



**OUR**

**CITY**

**TOGETHER**



**PARTY PACK**



**RAUCOUS ROMANS**

# WELCOME



This fun filled party pack includes everything you need to create an imaginative and inspiring themed party at home with all the family.

There are ideas for fancy dress costumes, decorations for your home, games for all ages, interesting recipes you can try out and much more.

Bring ancient Rome to your living room in this month's pack!



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We'd love to see you themed parties come to life. Share images or videos of your parties on **@visitthecity** on Twitter, Instagram or Facebook with **#ourcitytogether #raucousromans**

Don't forget to subscribe to our newsletter for lots more inspiring arts, culture and London history for the head and the heart, visit **[www.ourcitytogether.london](http://www.ourcitytogether.london)**

## Included in this pack you will find:

- Page 3 **History of Londinium**
- Page 5 **Recreate your own Roman site**
- Page 7 **Roman decorations for the home**
- Page 11 **Roman costume ideas**
- Page 20 **Roman board games**
- Page 27 **Roman recipes**
- Page 30 **Find out more about the Romans**

Now it's time to get creative and become a raucous Roman!

**Have Fun!**

# LONDINIUM

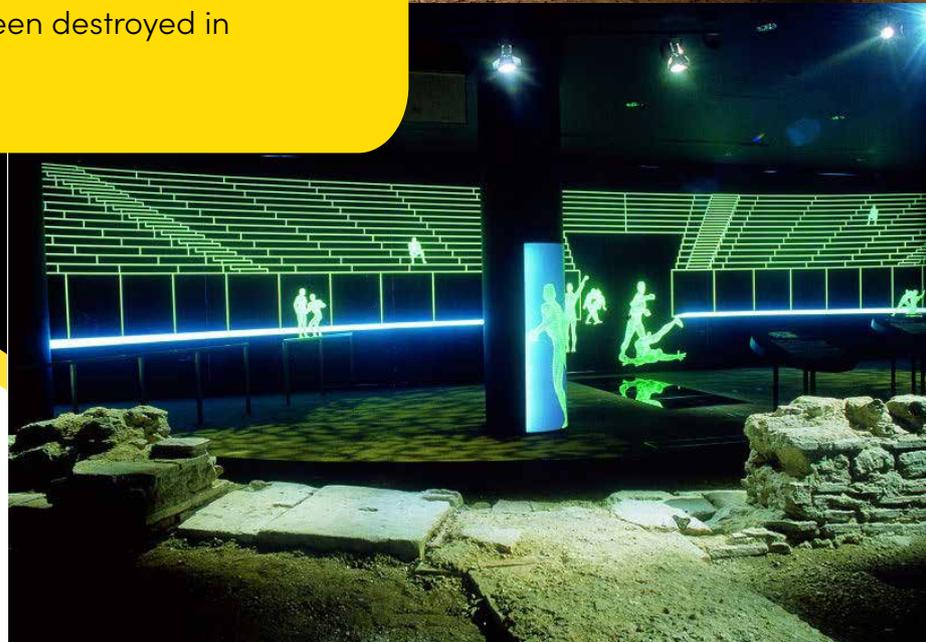
The City of London is based on the Roman city of Londinium. It was a bustling port with huge public buildings and markets.

In the City of London, you can find some of the remains of its Roman predecessor, such as London's Roman Amphitheatre.



The amphitheatre was built in around AD 70, only twenty years after the city was founded. It was a wooden and earth structure to begin with but was eventually enlarged and rebuilt in stone around AD 120, perhaps on the orders of Emperor Hadrian (it seems he liked big building projects).

It was found underneath Guildhall Yard in 1988 in the excavations in advance of building the new Guildhall Art Gallery (the old one had been destroyed in the Blitz).



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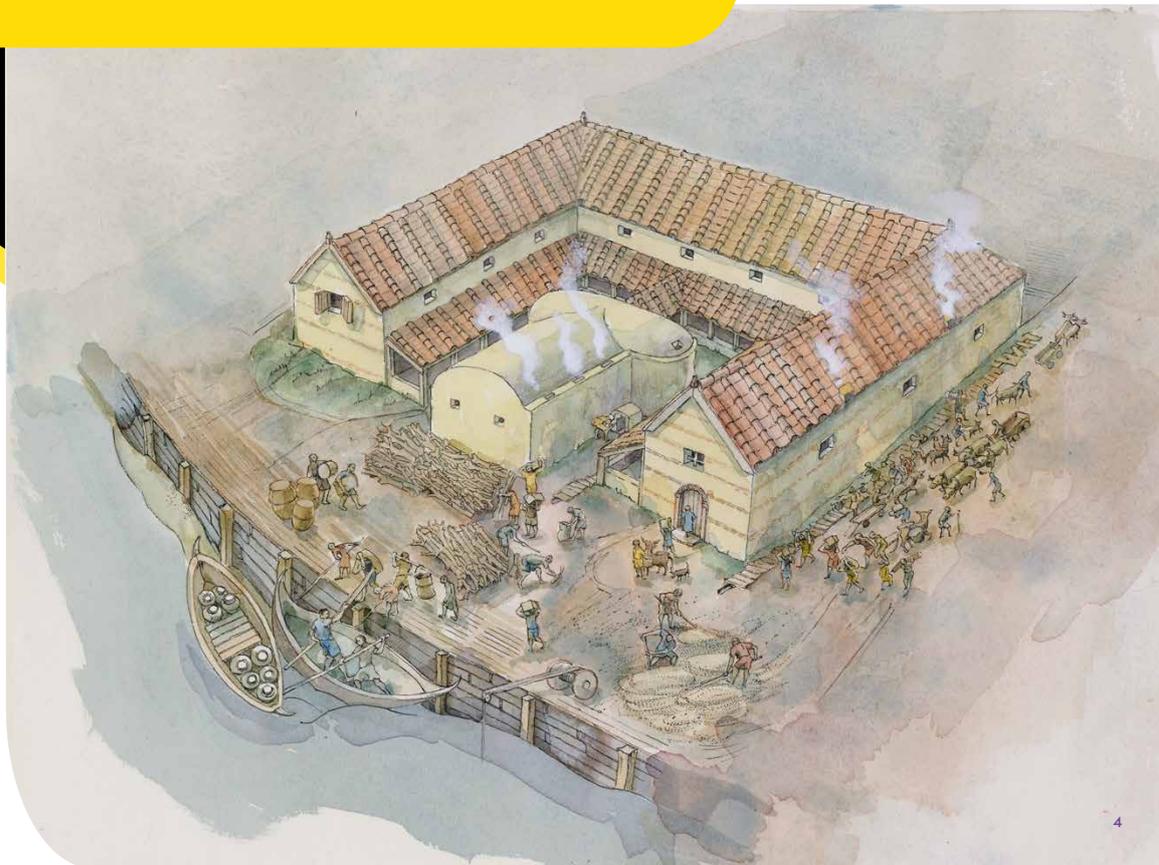
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**You can also find the Billingsgate Roman House and Baths under an office building on Lower Thames Street.**

The City of London Corporation knocked down and rebuilt the Coal Exchange in 1848-9. During the works the remains of a bathhouse with an underfloor heating system called a hypocaust were discovered and they went on to preserve it under the new building.

Sadly, the Coal Exchange was knocked down in 1968 but it gave archaeologists the chance to find more of the site and they discovered the house that the bathhouse had been attached to. The house was probably a U-shaped building made of stone with mosaic floors.

