

What Is History

Week 1 • Monday • Welcome to History!

Today's Goals

Today we will: **Find out what history is**, **Read about why history matters**, and **Answer questions about our reading**.

Reading Time

Have you ever asked, "**What happened a long time ago?**" That is the question historians ask every day. **History** is the study of things that happened in the past — the people, places, and events that shaped the world we live in today. It is like a giant story about everyone who lived before us.

We learn history from many different clues. **Stories** that families tell, **old pictures**, and even the things people left behind — like tools, toys, and buildings. History is not just about kings and queens. It is about ALL people, including kids just like you.

Why does history matter? Because knowing the past helps us understand the present. When you know where your family came from, or how your town was built, or why people celebrate certain holidays, you feel connected to something bigger than yourself. Every day you live, you are writing new history!

Reading Questions

1. What is history?

2. Name two ways we can learn about the past.

3. Why does learning history help us understand today?

Vocabulary Grid

Write what each word means in your own words.

history

past

historian

event

present

clue

True or False

Write T for true or F for false in each circle.

- ☐ History is only about kings and queens.
- ☐ A historian studies things that happened in the past.
- ☐ Old pictures can help us learn about history.
- ☐ Learning history helps us understand the present.
- ☐ You are writing new history every day.
- ☐ History is about all people, not just famous ones.

Hands-On: Your History Hunt

You need: a pen and paper, plus something old from your home (a photo, a toy, a letter, a receipt — anything older than a year).
Look at your old object. Write down: **What is it? How old is it? What story does it tell?** Every old thing is a tiny piece of history — your family's history. Share what you found with someone at home!

Draw It!

Draw the old object you found and write its story below it.

Check-In

I can ...	
Explain what history is	YES / NOT YET
Name ways we learn about the past	YES / NOT YET
Say why history matters	YES / NOT YET