



KNIGHTS AND CASTLES

Medieval Times

FAMILY UNIT STUDY

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Welcome!



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What to Expect

Thank you for choosing one of How Wee Learn's Family Unit Studies! If you are new to Family Unit Studies, I invite you to take a moment to review the "What to Expect" below, as well as the suggested schedule on the following page.

A unit study focuses on critical thinking and problem-solving, allowing children to dive deep into fascinating topics and engage in meaningful learning. When a child is engaged in what they are learning, that learning sticks. And when a child is engaged and fascinated by what they are learning, learning is amazingly fun for the whole family! Say goodbye to those power struggles.

Our unit studies are divided into ten topics with manageable, bite-sized amounts of information. Each topic includes:

- **Interesting Fact:** Did you know that elephants suck their trunks much like babies suck their thumbs? Or that a human has the same number of neck bones as a giraffe? Interesting facts are an excellent way to spark a child's interest and imagination!
- **Discussion Question:** Asking the right questions and having meaningful discussions is a wonderful way to meet your child at their level of understanding and help them grow. So much can be learned through one meaningful discussion!
- **Curated YouTube Video:** Dive into fun and easy learning with experts in the field, entertaining stories, and inspiring tales, all selected to highlight key learning concepts. Enjoy a snuggle on the couch, learning with popcorn and a movie!
- **Book Suggestion:** The book suggestions for each topic are just that—suggestions. Any books related to the topic are strongly encouraged. Immersing your child in a literacy-rich environment and offering plenty of time to explore is key for child-led learning.
- **Math Enrichment:** Each unit study includes five math enrichment questions with three levels so they are fitting

for ages 4 to 12. These questions cover the five strands of math: Number Sense, Algebra, Data, Spatial Sense, and Financial Literacy. This is not a full math curriculum, of course, but an enrichment opportunity and a chance to be exposed to real-world math. As you go through a question, consider how you might ask a follow-up question. Perhaps, "What would happen if there were 6 birds instead of 5?"

- **Literacy Enrichment:** There are so many opportunities to integrate literacy development throughout each unit study! Reading, researching, recording information, labeling, and note-taking all happen naturally. On top of this, each unit study includes five literacy enrichment activities with three levels so they are fitting for ages 4 to 12.
- **Hands-on Activity:** The hands-on activity brings the information shared and discussed to life! These activities allow children to engage in and solidify their learning.
- **What's Happening:** This ensures any information you need for the hands-on activity is right at your fingertips. This may include background information on the topic, the science behind an experiment you perform, etc.
- **Extension Activity:** Some activities might feel too young for your learner. If that's the case, this section is for you! The extension activity shares how to make the hands-on activity more challenging or enriching, ensuring every child is met with appropriate developmental activities.

I hope you and your family love this unit study!

If you have any questions at all, please email me at customercare@howweelearn.com.

xo Sarah



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Suggested Schedule

These unit studies are completely flexible—there is no right or wrong way to dive in. When learning is this exciting, you simply cannot go wrong! Below are two possible ways you might choose to use these unit studies.

10-Day Focused Unit Study

Your family might choose to focus on one unit study topic a day, completing the entire unit study over a 10-day period:

Day 1	Morning 30-60 mins	Complete core skill work with one page of How Wee Learn Literacy and one page of How Wee Learn Math for your child's specific grade. Next, introduce Topic 1 of this unit study with the interesting fact, discussion question, and YouTube video.
	Afternoon 30-60 mins	Complete Topic 1 by diving into the math or literacy enrichment question, the hands-on activity, and the optional extension activity!
Day 2	Morning 30-60 mins	Complete core skill work with one page of How Wee Learn Literacy and one page of How Wee Learn Math for your child's specific grade. Next, introduce Topic 2 of this unit study with the interesting fact, discussion question, and YouTube video.
	Afternoon 30-60 mins	Complete Topic 2 by diving into the math or literacy enrichment question, the hands-on activity, and the optional extension activity!

Etc., repeating until all 10 topics are covered.