It was built in about AD 150 and the bathhouse about a hundred years later. Having a private bathhouse is a sign that the family who lived here were pretty wealthy.



# RECREATE A ROMAN SITE

For extra authenticity for your party, you could try to recreate the atmosphere of a Roman site. Have some fun!

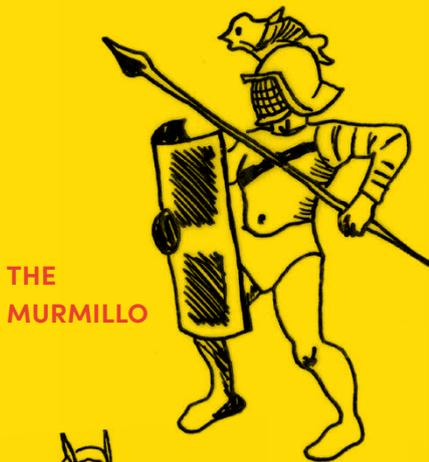


©A.Lane.

## ROMAN AMPHITHEATRE

Have a go at recreating your own gladiator games (in a safe and responsible way, with adult supervision). Gladiators wore a range of armour, and there were even female gladiators in Rome.

There were different types of gladiator:



Some gladiators, like the **Murmillio**, used a sword and a shield and some, like the **Retiarius**, used nets.



©Museum of London.

You can pick which gladiator you'd like to be and play your own gladiator games.

Make sure there's a referee (called a **rudis**) to ensure the combat is conducted according to the rules. We suggest this is a responsible adult.

Decide in advance whether your games will be **missio** (where the defeated gladiator is spared) or **sine missione** (where the defeated gladiator perishes).

**Give the winner a laurel wreath crown to wear** (see page 14 to make your own laurel wreath).

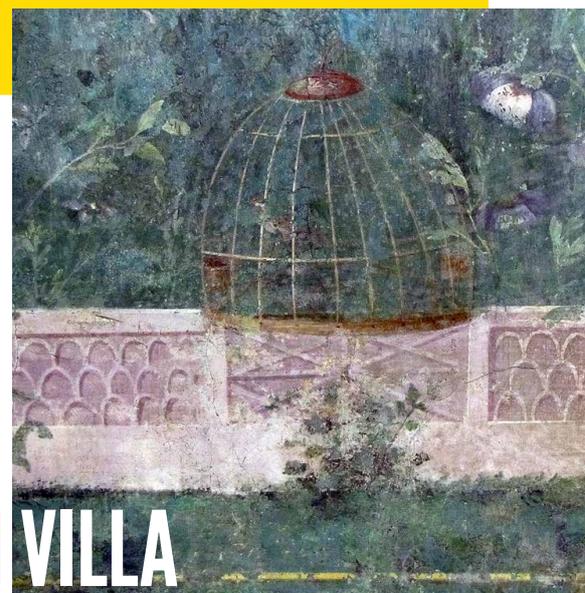
## ROMAN BATHHOUSE

Perhaps you'd feel happier reclining in a bathhouse. You do not need to pour yourself a bath. Most of the bathhouses were more like saunas and steam rooms. Turn the heating up, dot some bowls of hot water around the place and parade around in your towels.

One for the adults – can you convince your other half to give you a rub down with scented olive oil? Remember, to sluice yourself down in a cold shower afterwards for that perfect Roman glow.



©Jamiesmith.photo



## ROMAN VILLA

Maybe you'd prefer to imagine yourselves at a Roman banquet in a fancy house?

Design some decorations (see page 7 & 8 to create your own decorations) and make some Roman food (see page 27 for some recipes you can try out).

Put your food on a coffee table and lounge around on the sofa while eating and drinking. Have one of your family members play you some music. A guitar could take the place of a lyre, a tambourine for a sistrum, and a set of panpipes for a... set of panpipes.

# ROMAN DECORATIONS

Here are some easy ways to decorate your home to look like a Roman house.

It is likely that you're living in a cuboid shaped house today, which gives you a head-start on making your house look Roman. Before the Romans came to Britain, everyone lived in round houses! Here are some handy tips.

## WALL PAINTINGS

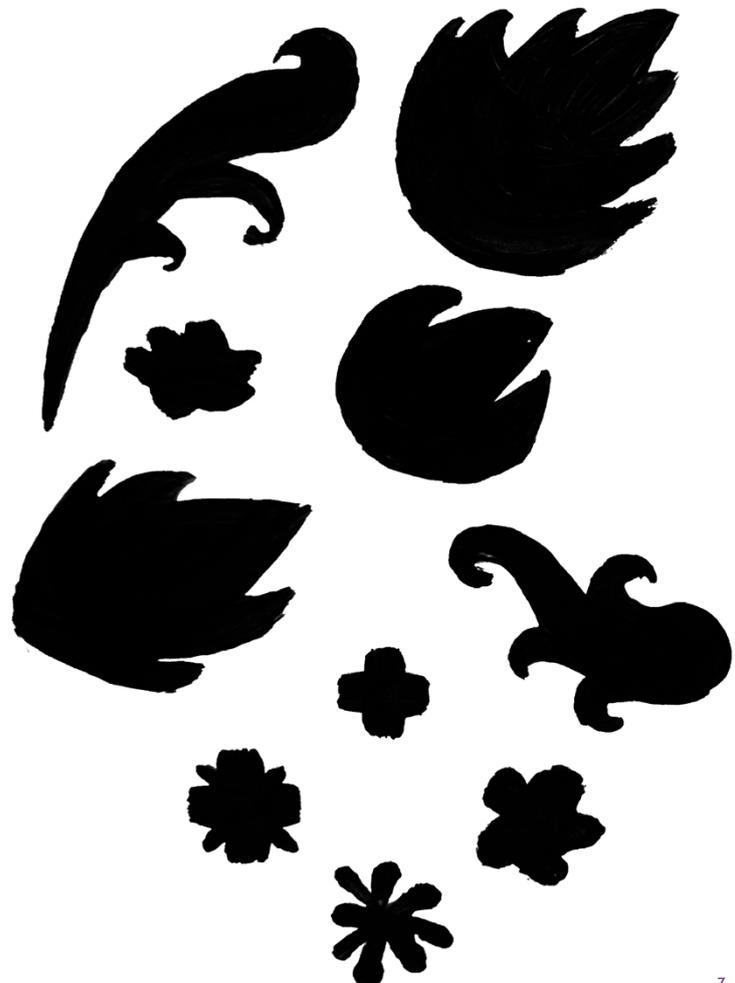


Paint some pictures to look like Roman wall paintings and stick them on the wall.

(WARNING: if you are googling for Roman wall paintings, be aware that some of them are inappropriate for children).

Wall paintings often feature swags of leaves and flowers decorating houses. Make a string of leaves or flowers out of paper using the templates below and on the next page, or by following this video:

[https://youtu.be/vB5yQe\\_SA5A](https://youtu.be/vB5yQe_SA5A).





