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Pronunciations are on the *Additional Materials CD*

# Introduction

Welcome to the *Heroes, Heroines, and Tales of Ancient 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.

What makes a person a hero or heroine? The terms hero and heroine mean different things to different people. When I think of a hero or heroine I picture a heroic person, someone who is brave, daring, or illustrious. In the ancient times bravery and virtue did not always go hand-in-hand. In naming this book I included heroes, heroines, and tales, because some of the stories are good for children to know but do not fall under the header of heroic.

Pilgrim on a journey,  
Amy Puetz

## How to Use This Book

This book is designed for grades first through sixth. Each of the history lessons are divided into two sections, the first page has a larger font and just a basic overview for grades first and second. The next section has the same information just more advanced for grades third through sixth. 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 week, the verse for that week is to be recited.

Pronunciations are available in an audio format on the *Additional Materials CD*.

### Alternate Reading Suggestions for Younger Students

Some stories from ancient history are rather graphic and although every effort has been made to sanitize them for children there are still some stories that might frighten sensitive children. The story might include a cruel death or other harsh events. For these stories an alternate reading is suggested. Teachers are encouraged to preview these stories before reading them to younger students. There are nine lessons with alternate reading suggestions. They are on pages: 45, 67, 70, 109, 114, 117, 178, 181, and 310.

### 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 Ancient History
- Listen to Some Ancient 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 throughout 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 Weeks 1–15 are in the back of Part 1 and Weeks 16–30 are in the back of Part 2.

## Recommended Resources

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.

## 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 binder 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.

## Bible References

Since the Bible is full of history, many passages from it are quoted directly in the text of this book. The King James Version of the Bible is used but please feel free to use a different version if you wish. The Bible verses are easy to find in the text because they are in italics.

## What comes in the Curriculum Package?

*Heroes, Heroines, and Tales of Ancient History Part 1* - Lessons for the first half of the year.

*Heroes, Heroines, and Tales of Ancient 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, pronunciations, and much more.

*Historical Skits* - Performing historical skits is a great way to bring history to life.

