.g. goat) which was glued or wired on to a quill from a bird's feather.

### The Herb Garden

The garden is situated next to the Baths at Segedunum. There you can see a variety of flowers and herbs that the Romans used for cosmetics and health. For example;

Marigolds were used in make-up and to make a special drink to soothe a cough,

Fennel roots were eaten by gladiators to improve strength and stamina,

Mint was used as a breath freshener (like modern toothpastes), and

Roses were used to make perfume.

## ■ The Roman Baths

### Group Leader's Guide

This bath house was not built by the Romans. It was built by archaeologists who found out as much as they could about Roman bath houses and then built their own. It is the only reconstructed bath house in Britain. It has a hypocaust system running under the floor to heat the different rooms.

Notes on each room are given below so that you can give a short tour.

### Tour Notes

#### The Changing Room – apodyterium

- The first room you come into is the Changing Room.
- People meet here and change. Men and women had separate sessions.
- It was a place of relaxation to chat with friends while you waited your turn.
- People would play dice or a board game.
- Some would exercise or lift heavy weights.
- Traders would come into the changing room to sell food.

- What do the children think that the alcoves in the wall were for? Ans. Storing clothes – slaves would guard these while their master bathed.
- Bathers would change into their wooden shoes – Why were these necessary? Ans. To protect feet from the hot floors.
- The floor is made from OPUS SIGNINUM – lime cement, crushed brick and tile.

#### The Cold Room – frigidarium

- This would be unheated.
- You came in here first to wash off the dirt of the day.
- The bather plunged into the cold water in the bath.
- The paintings are frescoes – painting on the wall while the plaster was still wet. The design of fish on a blue background is only found in the cold room of Roman bath houses.
- The statue is Fortuna, Roman Goddess of Good Luck, carrying a rudder (to steer you through life) and a cornucopia (the horn of plenty, filled with good foods). Roman statues were painted.

- How many fish can be seen around the arch?  
Ans. 12
- How many different types of sea creatures can be seen?
- Cupid (God of Love) is riding on the back of a dolphin.
- Bathers returned to this room at the end of the bathing process for another cold plunge.

### **The Warm Rooms – tepidarium**

- In here you could relax and warm up from the cold room.
- It was a warm and steamy room with heated floor and walls.
- You could have had a massage.
- The bathers would rub oils into themselves before entering the Hot Room.
- This was a relaxing room for personal grooming using combs and tweezers.
- Why did the hottest parts of the building face south? Ans. To allow the sun to also heat up the rooms.

### **The Hot Room – caldarium**

- This was the hottest room nearest the furnace.

- It was a very hot steamy room – like a modern day Turkish Bath.
- People would only stay in for a short time.
- Heat opened the pores and daily grime was sweated out.
- Strigils were used to scrape away the sweat, dirt and oil.
- Strigils were made of metal and were curved – slaves would remove grime from their masters/mistresses.
- The Medusa fountain had a constant stream of warm water – the water was used to splash faces to cool down. There is an example of this fountain found in the south of Britain.
- You would move to a Warm Room to cool down even more.

### **The Hot Dry Room – laconicum**

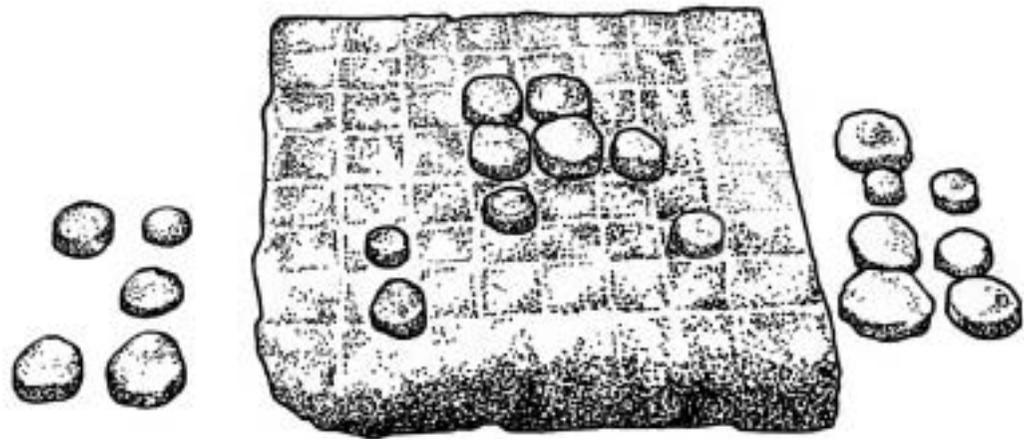
- The hot room had a very high temperature but was dry –like a modern day sauna.
- People would only stay in the heat for a short time.
- Strigils would be used to scrape the skin – slaves would do this.
- In the corner you can see the underfloor heating system the hypocaust.