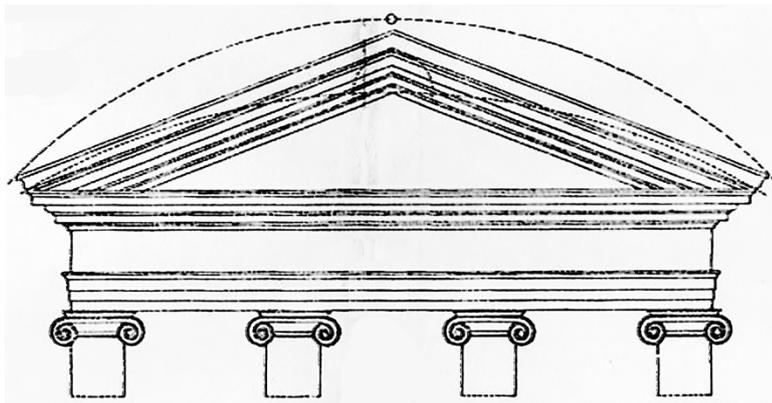


# COLUMNS

Make columns on either side of doorways with pieces of white paper stuck together. Draw long thin ovals along the whole length of the sheets of paper.

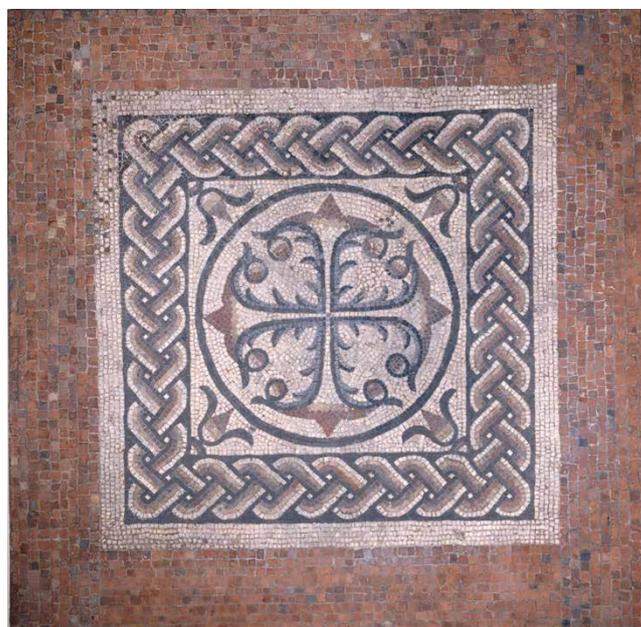
Photo: ©A.Lane

**Make pediments to go over your doorways** – these are wide but low triangles - use this diagram to the right as a template to make your own!



# MOSAICS

**Make mosaics to put on the wall or floor.** Cut up some bits of coloured paper into squares and other shapes and put them together to make a geometrical pattern or picture of people or animals. You could try cutting out the pieces below too!



©The Trustees of the British Museum

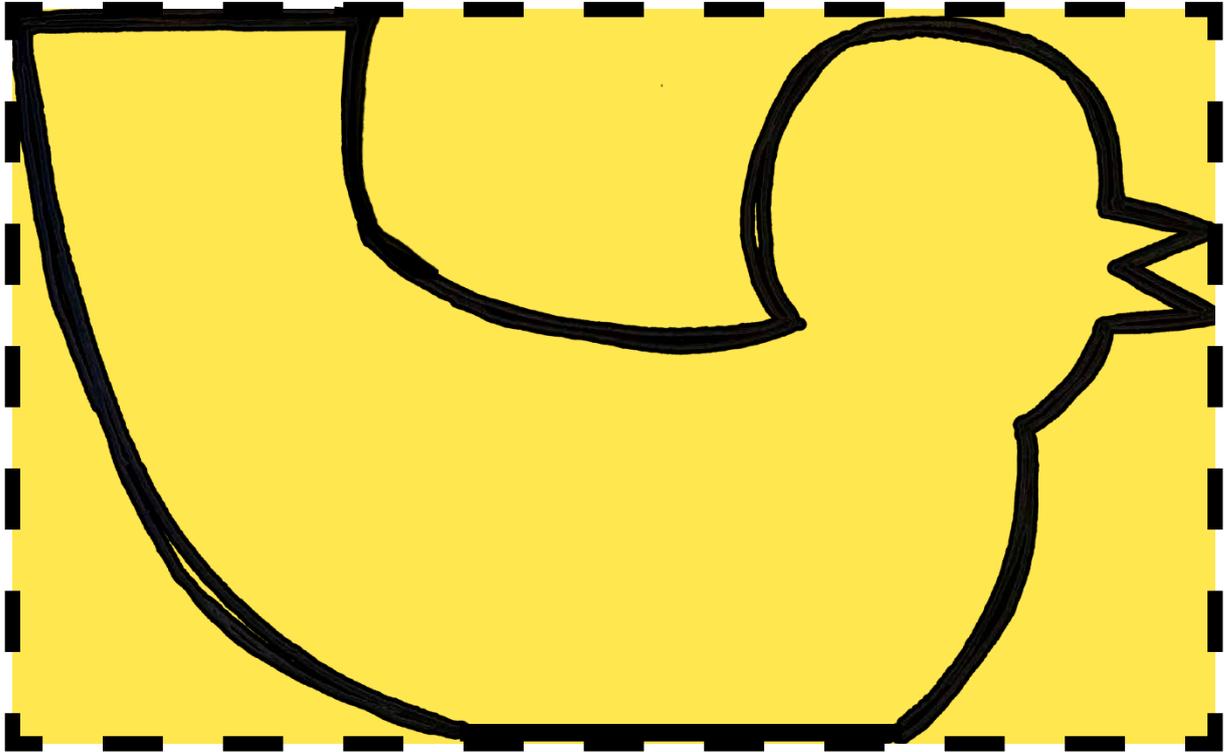


# BIRD CAGES

Romans used to love having birds in cages around the place.

To make a paper bird, watch this video and use the template below:

<https://youtu.be/xlif6Pnk7Z0>



To make a bird cage, watch this video: <https://youtu.be/S0quzluBznl>

- Take an old lid from a box or tub.
- Take three long strips of paper.
- Turn the lid upside down and Sellotape each end of one strip of paper on opposite sides of the edge of the lid to make a big arch.
- Do that with the other two as well until you have the cage bars.
- Take a short strip of paper and thread it under the arches you have made.
- Make it into a ring and tape it.



# ROMAN COSTUMES

## ROMAN WOMEN

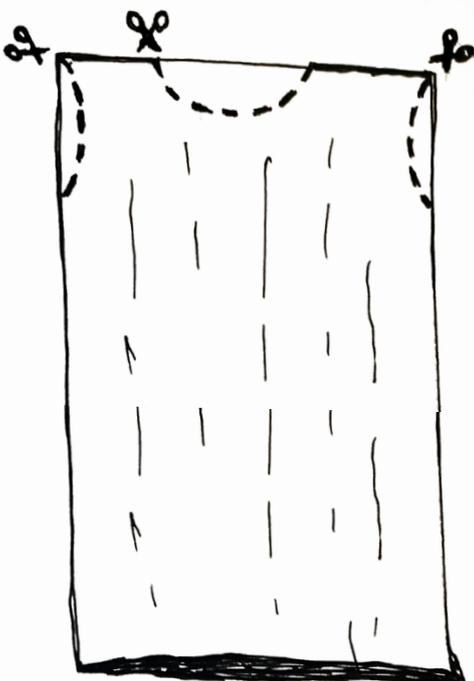
Roman women are often depicted in draped dresses using huge amounts of fabric that were based on a Greek design called a peplos. They are a tube of cloth that is held up by brooches or sewn at the shoulders and draped over a belt.