One-Month Blended Unit Study

Alternatively, your family might choose to blend this unit study with your core skills and family adventures, completing it at a more leisurely pace. For example, 2-3 afternoons per week:

Day 1	Morning 30-60 mins	Complete core skill work with one page of How Wee Learn Literacy and one page of How Wee Learn Math for your child's specific grade.
	Afternoon 60 mins	Complete Topic 1 of this unit study by chatting about the interesting fact and discussion question, watching the YouTube video, doing the math or literacy enrichment question, and diving into the hands-on activity!
Day 2	Morning 30-60 mins	Complete core skill work with one page of How Wee Learn Literacy and one page of How Wee Learn Math for your child's specific grade.
	Afternoon 60 mins	Head outside for a nature walk, go to the park, or play board games!
Day 3	Morning 30-60 mins	Complete core skill work with one page of How Wee Learn Literacy and one page of How Wee Learn Math for your child's specific grade.
	Afternoon 60 mins	Complete Topic 2 of this unit study by chatting about the interesting fact and discussion question, watching the YouTube video, doing the math or literacy enrichment question, and diving into the hands-on activity!

Etc., repeating until all 10 topics are covered.



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Scope & Sequence

Family Unit Studies allow your child to explore one big topic through multiple subjects: reading, writing, math, science, history, geography, social studies, health, music, art, and life skills. This has been shown to make learning more meaningful and memorable—it makes learning stick! We use “cross-curricular connections” to help children see how ideas are linked in the real world, keeping them engaged and deepening their understanding.

As a parent, it's important to feel confident in the rich learning you're guiding your child through. That's why we've included this Scope and Sequence—not as an exhaustive list, but as a helpful starting point to show how key learning standards are met (and often exceeded!) through deep, connected experiences.

We hope this Scope and Sequence encourages you to look creatively at each Family Unit Study and see how the hands-on learning and fun are a part of an intentional, impactful, learning-filled journey.

Math		Topics
Financial literacy	Buy, sell, save, make change, and compare needs vs. wants.	3, 7
Number sense	Solve fraction problems using kingdoms and trade routes.	10
Spatial sense	Calculate perimeters of castle structures and walls.	6
Data	Create and interpret pictographs and bar graphs.	5
Algebra	Solve missing-value, rate, and equation problems.	9

Literacy		Topics
Listening & speaking	Daily “Spark Curiosity” discussion and video debriefs.	All
Reading comprehension	Through book suggestions and read-alouds in each topic.	All
Handwriting	Trace and independently write medieval vocabulary.	1
Making connections	Imagine and write about attending a medieval feast.	2
Vocabulary & word study	Define and use medieval trade and guild vocabulary; Create words using the letters in HERALDRY.	3, 8
Creative writing & storytelling	Read and recite a medieval-themed poem; Plan, write, and perform a medieval tale.	4

Science		Topics
Physical & chemical changes	Observe changes that occur while baking cookies.	2
Sound & vibration	Explore how strings vibrate to produce sound.	5
Materials & properties	Build mail armor and investigate strength and flexibility.	7
Force, motion & energy	Build and test a catapult.	9

History		Topics
Medieval life & society	Explore work, chores, social classes, and village life.	1, 2, 3

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History		Topics
Oral & cultural traditions	Learn how bards and minstrels shared stories/news.	4, 5
Castles, knighthood & warfare	Study castles, knight training, armor, and defense.	6, 7
Heraldry & identity	Explore coats of arms, symbols, and family identity.	8
Science, technology & invention	Examine medieval tools, inventions, and technologies.	9
Exploration & mapmaking	Explore medieval travel, navigation, and maps.	10

Geography		Topics
Human geography & settlements	Explore villages, farms, markets, and castles.	1, 2, 3, 6
Navigation & map-reading	Give and follow routes using cardinal directions; Follow routes using landmarks and a compass; Discuss how travelers used the sun and stars.	10

Social Studies		Topics
Social roles & hierarchy	Organize medieval roles within a social hierarchy; Explore how medieval workers depended on one another.	1, 3
Economics & exchange	Role-play buying, selling, pricing, and unfair payments.	3
Communication & community	Explore how performers spread stories and news.	4
Built environments	Examine how castle spaces supported community life.	6
Identity & symbolism	Explore heraldic symbols, colors, and personal identity.	8

Health		Topics
Food & kitchen safety	Prepare and bake cookies with adult supervision.	2

Music		Topics
Music history & culture	Explore medieval music and instruments.	4, 5
Instrument design & performance	Build and play a lute-inspired instrument.	5

Art		Topics
Illustration & visual storytelling	Illustrate an imagined medieval feast.	2
Decorative design	Decorate a handmade medieval-style instrument.	5
3D construction	Build and decorate a castle room diorama.	6
Heraldry & visual design	Design a meaningful coat of arms; Divide and balance sections of a shield design.	8

Life Skills		Topics
Cooking & following directions	Measure, mix, shape, and bake cookies.	2
Money management & decision-making	Practice buying, selling, saving, and prioritizing needs.	3, 7
Communication & collaboration	Organize, memorize, and perform stories; Work together during games and navigation activities.	1, 3, 4, 10

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Medieval Times



TOPIC ONE

Daily Life in Medieval Times

Daily life in medieval Europe revolved around the demands of the manor and the village. Most people worked from sunrise to sunset, tending fields, caring for animals, baking bread, and mending clothes. Children helped with chores from a young age, learning skills by doing. Life was guided by seasons, festivals, and the rhythm of work and rest. The medieval period lasted roughly from the 5th century to the late 15th century, spanning about 1,000 years. What was it like to live, work, and play in a medieval village? Let's explore...

