



# Living in Roman Britain: Daily Life and Change

KS2 HISTORY

KS3 HISTORY

Ages 9-13 ⌚ 4 min read

## When Did the Romans Come to Britain?

The **Roman Empire** invaded **Britain** in **43 AD** under the emperor **Claudius**. They stayed for about **367 years** until **410 AD**. That's almost as long as America has existed as an independent country! During this time, Britain was part of the **Roman Empire**, which was one of the most powerful civilizations in the ancient world.

## Daily Life in Roman Britain

Life in **Roman Britain** was very different depending on whether you were rich or poor. **Rich Romans** and wealthy British people lived in comfortable houses with heating systems called **hypocausts** - hot air ran under the floors to keep rooms warm. They had servants, ate exotic foods, and wore fine clothes.

Poor people worked as **farmers**, **slaves**, or **laborers**. They lived in simple houses made of wood and mud, and their lives were much harder. Most people worked on the land, growing crops and raising animals for food.

Think of it like a modern city: some people live in luxury penthouses while others live in small apartments. The Romans created the same kind of divide in Britain.

## Roman Towns and Buildings

The Romans built impressive **towns**, **roads**, and **buildings** that changed Britain forever. They created **Londinium** (modern-day **London**), **Bath**, and many other settlements. These towns had **shops**, **bathhouses**, **temples**, and **markets** - the Romans loved public baths!

The **Roman roads** were engineering marvels. They were straight, well-built, and connected different parts of Britain. These roads made travel faster and helped **trade** flourish. Soldiers could also move quickly along them to defend the empire.

## Food, Religion, and Entertainment

People ate bread, vegetables, cheese, and meat. **Wine** and **beer** were popular drinks. The Romans introduced new foods and cooking methods to Britain.

Most British people eventually adopted **Roman religion** and worshipped Roman gods like **Jupiter** and **Mars**. However, **Christianity** began spreading toward the end of the Roman period.

For entertainment, people watched **gladiator fights**, attended **plays**, and enjoyed **chariot racing**. **Dice games** and **board games** were popular too.

Think of it like how American culture influences other countries today – the Romans brought their way of life, language, and ideas to Britain.

## **The End of Roman Britain**

By **410 AD**, the **Roman Empire** was in trouble. Soldiers were needed to defend **Rome** itself, so they left Britain. Without Roman protection and order, **Anglo-Saxon** settlers arrived from what is now **Germany** and **Denmark**. Roman Britain had ended, but it left lasting changes – roads, towns, and new ideas that shaped Britain's future.