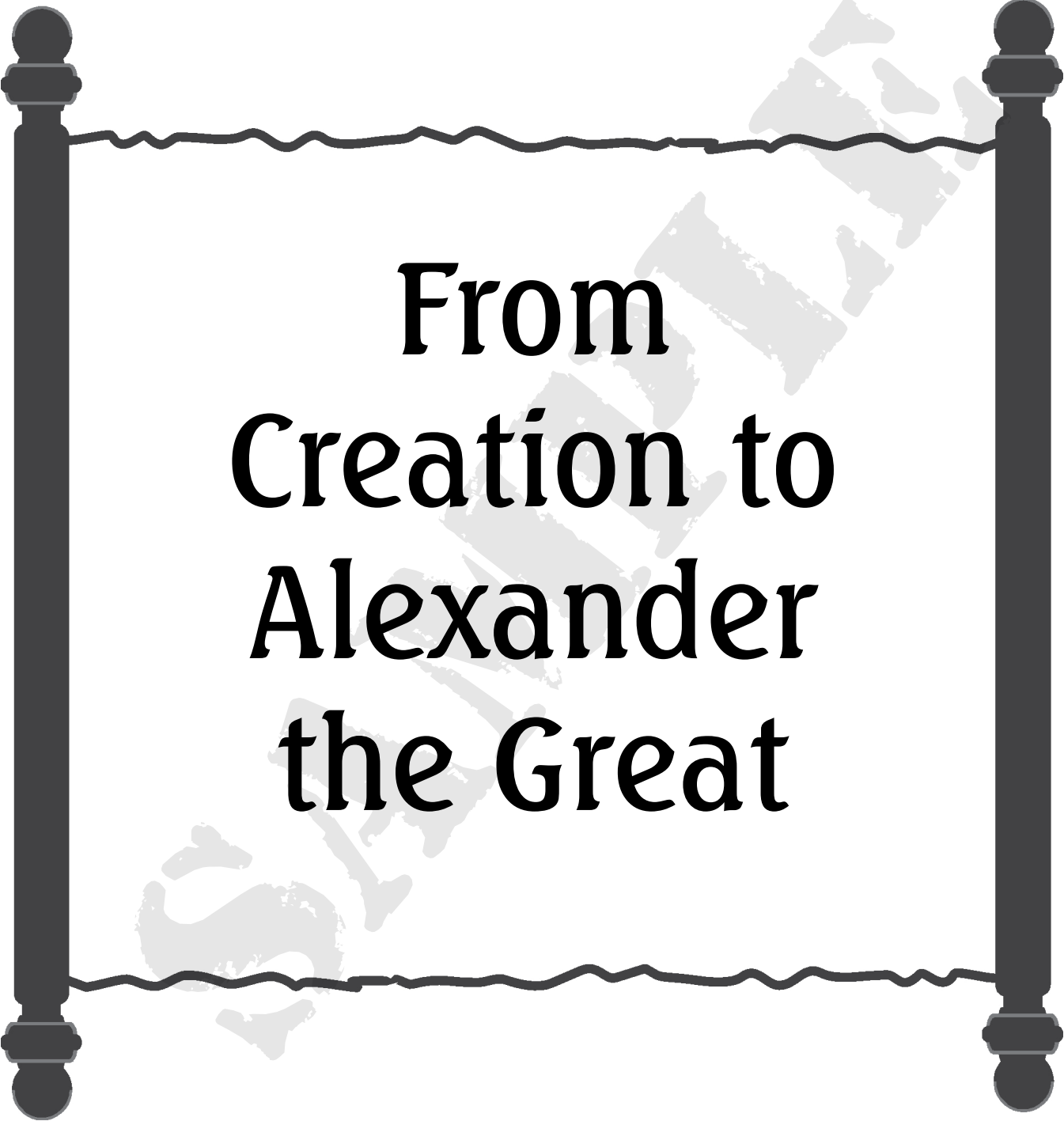
*Sing Some Ancient History CD* - This CD contains the songs mentioned in the books.

*Listen to Some Ancient History MP3 CD* - An audio collection of original speeches, letters, and documents that are mentioned in the books.

## Optional Book

*Heroes, Heroines, and Tales of Ancient 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. There are also lines on each page that may be used for notebooking.



**From  
Creation to  
Alexander  
the Great**

# Week 1 ~ Lesson 1

## Creation of the World

1<sup>ST</sup>-2<sup>ND</sup>

**God creates the world. First and second day.** In the book of Genesis, we learn how the world began. Genesis 1:1-5 says, *“In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.”* On the second day of creation, God divided the waters below from the waters above, they were called sky and seas.

**Third Day.** Next, God gathered the waters into one place, and the dry land into one place. He also made the plants that grow on the earth.

**Fourth Day.** On the fourth day of creation, God made the sun, moon, and stars.

**Fifth Day.** God created water animals and flying animals on day five.

**Sixth Day.** On the sixth day, God created the land animals and mankind. Genesis 1:27 records, *“So God created man in his own image, in the image of God created he him; male and female created he them.”* During this day, God made a special place for the first man to live. It was called Eden. Among the newly created plants and animals, God placed two special trees, the tree of life and the tree of the knowledge of good and evil. From the garden of Eden came four rivers: the Pishon, the Gihon, the Tigris, and the Euphrates.



THE EARTH

**G**od creates the world. **First and second day.** In the book of Genesis, we learn how the world began. Genesis 1:1-5 says, *“In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called*



THE GARDEN OF EDEN

*Night. And the evening and the morning were the first day.”* On the second day of creation, *“God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament Heaven. And the evening and the morning were the second day.”* Genesis 1:6-8.