Spark Curiosity



Did You Know? Medieval people ate with their fingers, knives, and spoons. Table forks were uncommon!



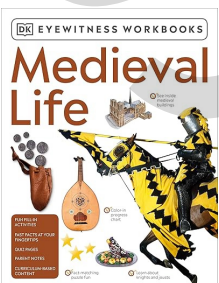
I Wonder... How did families entertain themselves after a long day of work?

Resource Suggestions



Discover Medieval Daily Life | Freya's Fun Learning with Historian Emily by Freya's Fun Learning

In this fun and educational video, kids will learn about what it was like to live in a medieval village, the kinds of jobs people had, the food they ate, and how they spent their days.



Eyewitness Workbooks Medieval Life by DK

Carry on your love of history with *Medieval Life*, an activity-packed exploration of life in the Middle Ages.

Enrichment Question

Subject Focus: *Literacy (Writing)*



Printing Practice



Cursive Writing Practice

L1

Trace the printed words. Choose 3 words to write on your own.

L2

Trace the cursive words. Choose 3 words to write on your own.

L3

Trace the cursive words. Write all the words on your own.

Hands-On Activity

Subject Focus: *History, Social Studies*



Society Roles and Hierarchy

See the next page for your hands-on activity instructions!



HANDS-ON ACTIVITY: HISTORY, SOCIAL STUDIES

Society Roles and Hierarchy

Materials

Scissors



Society Roles



Hierarchy Pyramid

Directions

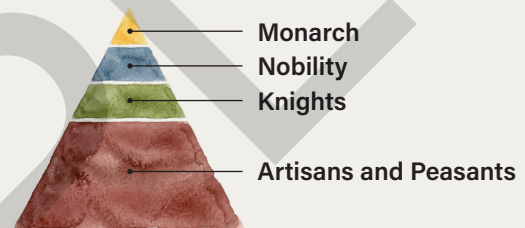
1. Cut out the cards on the Society Roles printable.
2. Mix up the cards and lay them all face down without looking at them first.
3. Take turns flipping over two cards at a time.
4. If the card image and description match, you keep the pair and flip over two more cards. If they don't match, flip them back over, and it's the next player's turn.
5. Play until all the matches are found. Whoever makes the most matches wins!

Extension Activity

Using the hierarchy pyramid printable, organize the people and their jobs onto the pyramid. Who has the most power in the pyramid? Which groups did most of the day-to-day physical labor? Do you think it would be easy to move up the pyramid in medieval times?

What's Happening?

Medieval society is often described like a pyramid, with a few powerful people at the top and lots of workers at the bottom:



- **Monarch (King or Queen):** Ruled the kingdom and gave land and power to nobles in exchange for loyalty and service.
- **Nobility (Lords and Ladies):** Controlled large areas of land, collected payments, protected the land, and served the monarch.
- **Knights (Military Service):** Often served nobility, protecting the land and providing military service.
- **Artisans (Skilled Workers):** Made tools, buildings, food, and clothing for the village (e.g., blacksmiths, masons, bakers, butchers, and weavers).
- **Peasants (Farmers):** Most people in a village were peasants who farmed the land.

The church also played an important role. The local priest performed ceremonies, and people gave part of their crops or income to help the church run. This payment was called a tithe.

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Printables



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Printing Practice

Medieval

Manor

Village

Castle

Knight

Festival

Merchant

Guild



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Cursive Writing Practice

Medieval

Manor

Village

Castle

Knight

Festival

Merchandise

Build



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Society Roles

Monarch



Nobility



Knights



Peasants



Blacksmiths



Masons



Bakers



Weavers



Ruled the kingdom.

Controlled large areas of land.

Provided military service.

Farmed the land.

Made and repaired tools and other metal items.

Built structures from stone.

Turned grain into bread and other baked goods.

Wove thread into cloth.



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Hierarchy Pyramid

