



A Day in a One-Room Schoolhouse
Marathon County Historical Society Living History Learning Project

Recess & Lunch

Activity Packet For Virtual Visits



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Lunch

For generations, children have taken their lunches to school, and the Little Red Schoolhouse is no exception. Each student who attends the Schoolhouse is responsible for his/her own lunch and beverage.

Pioneer boys and girls usually carried their noon meal in a tin syrup pail or lard can. A replica of their lunch pails can be made from a three-pound shortening can or a large coffee can. If coffee cans are used, the can be painted silver or covered with butcher paper or a brown paper grocery bag. Punch holes into the can for the handle using a nail and hammer. A piece of wire or heavy cord can be fastened through the holes for a handle. A scrap of cloth makes a good cover.



Constructing these lunch pails makes a great class project prior to visiting the schoolhouse. This way every child is assured of having a lunch pail. Instruct the children to take their pails home the day before their schoolhouse visit and give parents a list of appropriate foods to be packed.

What foods should be packed?

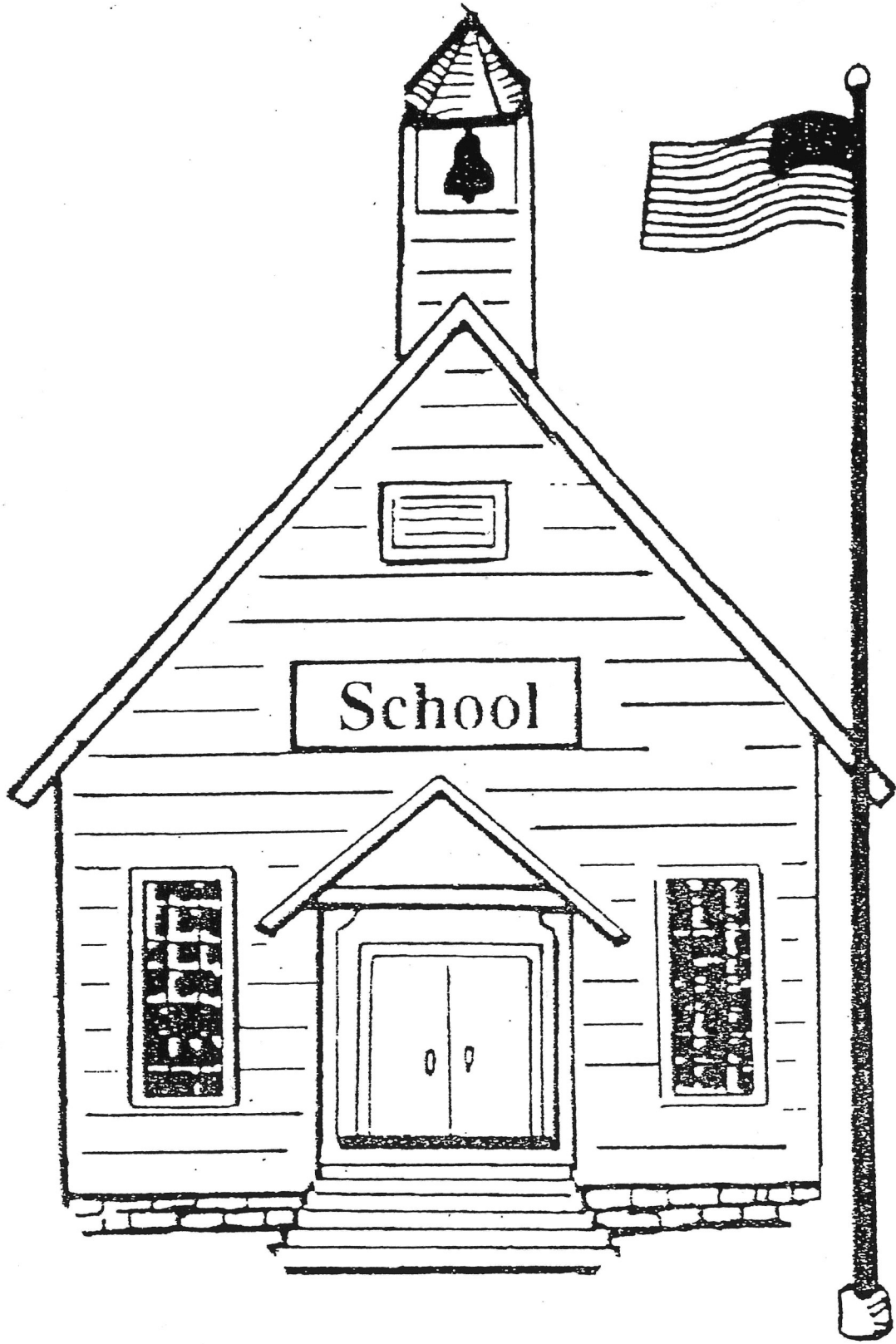
Pioneer lunches contained whatever was in the house. There were no neighborhood grocery stores. Children sometimes took molasses or lard and sugar sandwiches or cold pancakes leftover from breakfast. Also common were mashed potato sandwiches. Peanut butter is another good sandwich to pack as it was first available in the 1890s.