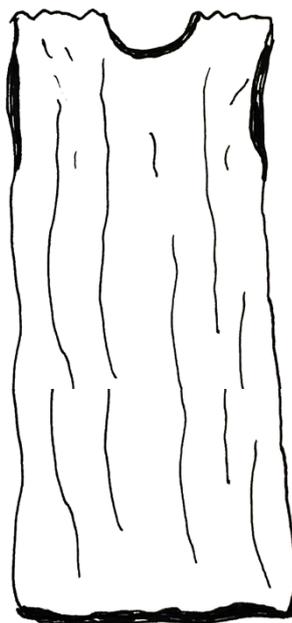
©The Trustees of the British Museum

### MAKE YOUR OWN PEPLOS - OPTION 1

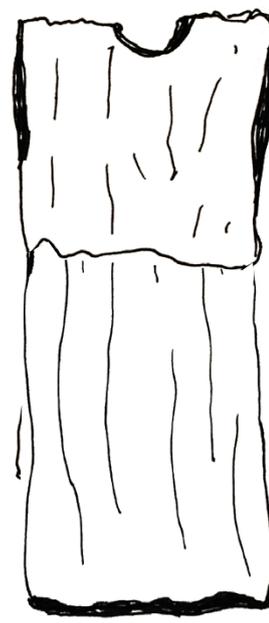
1. Take an old duvet cover of any colour (double for an adult, single for a child) and cut a semi-circular hole for the head in the centre of the top edge.
2. Open up the seam at the top of each edge of the duvet cover for arm-holes.
3. Gather up the material at the shoulders and either sew them or safety pin them in place.
4. Put a belt on, or even tie a piece of ribbon or string around your waist. Pull the duvet cover up to drape over the belt.
5. You can also wear an additional belt just under your bust.



1 & 2



3.



4.



5.

## MAKE YOUR OWN PEPLOS - OPTION 2

- Wear a long pleated or gathered skirt and a long top.
- Wear a belt, a ribbon or a piece of string just under your bust.
- Hair should be piled at the front of the head in curls if you can or plaited and pinned up.

**Roman style jewellery will include bangles, pearl or other bead necklaces or gold chains, and hooped or dangly gold earrings.**

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## ROMAN MEN

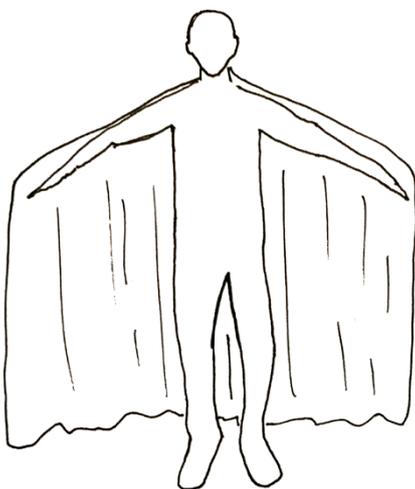
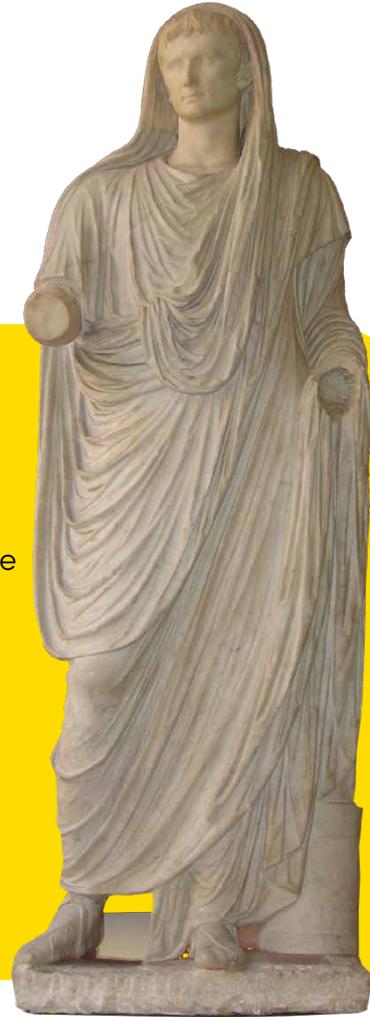
You can choose to be a Roman citizen in a toga, or virtually any other rank in a short tunic.

### MAKE YOUR OWN TOGA

1. Get an old white sheet (double for an adult, single for a child), preferably not fitted (if it's edged with purple, all the better).
2. Drape it around your shoulders. Get the top left-hand corner and make it into a point and drag that down over your shoulder to your knee.
3. Gather up the right hand short edge into a bundle in your hand and pull that across your chest and over your left shoulder. You can wear it with your right arm in or out.
4. Pin at the left shoulder.

See this video (from 2.40) for a visual guide:  
[https://youtu.be/BQYloC\\_QcWY](https://youtu.be/BQYloC_QcWY)

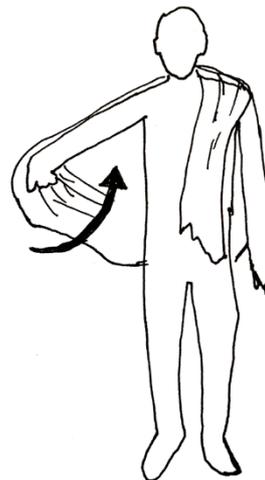
Image ©A.Lone



1.



2.



3.

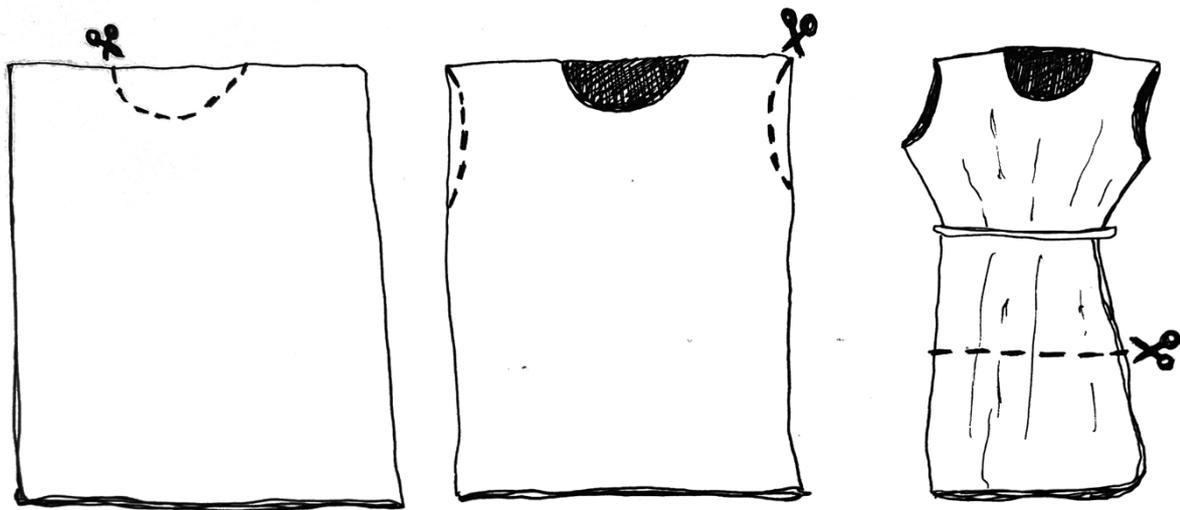


4.

## MAKE YOUR OWN TUNIC

To make a tunic, you can take an old single duvet cover of any colour and cut a semi-circular hole for the head in the centre of the top edge.