- The floor was raised by building stacks of bricks underneath. The stacks had a larger tile on top. These supported the paving stones of the floor.
- Hot air from the furnace would circulate around the stacks.
- There were also hollow tiles in the walls and arched ceiling so that the hot air could spread around the whole room.
- This heating system was very efficient.

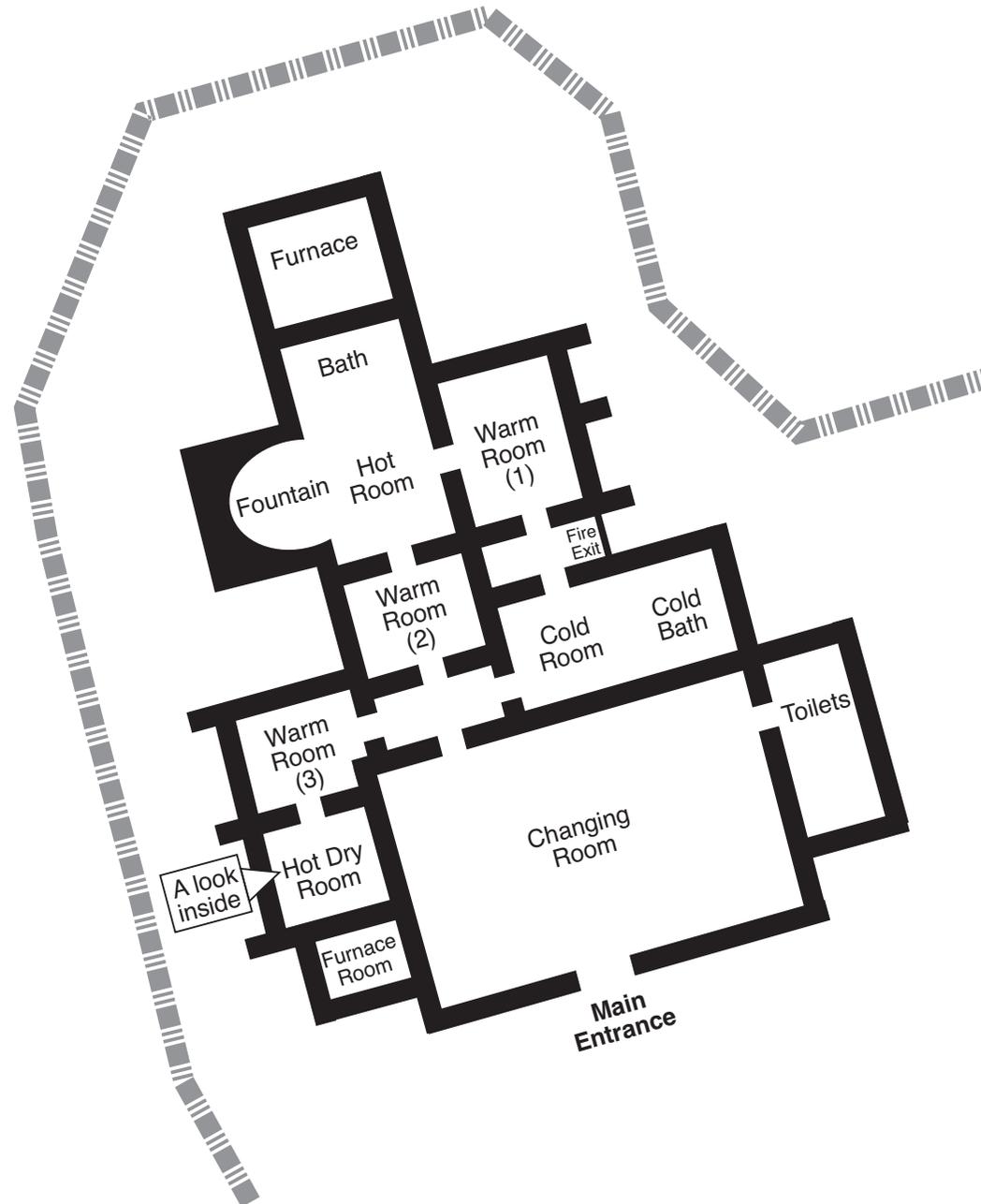
Bathers would go between the rooms. When the treatment was finished they would return to the cold bath to close the pores.