Pack your lunch before school begins. Children in 1904 would have carried their lunch pails to school each morning. **Please try to avoid modern-day snack foods.**

Some examples of a typical pioneer lunch would be:

- * Sandwich (cheese, jelly, peanut butter, egg or meat)
- * Hard-boiled eggs
- * Fresh fruits and vegetables (apples, pears, peaches, grapes, plums, carrots, etc.)
- * Homemade cookies
- * Mason jars of lemonade or juice (apple, orange, grape, etc.)





Old fashioned games for recess

Can be played indoors:

Pick Up Sticks: Games of Pick Up Sticks are sold today, or you can find a bundle of sticks about 10 inches long. One player gathers the sticks in one hand and lets them go on a tabletop or the floor, landing in a random pile. Then players take turns removing one stick at a time from the pile without disturbing any of the other sticks. If a stick moves while you're trying to pick up another, let go and your turn ends. If you are successful at picking up your stick without moving another, keep going until you accidentally move a stick you're not trying to pick up. Players take turns until all sticks are picked up. Sticks may be given different point values according to color. You may choose a goal score to play multiple rounds.

Jacks: Requires a set of 10 jacks and one small ball. Pick a smooth surface (floor, sidewalk). Sit across from the other player(s). Toss all 10 jacks in front of you, between you and the other player(s). Aim to keep the jacks fairly close to you, but spread apart enough to grab them individually. Toss the ball up in the air, then pick up one jack and catch the ball with the same hand before it hits the ground. Repeat the process, again picking up one jack and catching the ball in the same hand. Continue until you have picked up all 10 jacks, to complete "onesies." Then move on to "twosies," picking up two jacks at a time and catching the ball. Keep playing through "tensies" – as long as you remove the designated number of jacks and catch the ball successfully, it's still your turn. If you fail to remove the right number of jacks or catch the ball, it's the next player's turn. Continue around the circle of players. When your turn comes around, start where you left off. The winner is the first person to successfully complete "tensies" or the player who collects the largest number of jacks at once after a predetermined number of rounds. Some play by bouncing the ball instead of tossing it up, catching the ball before it hits the surface again.

Hide and Seek: A game in which any number of players conceal themselves in the environment to be found by the seeker. To begin, the seeker closes their eyes and counts to a predetermined number while the other players hide. For example, count to 20, or count to 100 by 5s (5, 10, 15, 20, etc). Then the seeker calls, "Ready or not, here I come!" and attempts to locate all concealed players. Either the first or the last person found becomes the new seeker.