1. Open up the seam at the top of each edge of the duvet cover for arm-holes.
2. Cut the bottom of the duvet off to make the tunic the right length for you. It should come to just above your knees.
3. Wear a belt.



## MAKE YOUR OWN LAUREL WREATH

You could also make a laurel wreath if you have an old alice band and some green paper. **Or you could cut out and use the template on the next page.**

- Cut out leaves from the green paper.
- Glue them to the alice band, starting at the tips and overlapping each leaf until you reach the top of the alice band.
- Wear the alice band on the back of your head and over your ears so the tips appear on your forehead. Voila, you're an emperor!

MAKE YOUR OWN LAUREL WREATH



**TRY CUTTING OUT THE OBJECTS IN THE FOLLOWING PAGES AND WEARING THEM AS PROPS OR AS MASKS - YOU COULD EVEN CUT OUT THE EYE HOLES ON THE FACES!**











# ROMAN BOARD GAMES



©Kim Biddulph

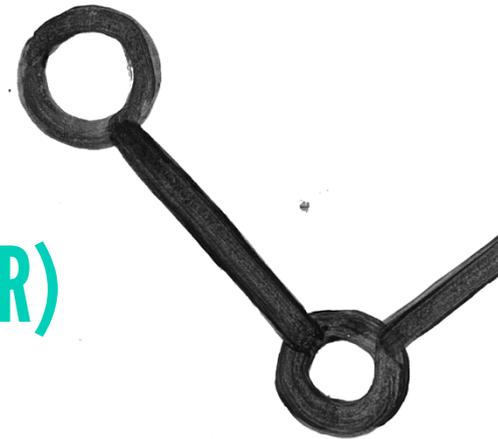
The Romans had many board games. Sometimes they played on specially made boards and sometimes they carved boards into stones in buildings or streets.

Gaming pieces made of bone and pottery were found at Billingsgate Roman House and Baths.

## TERNI LAPILLI OR ROTA (TWO PLAYER)

### YOU WILL NEED:

- Three counters each (maybe coins, pebbles or buttons)
- A print-out of the board game on the next page – or draw a copy on a spare bit of paper

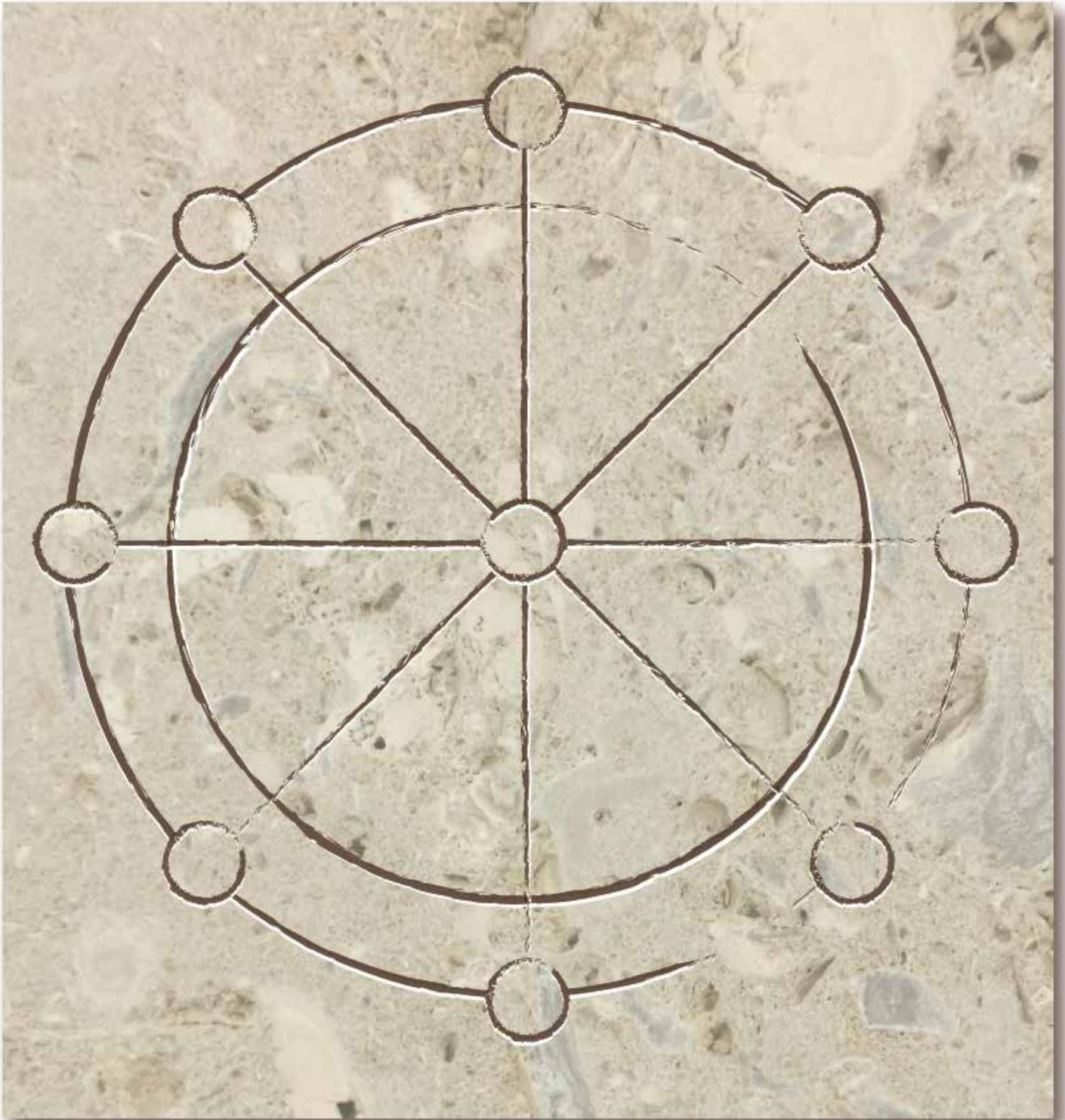


### RULES

- Known as Rota or Terni lapilli, in this game you are trying to get three in a row across the middle of the board.
- Take turns to place one piece each on the board on one of the circles.
- Once all your pieces are on, take turns in moving one piece one space along one of the lines.
- You can move around the circle or into the middle and out again on the next turn.
- You can't jump over or on top of one of your opponent's pieces.

## ROTA BOARD PRINT OUT

This rota board is based on one from the Old Forum, Leptis Magna, Libya.