PLANT

**Third Day.** Next God gathered the waters into one place and the dry land into one place. He also made the plants that grow on the earth. Genesis 1:9-13 says, *“And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good. And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. And the evening and the morning were the third day.”*

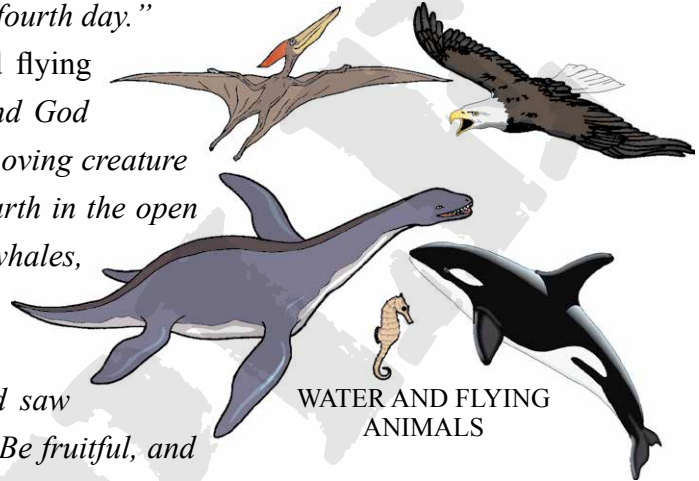
**Fourth Day.** On the fourth day of creation, God made the sun, moon, and stars. Genesis 1:14-19, *“And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and*



SUN, MOON, AND STARS

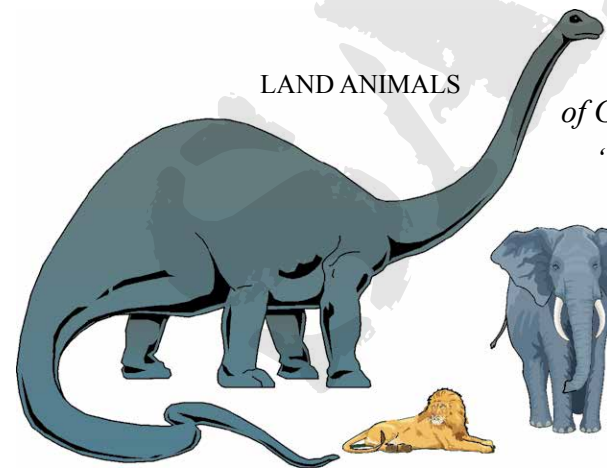
years, and let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, and to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day.”

**Fifth Day.** God created water animals and flying animals on day five. Genesis 1:20–23 says, “And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. And the evening and the morning were the fifth day.”



**Sixth Day.** On the sixth day, God created the land animals and mankind. Genesis 1:24–31 records, “And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. And God made the beast of the earth after his kind, and cattle after their kind, and everything that creepeth upon the earth after his kind: and God saw that it was good.

“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.



“So God created man in his own image, in the image of God created he him; male and female created he them.

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.”



During this day, God made a special place for the first man to live. It was called Eden. Among the newly created plants and animals, God placed two special trees, the tree of life and the tree of the knowledge of good and evil. From the garden of Eden four rivers came. One was called Pishon, which ran through Havilah, a land rich in gold, Gihon was the second river, the Tigris and the Euphrates were the other two rivers. Genesis 2:5 tells us that a mist came over the land to water the ground.

God had formed man from dirt and breathed into his nostrils the breath of life; and man became a living soul. God put Adam, the first man, in the garden to take care of it. Genesis 2:16–25 says, “*And the Lord God commanded the man, saying, Of every tree of the garden you mayest freely eat, but of the tree of the knowledge of good and evil, you shalt not eat of it: for in the day that you eatest thereof you shalt surely die. And the Lord God said, It is not good that the man should be alone;*

*I will make him an help meet for him. And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof. And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him. And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof, and the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”*



MICHELANGELO'S DEPICTION OF GOD CREATING ADAM

## Questions

1. Which day did God create the stars?
2. Which day did God create sea animals?
3. Which day did God create land animals?