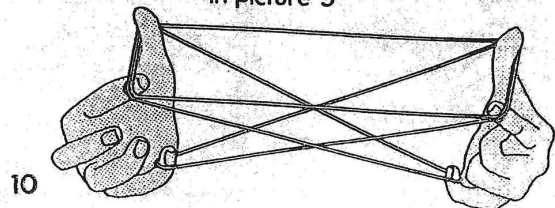
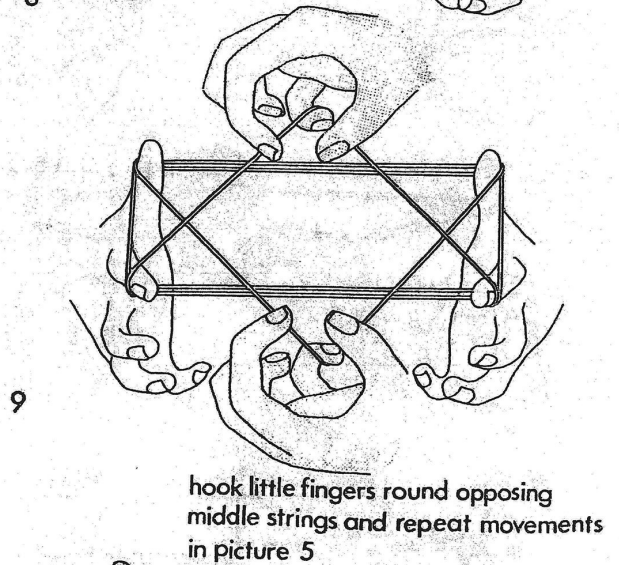
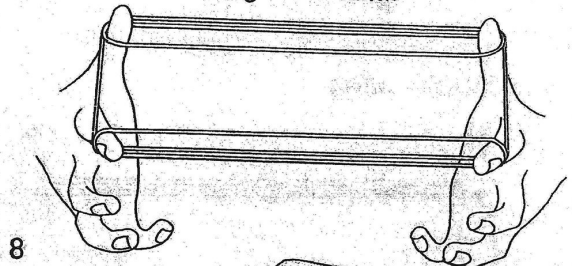
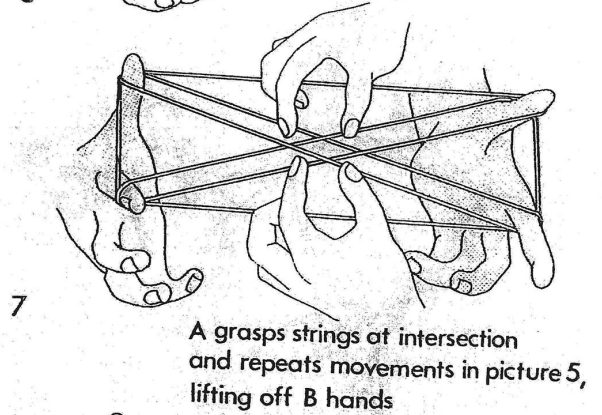
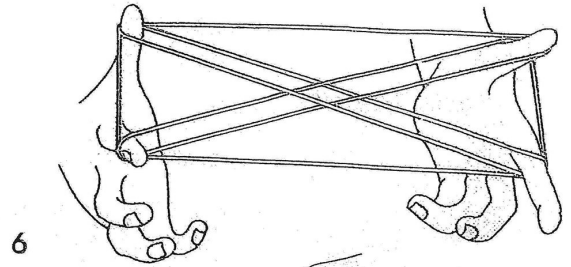
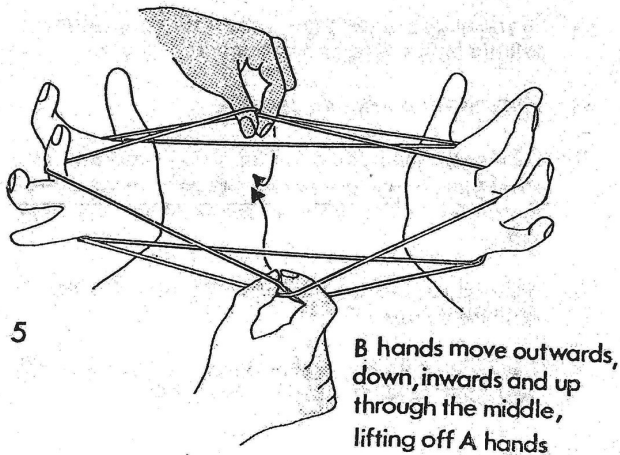
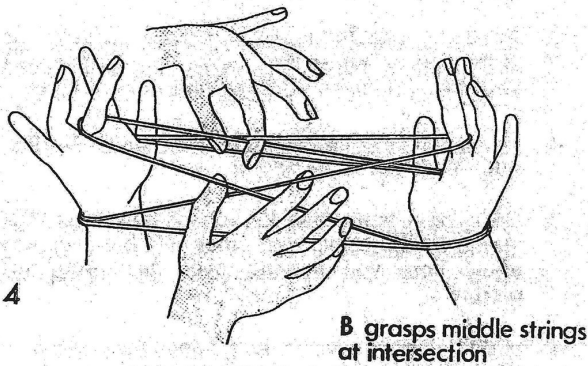
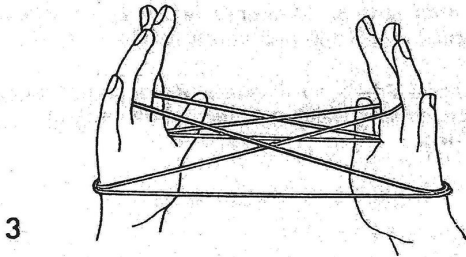
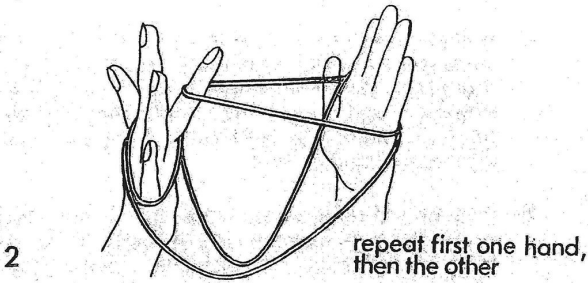
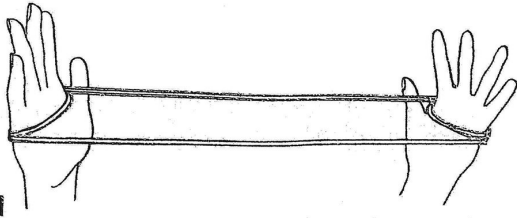
Clothespin Drop: This requires a jar and a handful of clothespins. Small sticks or stubby pencils could work instead. Set the jar on the floor behind a chair. Players take turns kneeling on the chair and trying to drop clothespins into the jar from a given height (chair back works well). Alternatively, players could stand a short arm's distance away from the jar and drop pins from (shoulder, chest, waist) height.

