Dress Like a Roman

In ancient Rome, the toga was worn by citizens for special occasions. Like a lot of formal clothing today it wasn’t easy to move around in and had to be kept clean. **Putting on a toga required teamwork, so get a helper to put your toga on!**

**MATERIALS**

1. Find a large piece of fabric. A flat bed sheet works well, or a long table cloth. Togas were usually white in color, but you can use fabric that is a different color or has a pattern.

2. Romans wore tunics underneath their togas. You can wear a t-shirt and shorts or any bottoms that end at your knee.

**STEPS TO TYING A TOGA**

1. Drape the end of the toga over your left shoulder. The edge of the toga should be about in line with your knee.

2. Wrap the rest of the toga around the back of your body, moving the excess fabric to the front.

3. Gather the rest of remaining fabric and place it over your shoulder. Tuck the end into the fabric around your back to keep it securely in place.

4. Extend the left arm and drape the fabric so you can bend your arm back and forth.

For more help with your toga check out this video:

[https://www.youtube.com/watch?v=0EyStjkI1-Y&t=101s](https://www.youtube.com/watch?v=0EyStjkI1-Y&t=101s)