## Animals from Play Dough

Make some play dough (recipe is on page 25) and create your favorite animal out of play dough.

## Memory Verse

Genesis 1:1. Write this verse on a 3" x 5" card and memorize it during the week. Be prepared to recite it during lesson 5.



## Week 1 ~ Lesson 2

### The Fall

1<sup>ST</sup>-2<sup>ND</sup>

**Seventh Day.** After God had finished creating the world, He rested. Genesis 2:1-3 says, *“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.*

*And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”*

**Age of the universe.** Many people believe that the universe and the earth are very old, but if the ages and years given in the Bible are added together, the earth is only about 6,000 years old. Modern Creationists (people who believe that God created the universe) estimate that the date of creation is about 4004 B.C.

**The Fall.** The first woman was called Eve, and her husband was called Adam. One day a serpent tempted Eve. He told her that if she ate of the fruit of the tree of the knowledge of good and evil she would become like God, knowing good and evil. Eve ate the fruit and gave some to Adam, who was with her.

God came to see Adam and Eve in the cool of the day, and they hid from Him. Adam blamed Eve and Eve blamed the serpent and all three of them were punished. When Adam and Eve disobeyed God, sin entered the world and things would never be perfect again. God sent Adam and Eve out of the Garden of Eden. God also gave the first promise of the coming of Jesus. He said that the woman’s seed would bruise the serpent’s head (Genesis 3:15). All of the events of ancient history lead up to the important event of Jesus’ birth, death, and resurrection.

**Dates.** Even our dating method points to Christ. All the years before His birth are designated by the letters B.C., which means Before Christ. Those years after His birth are designated with the abbreviation A.D. or Anno Domini, which means “In the year of our Lord.” See the chart on page 11.



EARTH

**S**eventh Day. After God had finished creating the world, He rested. Genesis 2:1-3 says, *“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”*



ADAM AND EVE TURNED OUT OF EDEN BY MR. WEST

**Age of the universe.** Many people believe that the universe and the earth are very old, but if the ages and years given in the Bible are added together, the earth is only about 6,000 years old. Modern young-earth Creationists (people who believe that God created the universe) estimate that the date of creation is about 4004 B.C.

**The Fall.** The first woman was called Eve, and her husband was called Adam. One day they disobeyed God’s one command. In Genesis 3:1-24 the story of this terrible event is recorded.

*“Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?”*

*The woman said unto the serpent, We may eat of the fruit of the trees of the garden, but of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.*

*And the serpent said unto the woman, Ye shall not surely die. For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.*

*When the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.*

*And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden. And the Lord God called unto Adam, and said unto him, Where art thou?*

*And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

*And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?*

*And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat.*

*And the Lord God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.*

*And the Lord God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field; upon thy belly shalt*



EDEN HAD FRUIT TREES, THIS IS AN ORANGE TREE

*thou go, and dust shalt thou eat all the days of thy life:*

*and I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.*

*Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.*

*And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of*



WE DON'T KNOW WHAT THE FRUIT OF THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL LOOKED LIKE BUT AN APPLE IS SOMETIMES USED TO REPRESENT IT

*the field; in the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.*

*And Adam called his wife's name Eve; because she was the mother of all living.*

*Unto Adam also and to his wife did the Lord God make coats of skins, and clothed them. And the Lord God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live forever. Therefore the Lord God sent him forth from the Garden of Eden, to till the ground from whence he was taken. So he*

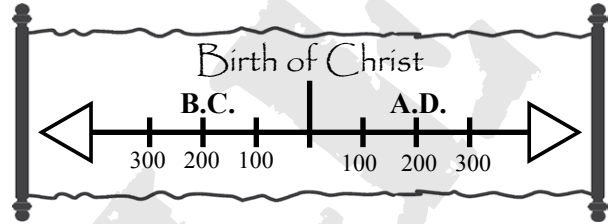


FIG LEAVES

*drove out the man; and he placed at the east of the Garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.”*