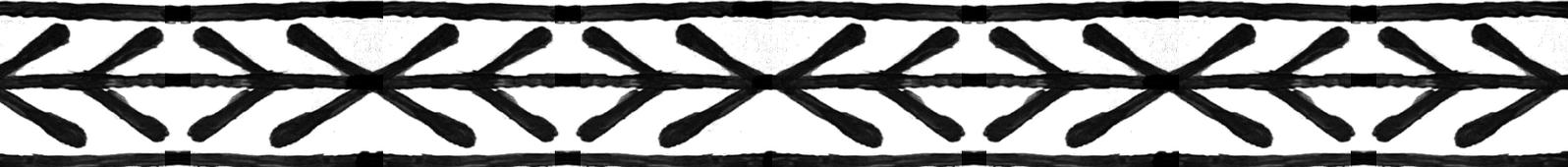
# LUDUS LATRUNCULORUM (TWO PLAYER)

## YOU WILL NEED:

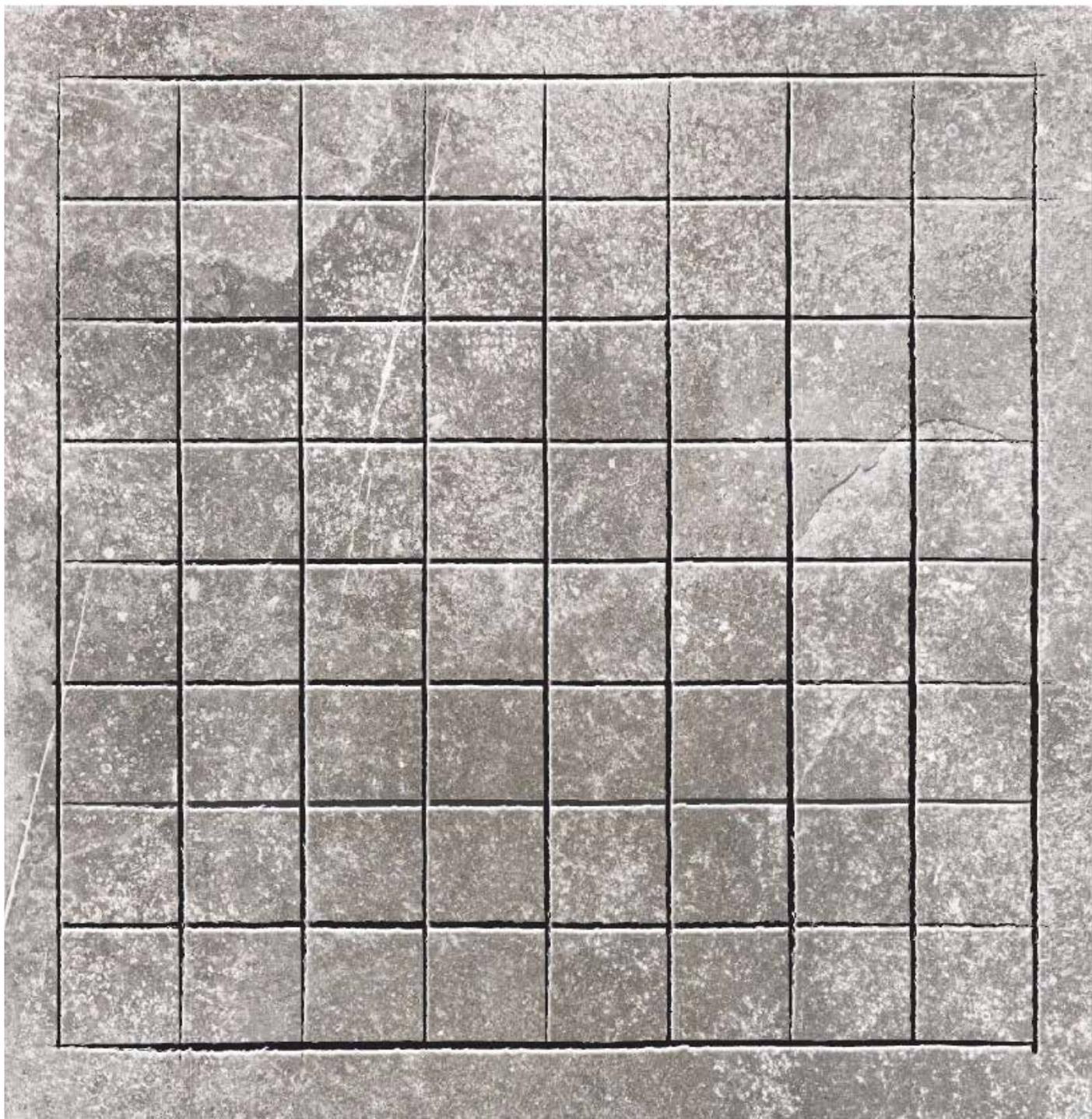
- 16 pieces per player (you could raid an old board game)
- A print-out of the game board on the next page or draw a grid with 8 by 8 squares on a spare bit of paper.

## RULES

- In this game, you are trying to capture your opponent's pieces by surrounding them on two opposite sides.
- Start with the pieces off the board. Take turns to put one piece on the board at a time. They can go in any square. You can't surround anyone at this stage though.
- When all your pieces are on, you can start to move them to try to surround your opponent's pieces. You can't move diagonally.
- You can jump over your opponents' pieces.
- If you trap one of your opponents' pieces between two of yours it can't move. As long as neither of your trapping pieces has been trapped on the next turn, you can then take your opponents' trapped piece off the board and keep it.
- You win by capturing all but one of your opponents' pieces.



## LUDUS LATRUNCULORUM BOARD PRINT OUT



**LUDUS LATRUNCULORUM BOARDS** have been found at Hadrian's Wall, at the Forum in Rome and in Sabratha, Libya among other places.

# DUODECIM SCRIPTA (TWO PLAYERS)

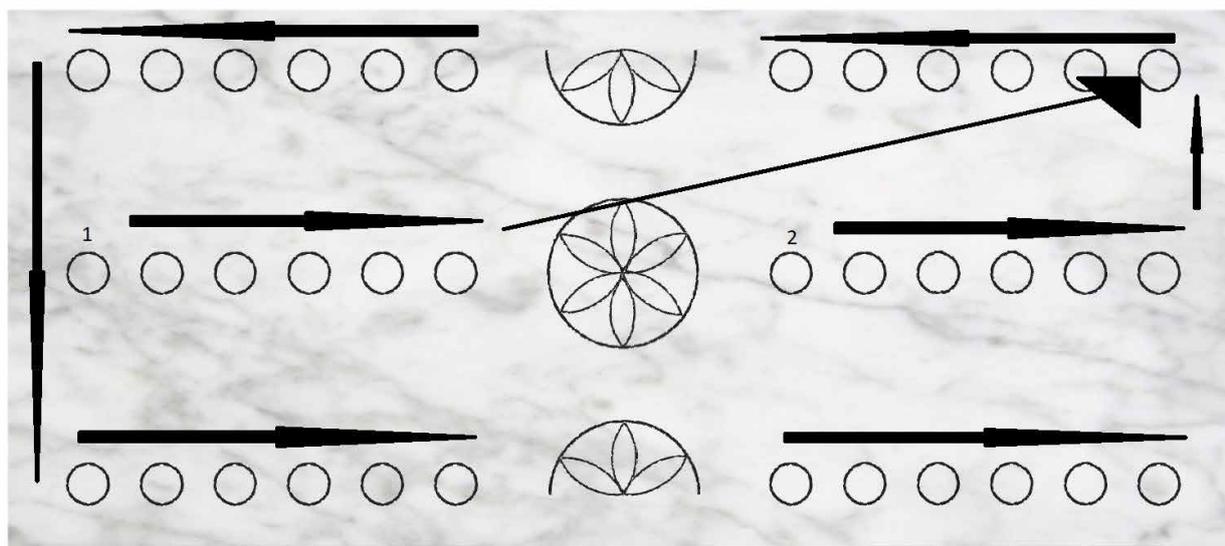
## YOU WILL NEED:

- 15 pieces per player (you could cut out pieces of coloured paper)
- Three dice
- A print-out of the game board on the next page or copy the design onto a piece of paper

