

Ancient Civilisations (Greeks, Romans, Egyptians)

- **The Toga:** Use a plain white **bedsheet** or large **towel**. Drape it over one shoulder and secure it with a safety pin or a "brooch" made of cardboard covered in foil.
- **Laurel Wreath:** Cut a strip of green **cereal box** or card to fit around the head. Staple or glue real leaves from the garden or paper "leaf" cut-outs onto it.
- **Egyptian Collar:** Cut a large circle out of a **paper plate**, then cut a hole in the middle for the neck. Let the child colour it gold and blue with felt tips or paint.

Medieval & Knights

- **Tabard:** Take an old **pillowcase**, cut a hole in the closed end for the head and two holes in the sides for arms. Draw a "Coat of Arms" on the front with markers.
- **Shield:** Cut a shield shape out of a **delivery box**. Use leftover duct tape or foil to make it look metallic.
- **Chainmail:** An old **grey knitted jumper** or a mesh laundry bag worn over a grey t-shirt works perfectly.

Victorians & Edwardians

- **The Chimney Sweep:** Use an old **dark t-shirt** and trousers. Smudge a little bit of **black eyeshadow** or charcoal on the cheeks for "soot."
- **Flat Cap:** A standard **baseball cap** worn backwards or a plain beanie can pass for a worker's cap.
- **The Maid/Schoolgirl:** A plain white **pillowcase** can be pinned to a skirt to look like a pinny (apron). Tie a white ribbon in the hair.

World War II (Evacuees)

- **Evacuee Tag:** Cut a rectangle of **brown cardboard**, punch a hole, and thread some string through it. Write the child's name and "destination" on it.
- **Gas Mask Box:** Use a **small shoe box** or cereal box. Paint it brown, attach a long string handle, and wear it across the body like a satchel.
- **The "Look":** A **cardigan** buttoned up over a collared shirt with knee-high socks is the classic 1940s school silhouette.

Stone Age

- **Caveperson:** Use an old **brown or tan oversized t-shirt**. Cut the bottom hem into "jagged" triangles and use a piece of rope or twine as a belt.
- **Bone Accessory:** Cut a bone shape out of **white card** or use a clean, white plastic dog chew toy tied into the hair or around the neck.

🕒 HISTORY DAY: DIY COSTUME CHEAT SHEET

No need to buy new! Use what you have at home to step back in time.

🏛️ ANCIENT HISTORY (Greeks, Romans, Egyptians)

- **The Toga:** A white **bedsheet** draped over one shoulder. Secure it with a belt or a piece of rope.
- **The Crown:** Cut a strip of **cereal box** to fit your head. Glue on garden leaves for a Greek Laurel or foil for a Roman Crown.
- **Egyptian Jewels:** Use a **paper plate**. Cut a hole for your neck and decorate the "collar" with bright patterns or pasta shapes painted gold.

🏰 MIDDLE AGES & CASTLES (Knights, Peasants, Vikings)

- **The Tunic:** An oversized **plain T-shirt** cinched at the waist with a dressing gown cord or leather belt.
- **The Shield:** A piece of **delivery box cardboard** cut into a triangle or circle. Draw your own family crest on the front!
- **Viking Cape:** Drape a **brown or grey bath towel** or a faux-fur rug over your shoulders and safety-pin it at the chest.

👤 THE VICTORIANS (Workhouse, Sweeps, Wealthy)

- **The Chimney Sweep:** Dark trousers, a **waistcoat** (or an old gilet), and a smudge of "soot" (black eyeshadow) on the cheeks.
- **The Maid:** A white **pillowcase** pinned over a skirt to make an apron. Tie a white ribbon in your hair.
- **The Poor Student:** A plain shirt with the collar turned up and a **flat cap** or school cap.

🧢 THE WORLD WARS (Evacuees & Soldiers)

- **The Identity Tag:** A small rectangle of **brown card** on a piece of string around the neck.
- **The Gas Mask Box:** A **small cardboard box** (like a cereal or shoe box) with a long string handle worn across the shoulder.
- **The Style:** Knee-high socks, a **buttoned cardigan**, and a coat with the collar popped.

▪ TOP TIPS FOR ALL ERAS:

1. **Check the "Dress-up" Box:** Most superheroes have capes that can be turned inside out to become medieval cloaks!
2. **Cardboard is King:** You can make swords, crowns, telescopes, and jewellery out of recycling.
3. **Think "Silhouette":** A simple prop (like a pirate's eye patch or a nurse's white hat) tells the story better than a full outfit.