### Toilets – lavatrina

- There was no privacy. Different people could be in here at the same time.
- This reconstruction uses stone toilet seats because one was found at Segedunum. This is the only stone toilet seat found for Roman Britain.
- There was no toilet paper. The Romans used sponges on sticks. These were dipped in the water running in the channel in front of the toilets.
- The toilets were built over drains of running water, or over a stream or over a pit.



■ **The Roman Baths**  
Ground Plan



## ■ At the Roman Baths

### Pupil's Activity Sheet

As you explore the baths you will find...

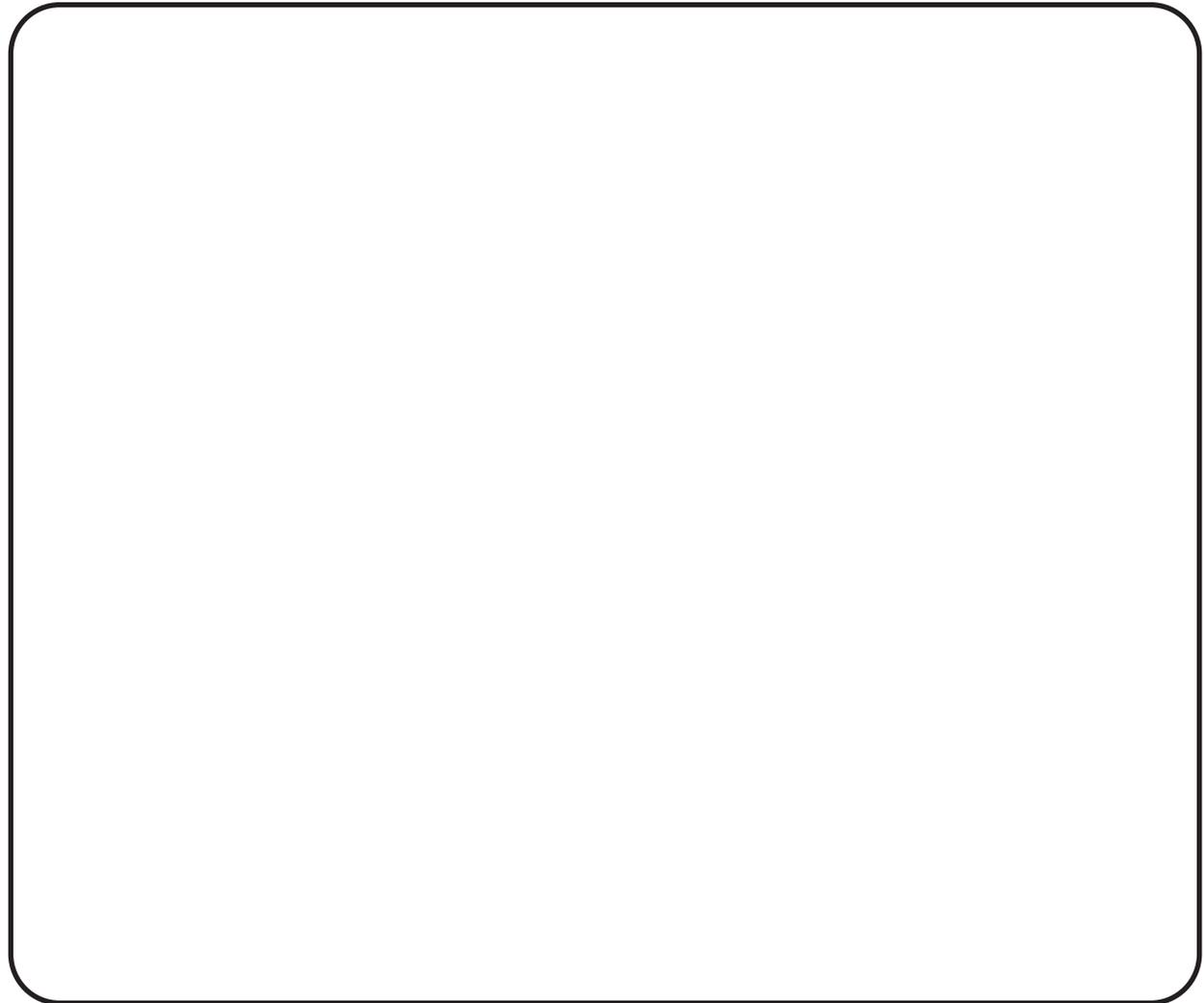
1. The Cold Room
2. Warm Room (1)
3. The Hot Room
4. Warm Room (2)

Look at the paintings on the walls and the ceiling as you find each room.