## RULES

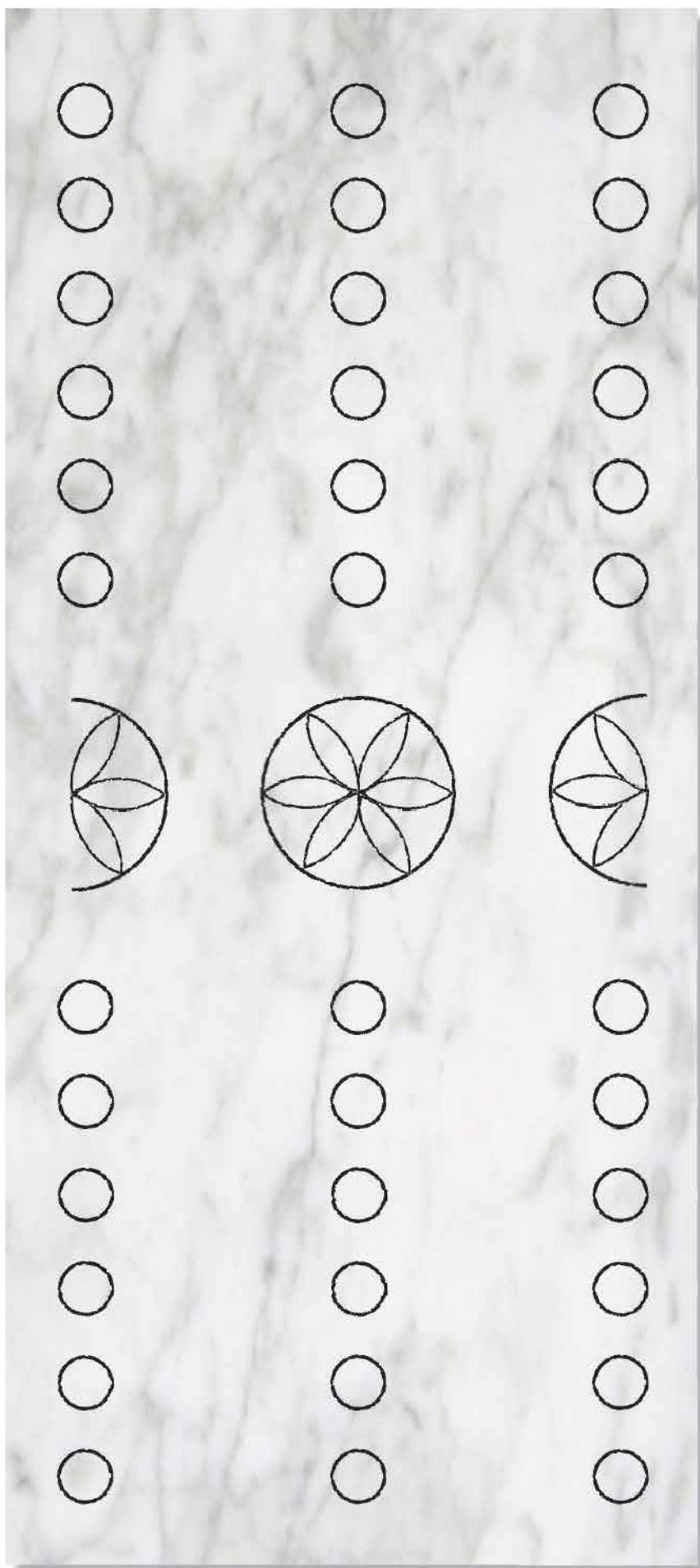
- In this game you are trying to be the first to get all your pieces around the board and off at the other end. This is a bit like backgammon.
- You start with all your pieces off.
- Player 1 starts on the middle row at the left hand side. Player 2 starts on the middle row on the right hand side of the central flower. See the direction of play on the image below.
- Each player takes it in turns to throw three dice. You can move 1, 2 or 3 pieces using a combination of numbers on the dice. You can put pieces on to the board or move pieces that are already there.
- You can stack your own pieces on top of each other. This keeps them safe from being taken off the board. You can't land on a circle containing more than one of your opponents' pieces.
- You can land on a circle containing one of your opponent's pieces and if you do, that piece is taken off the board and given back to your opponent. They then have to start that piece at the beginning.
- You can only take pieces of the board if all your pieces are in the last 12 spaces.

## DIRECTION OF PLAY:



## DUODECIM SCRIPTA BOARD PRINT OUT

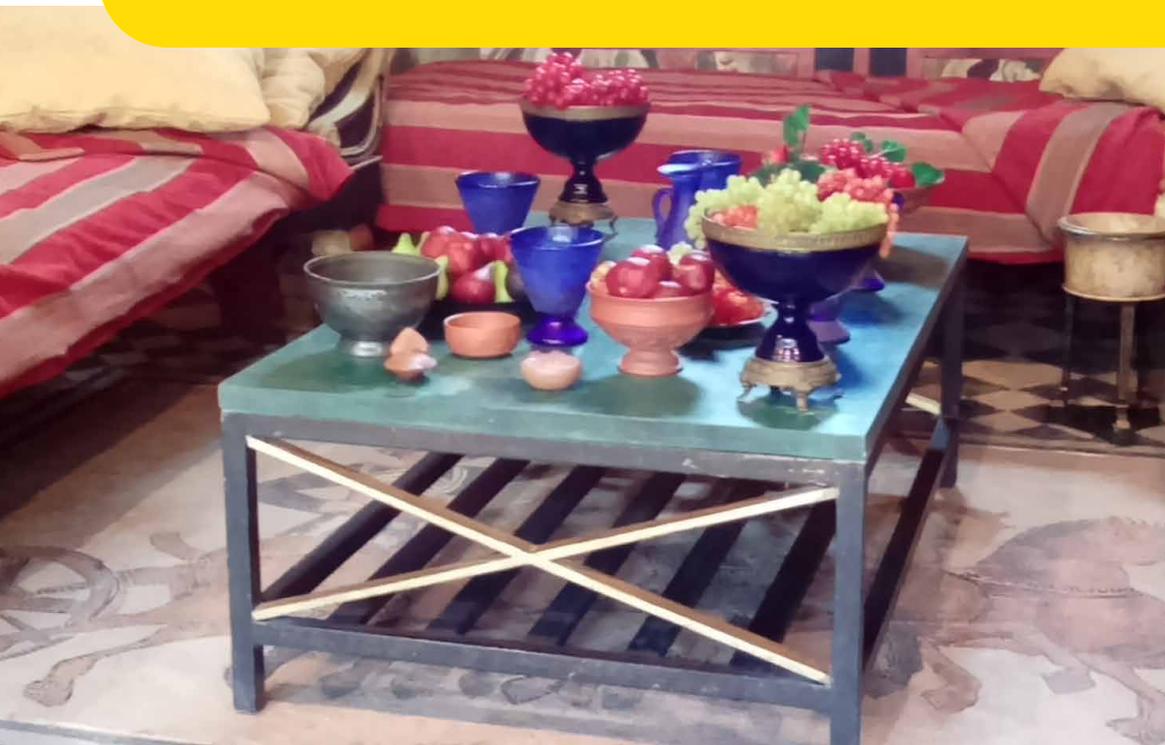
This board is based on one found in the Agora of Aphrodisias in Turkey.



# ROMAN RECIPES

The Romans are famous for their outlandish foods, including honeyed dormice, jellyfish omelette, fried flamingo tongues and boiled sea urchins. Here are a few simpler snacks from different Roman writers for your party. Make sure you have some crusty bread as well.