Captain May I: Establish a starting line and finish line. The Captain gives an order (such as "take 4 elephant steps" or "take 2 bunny hops") to one of the players to move forward. The player must ask, "Captain, may I?" The movement is allowed only if player asks properly. They start over if they fail to ask. First player to the finish line wins.

Cats Cradle: For two players. Find a suitable piece of string or cord, about 50 to 60 inches long. Tie ends to make a large loop. It will be helpful to watch an instructional video to see how to weave the string back and forth between your hands/fingers. Then take turns passing the string between players without messing it up. A picture is on the next page. Here is one set of instructions: <https://thekidshouldseethis.com/post/play-cats-cradle-string-game>

Cat's Cradle

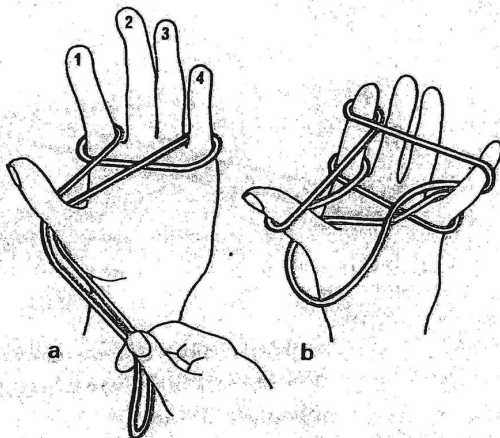
A STRING GAME FOR TWO PLAYERS



CAT'S CRADLE

People have played games with string for many thousands of years and such games are found among primitive tribes all over the world. No one knows for sure how the name Cat's cradle originated but it is one of the best known string games. The basic moves shown on the other side of this card can be continued and repeated to form further patterns. If you have any difficulty following the instructions, ask your grandmother! She is sure to know it. Below are 2 more string games.

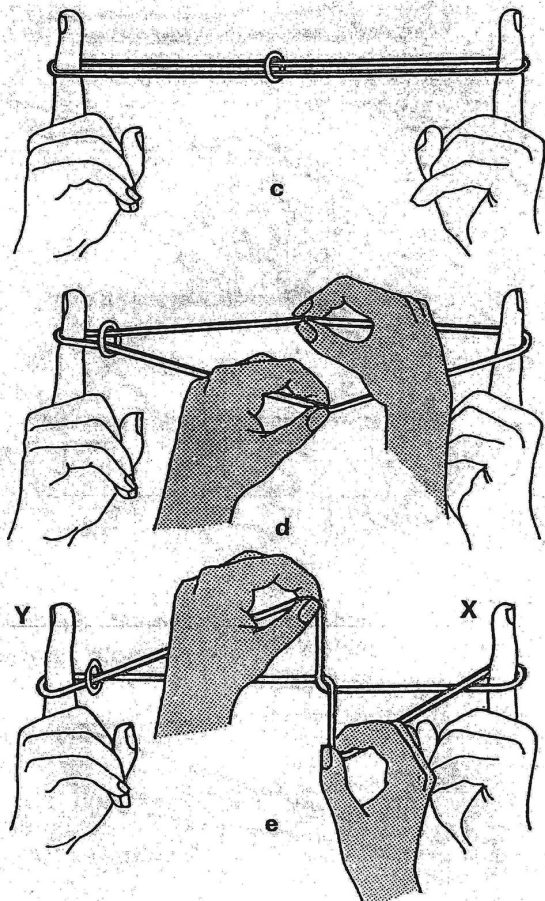
STRING MIX-UP



A shorter circle of string than the one supplied is easier for this game, about 80 cms (32 inches).