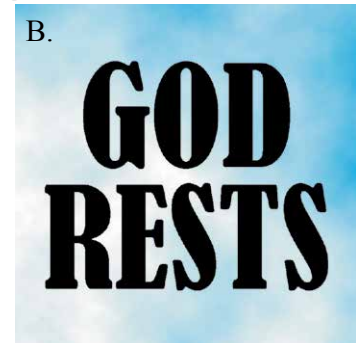
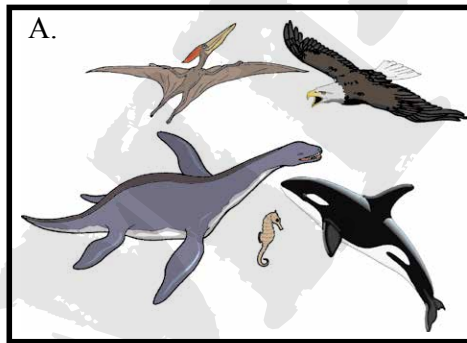
When God cursed the serpent, He said that the woman’s seed would bruise his head. This is thought to be the first prophecy of the coming Savior, Jesus Christ. The theme through the entire Old Testament tells of a coming Savior. All of the events of ancient history lead up to the important event of Jesus’ birth, death, and resurrection.

**Dates.** Even our dating method points to Christ. All the years before His birth are designated by the letters B.C., which means Before Christ. Those years after His birth are designated with the abbreviation A.D. or Anno Domini, which means “In the year of our Lord.” See the chart at right.



## Questions

1. On what day did God create man and woman?
2. Who deceived Eve?
3. How did the man and woman disobey God?
4. Where did Adam and Eve live in the beginning?



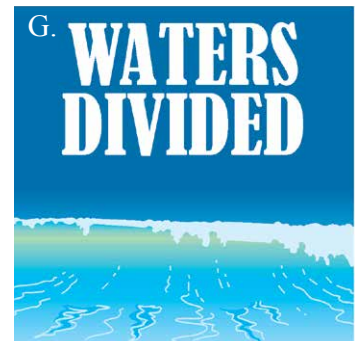
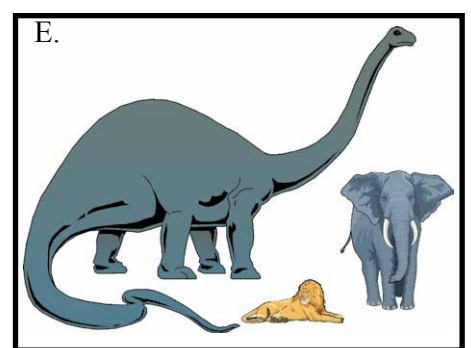
## Writing Topic

Imagine that you lived during the time of Adam and Eve. Write a short story telling what it might have been like to meet them.

## Days of Creation

Match the pictures at the right with the days of creation.

- Day 1 \_\_\_\_\_
- Day 2 \_\_\_\_\_
- Day 3 \_\_\_\_\_
- Day 4 \_\_\_\_\_
- Day 5 \_\_\_\_\_
- Day 6 \_\_\_\_\_
- Day 7 \_\_\_\_\_