Find a room in the Baths which is not painted yet.

---

Draw your idea for a design here.



## Contact Details and Booking

### General Information

#### Enjoy a day out at Segedunum

Discover objects found on site in the Roman Gallery. Meet the characters from the past who come alive in the video and computer interactives. Try on costumes, touch pottery and stone, design a wall painting, play Roman games, try building a Roman arch and more!

See the archaeological remains of the fort and visit Hadrian's Wall itself. There are steps to climb to the top of one section of wall reconstructed to its full height. Go inside the replica Bath House and enjoy the frescoes based on original remains.

Explore the Roman Garden nearby to find out more about the herbs and plants of Roman Britain. Take a ride to the top of the viewing tower and view the entire fort beneath.

The Industry Gallery tells you about mining and the later ship building achievements.

#### Curriculum Links

History: Romans. Local study

Science: Investigating materials, plants, diet, skeletons

Literacy, Numeracy, Geography, Art, P.E., Latin, Design and Technology.

#### Resources:

- The Activities Area can be booked for packed lunches
- Teacher's Packs
- Literacy Pack - Fabulous Finds
- KS2 Scheme of Work - Roman Case Study
- Cross Curricular Workshop Programme and Science Activities for KS2 and 3
- Handling trolley for use in Bath House
- Special exhibitions and workshops



#### Segedunum

Buddle Street,  
Wallsend  
NE28 6HR  
tel: 0191 236 9347  
fax: 0191 295 5858

textdirect: 18001 0191 236 9347  
[www.twmuseums.org.uk/schools](http://www.twmuseums.org.uk/schools)

**Other titles available from  
Segedunum Learning Team:**

**Tour the Romans' Wonderful Way  
of Life**

Site Visit Resources for Primary  
Schools

**Roam Around the Roman Gallery**

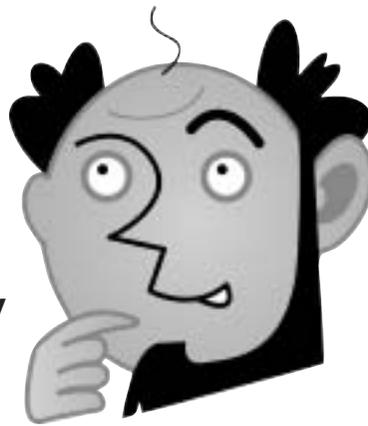
Cross Curricular Resources for Primary Schools

**Relive the Romans**

Classroom Resources for Primary Schools

**Culture Shock: Understanding Heritage**

Resources for Secondary Schools



**How to book**

Please telephone our reception staff. You may want to discuss the date of your visit to fit your requirements into the day's events.

Staff are happy to discuss a variety of options and hold dates under "provisional booking". However, when you have decided on the date this must be confirmed with Museum staff.

All groups booked in will receive a confirmation letter.

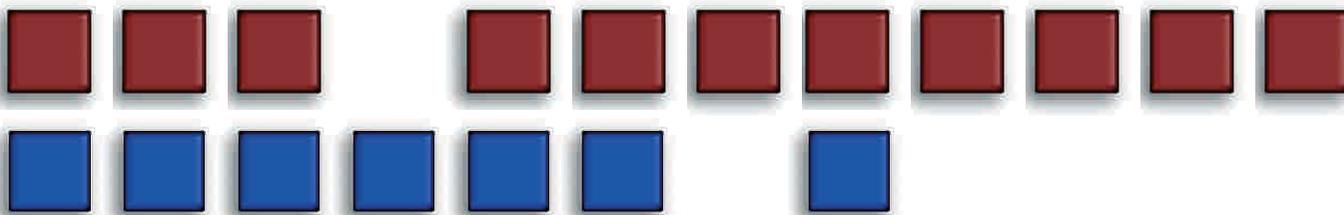
Please do not hesitate to contact us with any queries.

Please let us know if you have any disability related access requirements.

**This pack is fully photocopiable.**

**Author:** Maggie Birchall, Tyne and Wear Museums

**Design and Production:** NDS



# Tour the Romans' Wonderful Way of Life

## Site Visit Resources for Primary Schools

Includes information, guides and activities for:

- The Roman Fort
- Hadrian's Wall
- The Museum
- The Baths



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