- 1 Achieve position in picture a. by placing string across palm and between thumb and first finger and pull back. Then bring forward one string between fingers 1 and 2 and the other string between fingers 3 and 4, pass both strings between finger 1 and thumb, pulling taut.
- 2 Pull loop in right hand across top of little finger, one string passing each side of finger. Then twist loop on to finger 1 to achieve arrangement in picture b.
- 3 Lift both strings off thumb and place between fingers 2 and 3 and pull taut to back.
- 4 Now pull slowly downwards on the single string which crosses palm and the whole mix-up will pull free.

STRING - RING



- 1 Borrow a friend's fingers and place on them the string with a ring on it as shown in picture c. Ask your friend to keep the string taut but not tight.
- 2 Grasp the far string with right hand and near string with left hand, as picture d.
- 3 Bring right hand towards you passing over near string; at the same time move left hand up and away from you passing over far string, see picture e.
- 4 Holding string taut in right hand, pass string in left hand over friend's finger X and release.
- 5 String held in right hand must now be transferred to little finger of right hand and kept there.
- 6 Slide the ring towards finger X.
- 7 With right hand grasp the far string between ring and finger Y (make sure that the twist in the string is to your right): with left hand grasp the near string.
- 8 Then repeat the moves in 3 and 4 above, passing string over finger X.
- 9 Grasp ring with left hand, release both strings from right hand, and the ring will come free.

Best Outdoors

Hop Scotch: Use chalk to draw course on sidewalk. The first player tosses a small stone into the first square without touching a line or bouncing out, then hops on one foot through the course, avoiding the square with the stone, and without losing balance or touching a line. If successful, the player tosses the stone into the second square and repeats the pattern. If a player steps on a line, misses a square, or loses balance, their turn ends and the second player begins. The first player to complete the course for every square wins.

Marbles: Each player should have some marbles. In summer, draw a circle in the dirt or on pavement. Players take turns trying to knock other players' marbles out of the circle using their "shooter" (big) marble. If knocked out, the player gets and keeps that marble. In winter, make a small hole in the snow. Two players try to flip their marble into the snow using their forefinger. The first to do so gets both marbles. Some marbles were considered special, such as "cat's eye," "propeller," or some object in a clear marble, to name a few.

Red Light Green Light: The object is to get from the starting line to the finish line (IT) first and without being seen moving. IT stands facing away from the others. Players can only move after IT calls "green light" and must freeze when IT calls "red light" and quickly turns to face players. Anyone caught moving must start over at the starting line.

Better with more players

Button, Button, Who's Got the Button: Players form a circle with their hands out and palms together. One player, called the leader or IT, takes a small object (button) and goes around in the circle, pretending to put the button into each player's hands, and really drops the button into one of them, so that no one knows where the button is except for the giver and receiver. The group chants, "Button, button, who's got the button," as each one takes a turn guessing who has the button until the button is found. Then that player distributes the button to start a new round. Sometimes this is played by the players passing (or fake passing) the button from player to player behind their backs, then only the IT player guesses who has the button.

London Bridge is Falling Down: Ask two players to face each other, holding hands and lifting their arms upward to form an arch or bridge. Remaining players line up and pass under the bridge one by one, circling around and continuing under the bridge. Players sing, "London Bridge is falling down, falling down, falling down, London Bridge is falling down, my fair lady." The players forming the arch try to catch someone as the song ends, by dropping their arms around the walker.

Spud: All players get a number to start. IT holds the ball and stands in the middle of a circle of other players. IT then calls out a number and throws the ball straight up in the air. The player whose number was called must catch the ball either while it falls or after one bounce. All the other players run away until the catching player yells "SPUD!" Then they freeze in place. The player with the ball then throws the ball, trying to hit another player. If they hit someone, that player gets a letter in the word SPUD. If they miss, they get a letter. A player who gets all four letters must sit out the rest of the game.

Anty-Anty-Over: Players divide into two teams on opposite sides of a small building, such as woodshed, schoolhouse or outhouse. One player throws a ball over the roof of the building while yelling "Anty-Anty-Over." If a person on the opposite team (other side of the building) catches the ball, the catching team members run around the building. The catcher tries to touch as many players from the throwing team with the ball before they safely reach the half-way mark. Tagged players are captured and become part of the catching team. Teams change sides each time the ball is successfully caught. If the catcher drops the ball, they must join the opposing team. The team that captures all the players wins.

Pom Pom Pull Away: One player is IT and stands in the center. Remaining players line up a given distance away. When IT calls "Pom Pom Pull Away," the players run to the other side and IT tries to tag them. First one tagged is the next IT. Variation: Tagged players stay in the center and help with tagging others. Game ends when all/most players are in the center.

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FOR THEIR ASSISTANCE IN PREPARING OUR ACTIVITY PACKET.