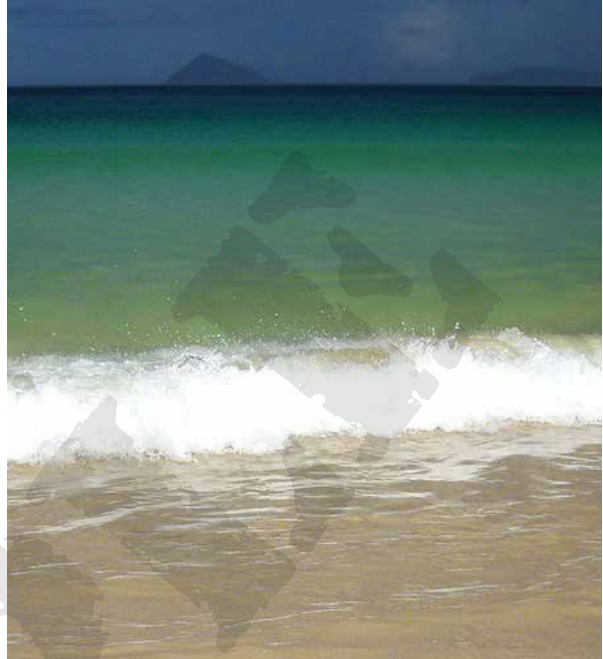


## Week 1 ~ Lesson 3

### Creation Legends, Part 1

1<sup>ST</sup>-2<sup>ND</sup>

**Many legends.** All over the world there are legends or stories about how the world came into existence. Many of these creation stories are similar to the historical account found in Genesis. In most of the creation myths, a shadow of the true history found in Genesis can still be seen.



A PACIFIC ISLAND

Many of the legends start with the idea that before creation began, the world was full of darkness and a large void. Among the origin legends of this kind are the stories told by the Aranda Aborigines of Australia. The Greek legend also says the world was filled with a void called “no-thing” in the beginning. The people of Guinea said that all was darkness before two singing birds created the sun and moon.

Other origin stories say that water accompanied the darkness. The Maidu Indians of California and the Quiché Mayan people of Guatemala said that the sea and darkness were in the beginning. Other legends spoke only of water before the creation. Among them are the Huron Indians of North America, the people of Nigeria in Africa, and the natives of the Marshall Islands in the Pacific. In the Marshall Islands story, the islands were hummed into existence by the god Lowa.

These legends are similar to the Genesis account. In a Chinese story, Ku, the creator god, separated the sky from the earth and put the sun, moon, and stars in place. In Guatemala the creators were called the Maker and the Feathered Serpent, who separated all things from the sea of darkness, and they spoke earth, mountains, animals, and birds into being.

**M**any legends. All over the world there are legends or stories about how the world came into existence. Many of these creation stories are similar to the historical account found in Genesis. Since the creation of the world, mankind has preserved the story of their beginning. The true story has often been corrupted beyond recognition as humans try to remake the tale to fit their own ideas. In most of the creation myths, a shadow of the accurate history found in Genesis can still be seen. Although many of the legends mix the story of the Flood and the Tower of Babel, they still have a grain of truth in them.



THE SKY AND SEA

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These legends all bear a striking resemblance to the Genesis account. In one Chinese story, Ku, the creator god, separated the sky from the earth and put the sun, moon, and stars in place. In Guatemala the creators were called the Maker and the Feathered Serpent, who separated all things from the sea of darkness, and they spoke earth, mountains, animals, and birds into being.