These recipes do involve some chopping and heating oil so please make sure there is appropriate adult supervision.



**We are going to show you how to make the following delicious Roman recipes:**

1. GLOBI (CHEESE PASTRY BALLS)
2. ITRION (SESAME BISCUITS)
3. EPITYRUM VARIUM (OLIVES WITH HERBS)
4. CUCUMERES (BRAISED CUCUMBERS)
5. GARUM (DIPPING SAUCE)
6. KYKEON (BARLEY WATER)

Recipes adapted from "Roman Cookery: Ancient Recipes for Modern Kitchens" by Mark Grant (Serif, 1999).

Photo credit above and recipe images ©Kim Biddulph.

# GLOBI (CHEESE PASTRY BALLS)

"Globi should be made like this. Mix cheese with spelt flour... Put some fat in a bronze pot. Cook one or two globi at a time, turning them frequently with two spatulas, remove when cooked, coat with honey, sprinkle with poppy seeds and so serve." Cato, De Agri Cultura (On Agriculture), 160 BC.

## INGREDIENTS

- 200g grated cheddar cheese
- 100g plain flour
- 1 egg
- Olive oil for frying
- 60g clear honey
- 1 tbsp poppy seeds



## METHOD

1. Mix the grated cheese in with the flour with your fingers until it looks like breadcrumbs.
2. Add the egg to make a dough.
3. Make small dough balls about 2cm in diameter.
4. Fry the balls in 2cm of hot olive oil. Make sure there is adult supervision for this.
5. Fry them until they are golden brown.
6. Heat up the honey gently until it is runny and then dip the pastry balls in it with tongs and then roll them in poppy seeds.
7. Serve immediately or keep them until later

# ITRION (SESAME BISCUITS)

"Itrion: a thin biscuit made with sesame seeds and honey. Anacreon records it: "I had lunch, breaking off a small piece of itrion and drinking a flask of wine."" Athenaeus, Deipnosophistae (The Partying Professors), c. 200 AD.

## INGREDIENTS

- 100g sesame seeds
- 60g honey



## METHOD

1. Pour the honey into a pan and bring it to the boil. Make sure there is adult supervision for this.
2. Simmer it for ten minutes.
3. Add the sesame seeds and simmer for another 5 minutes, stirring frequently.
4. Line a tray or plate with greaseproof paper, spread the mixture thinly on it and put it in the fridge to set

# EPITYRUM VARIUM

## (OLIVES WITH HERBS)

“You should make an epityrum of green, black and speckled olives like this. Press out the stones... Chop the olives, add olive oil, vinegar, coriander, cumin, fennel, rue, mint.” Cato, De Agri Cultura (On Agriculture), 160 BC.

### INGREDIENTS

- 200g stoned black and green olives
- 1 tsp ground cumin
- ½ tsp fennel seeds
- A bunch of fresh coriander
- 1 tsp dried mint
- 2 tbsp olive oil
- 3 tbsp white wine vinegar



### METHOD

1. Grind the fennel seeds in a pestle and mortar.
2. Finely chop the coriander.
3. Roughly chop the olives in a food processor or by hand.
4. Combine all the ingredients in a bowl, stir and serve.

# CUCUMERES

## (BRAISED CUCUMBERS)

“When scraped and cooked in olive oil, vinegar and honey, cucumbers are without doubt more delicious.” Pliny the Elder, Naturalis Historia (Natural History), AD 77.

### INGREDIENTS

- 1 large cucumber
- 2 tbsp white wine vinegar
- 3 tbsp olive oil
- 1 tbsp honey
- Sea salt



### METHOD

1. Peel the cucumber.
2. Cut it into thick slices.
3. Cook the slices in the honey, wine and vinegar for about ten minutes in a pan on the hob.
4. Serve hot. It tastes like hot, sweet gherkins.

# GARUM (DIPPING SAUCE)

"A recipe for garum... Fish guts are put into a pot and salt is added... leave to ferment in the sun..." Bassus, *Eclogae de re rustica* (Country Matters), c. AD 600.

Instead of making garum (delicious as that sounds), this is a recipe for making a dipping sauce using a pre-made fish sauce.

## INGREDIENTS

- ½ tsp Thai fish sauce
- 1 tsp white wine vinegar
- 1 tbsp olive oil
- Pinch dried oregano



## METHOD

1. Mix the ingredients together.
2. Add the oregano and stir.
3. Serve as a dipping sauce for bread.

# KYKEON (BARLEY WATER)

"Kykeon: a drink mixed from wine and honey and water and barley groats." Hesychius, *Lexicon* (Dictionary), 5th century AD.

## INGREDIENTS

- 60g pearl barley
- 125 ml sweet white wine or white grape juice
- 2 tbsp honey



## METHOD

1. Simmer the barley in two pints of water for an hour and a half.
2. Strain off the juice into a bowl and discard the barley.
3. Leave the liquid to cool a little.
4. Mix the barley water with wine/grape juice and honey and add more water so you have two pints. Put it in the fridge for a while before drinking.

# FIND OUT MORE ABOUT THE ROMANS

Here is a list of resources if you'd like to find out more about Roman History.

## FOR CHILDREN

### BOOKS

- Horrible Histories. The Rotten Romans (1994)
- Horrible Histories. The Ruthless Romans (2003).
- Any of the Roman Mysteries series by Caroline Lawrence.



© Museum of London

### TV / FILM

- Any Horrible Histories series featuring the Romans. Our personal favourite is Series 3, episode 7 that features the “bad emperor” musical routine.
- The Roman Mysteries series based on the books of Caroline Lawrence and produced by the BBC.

## FOR ADULTS

### TV/ FILM

- **Meet the Romans with Mary Beard**, episode 3 Behind Closed Doors. For something factual – including some amazing carbonised furniture from Herculaneum.
- **The Supersizers Eat Ancient Rome**. With Sue Perkins, Giles Coren and lots of unpleasant Roman food.
- **Plebs**. According to Wikipedia the format of this popular series has been compared to the Inbetweeners, Up Pompeii and Blackadder – you get the idea.
- **Gladiator**. Now 20 years old it makes a good time to reassess Russell Crow in his role of General Maximus Decimus Meridius.
- **Carry on Cleo**. Considered by many to be amongst the best of the series, this film follows the exploits of Hengist and his neighbour

Horso who are captured by the Romans and taken to Rome. Includes the memorable lines from Julius Caesar “infamy, infamy! They’ve all got it in for me!”

- **Mel Brook’s History of the World Part 1**
- **Life of Brian**
- **Asterix: Mission Cleopatra** – live action version – must be watched in French with English subtitles – as the subtitles are much funnier than the English dubbed version.
- **Ben Hur**. Worth watching just for the amazing chariot racing scene.

You can also find out more about London Roman Amphitheatre and the Roman Bathhouse, by visiting: [www.cityoflondon.gov.uk/things-to-do](http://www.cityoflondon.gov.uk/things-to-do).

# THANK YOU

**We hope you enjoyed your time being a raucous Roman!**

Share your images and videos of your party with us on:

**@visitthecity on Twitter, Instagram or Facebook** using **#ourcitytogether #raucousromans**

Don't forget to [subscribe](#) to our newsletter for lots more inspiring arts, culture and London history for the head and the heart.

## CREDITS

Written by Kim Biddulph and Andrew Lane.

Designed by Lucy May Design.

Thanks to the teams at the Billingsgate Roman House and Baths and the London Roman Amphitheatre for producing the content for this pack.

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