AN OJIBWA BRAVE

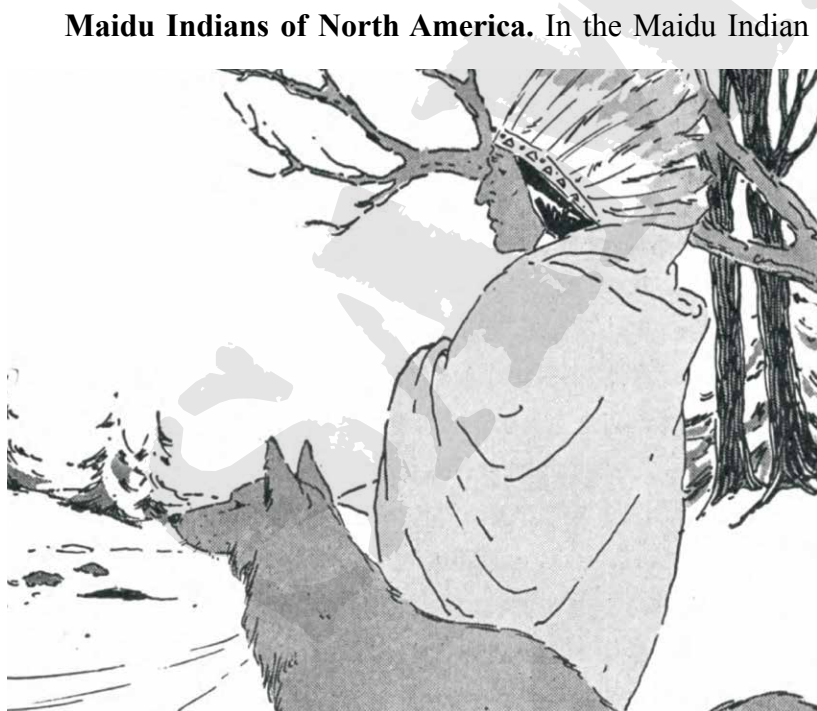
**Ojibwa story from North America.** A family gathered around the warm fire of the wigwam while the harsh wind beat against the walls. “Please tell us a story,” one of the children asked the old grandfather.

“The Ojibwa have many great stories,” the old man replied, “but on a wintry night it is best to remember the story of the beginning.” He told them the tale of long ago. “Now, when this earth was under water, Nanabushu (or Wenabozho) had a great raft. And he said to his brother who was with him, ‘We will create this earth.’ Then they created it. Nanabushu

asked his brother, 'Must we live alone? Let us create some people.' Out of the earth, they made a form and from it they created a man. Next, they made all the animals on earth. After Nanabushu created all things, he placed man in a clean spot on the earth and said he was to remain there. Next a woman was created." And the old man told many strange things of Nanabushu and how the earth came to be.

**Creation story from Nigeria.** A similar scene could be found in Nigeria among the Yoruba people. A young girl asked her aged grandmother to tell her a story. The elderly woman smoothed her brightly colored dress with her wrinkled hands and began the story, "Olorun, the owner of the sky and the highest being, sent Great God to create the earth. It took Great God four days to make the world and on the fifth day he was to be worshiped. Olorun said the creation was, 'good.' Next, Olorun sent humans from heaven, but Great God had to make their bodies and heads from dirt and then Olorun brought the people to life."

**Blackfeet Indians of North America.** Many of the legends also mention that the first humans were made from earth. The Blackfeet Indians told of the Old Man who was called Na'pi and how after creating the mountains, the rivers, and the waterfalls, he added red paint to the dirt and made the grass hills of Montana. After all this, the Old Man created humans from clay. The woman asked Na'pi how long she would live. The Old Man suggested a test to see the lifespan of mankind. He said, "I will throw a buffalo chip into the river and if it floats you will live forever, but if it sinks, people will die." The woman did not like his plan and instead suggested tossing a rock into the river. Naturally, the stone sank to the bottom of the river, and death became the lot of mankind.



EARTH STARTER AND COYOTE

**Maidu Indians of North America.** In the Maidu Indian legend, the Earth Starter and the Coyote made the first humans from red earth and water. The Coyote suggested that the humans should have hands like his paws, but the Earth Starter insisted they should have hands like his own. Genesis tells us that man was made in God's image, and this story from the Maidus echoes that. According to the Maidus, the first man was called Ku'ksu and the first woman was called Morning-Star Woman. In the evening, Earth Starter would come and visit with Ku'ksu. The Earth Starter wanted to make life enjoyable for humans, and he placed fruit where it could be picked easily.



# Examining Historical Art

Historical art is a great way to experience history. Look at the picture and answer the questions. Answers are in the back of this book. A color copy is available on the *Additional Materials CD*.

***The Garden of Eden***  
**By Jan Brueghel the Elder, 1615**



1. Find the horse.
2. Find the white swans.
3. Find the parrots.
4. This is an artist's view of what the Garden of Eden might have looked like. What do you think it looked like?