



## ACTIVITY

## A Sailor's Daily Routine

In this activity, students create a chart to log their 24-hour routine. Make sure they include their free time, with at least three ideas of what they like to do for fun. Do their fun activities include something the average *Constitution* sailor couldn't do, like playing video games or talking on the phone? Have them brainstorm and reflect: what else could they do with that free time? What are the differences between a sailor's life and their own? To answer, have students compare and contrast their daily routines to that of a sailor's. Using a simple table, they can note the amount of hours (and convert to percentages!) of sleep, chores, school, and leisure time.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Student's 24-Hour Day Chart

<b>Time of Day</b>	<b>Activity</b>	<b>How many hours do you spend doing this per day? What is the percentage of your day spent doing this activity?</b>
12:00AM-1:00AM		
1:00AM-2:00AM		
2:00AM-3:00AM		
3:00AM-4:00AM		
4:00AM-5:00AM		
5:00AM-6:00AM		
6:00AM-7:00AM		
7:00AM-8:00AM		
8:00AM-9:00AM		
9:00AM-10:00AM		
10:00AM-11:00AM		
11:00AM-12:00PM		
12:00PM-1:00PM		
1:00PM-2:00PM		
2:00PM-3:00PM		
3:00PM-4:00PM		
4:00PM-5:00PM		
5:00PM-6:00PM		

6:00PM-7:00PM		
7:00PM-8:00PM		
8:00PM-9:00PM		
9:00PM-10:00PM		
10:00PM-11:00PM		
11:00PM-12:00AM		

# Sailors Daily Routine at Sea

<p><b>First Lieutenant</b></p> 	<p>Middle Watch 12-4 am</p>	<p>Morning Watch 4-8 am</p>	<p>Forenoon Watch 8-12 noon</p>	<p>Afternoon Watch 12-4 pm</p>	<p>First Dogwatch 4-6 pm</p>	<p>Last Dogwatch 6-8 pm</p>	<p>First Watch 8-12 pm</p>
<p><b>Midshipman</b> (Starboard watch)</p> 	<p>On call: Sleep</p>	<p>Up at dawn; Supervise shipboard work, report progress to Captain.</p>	<p>Receive reports from subordinates that ship is clean and in proper order; 11:00 report to Captain when ready for inspection.</p>	<p>Dinner 1:00 Get purser's report about provisions.</p>	<p>4:30 Evening quarters! Call men to their battle stations for inspection and practice.</p>	<p>Evening quarters! Call men to their battle stations for inspection and practice.</p>	<p>On Call Sleep</p>
	<p>On call: Sleep</p>	<p>On Watch: Supervise stowage of hammocks Report to first lieutenant after breakfast.</p>	<p>Off Watch: Supervise cleaning of lower decks. Learn navigation; use a quadrant to measure the sun's angle at noon.</p>	<p>Dinner 1:00 On Watch: Learn naval tactics; write in journal; learn seamanship.</p>	<p>4:30 Attend evening quarters; Inspect men in division; help command one gun division.</p>	<p>Attend evening quarters; Inspect men in division; help command one gun division.</p>	<p>Off Watch: Sleep</p>

<p><b>Seaman</b> (Starboard watch)</p> 	<p>Off Watch: Sleep</p>	<p>On Watch: Scrub and dry decks, ladders, and hatches; Stow hammock.</p>	<p>Breakfast 8:00-8:30 Mess cooks receive day's provisions; 8:30 All hands on deck for training.</p>	<p>Dinner 12:00-1:00 On watch: Trim sails; perform routine maintenance.</p>	<p>Supper 4:00-4:30 Attend evening quarters, practice sail or gun drill.</p>	<p>Attend evening quarters; practice sail or gun drill. Get hammock down. Mess cooks receive salt meat for tomorrow's dinner.</p>	<p>Off Watch: Sleep</p>
<p><b>Boy</b> (Larboard Watch)</p> 	<p>On watch: Sleep on deck unless needed</p>	<p>Off Watch: Up at 7:30 Stow hammock</p>	<p>Breakfast 8:00-8:30 On Watch: Carry messages for officers; Gather for inspection.</p>	<p>Dinner 12:00-1:00 Off Watch: Mend clothes, sleep, play with friends.</p>	<p>Supper 4:00-4:30 On watch: Attend evening quarters, carry officers' messages, sweep deck.</p>	<p>Practice at battle station: Practice Passing powder for one of the guns, get hammock down.</p>	<p>On Watch: Carry messages for officers.</p>
<p><b>Marine Private</b></p> 	<p>Off Watch: Sleep</p>	<p>On Watch: Wash deck; Stand guard.</p>	<p>Breakfast 8:00-8:30 Mount guard on the quarterdeck 9:00 Parade; 10-11:00 Small arms practice.</p>	<p>Dinner 12:00-1:00</p>	<p>Supper 4:00-4:30 Assemble for inspection and drill.</p>	<p>Assemble for inspection and drill; Stand guard.</p>	<p>Off Watch: Sleep</p>

Note: The two dog watches produce seven watches per day, ensuring that watch keepers do not serve the same watches every day.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Compare and Contrast Table

<b>Your Activity During this Hour</b>	<b>Time of Day</b>	<b>An 1812 Sailor's Activity During this Hour</b>
	12:00AM-1:00AM	
	1:00AM-2:00AM	
	2:00AM-3:00AM	
	3:00AM-4:00AM	
	4:00AM-5:00AM	
	5:00AM-6:00AM	
	6:00AM-7:00AM	
	7:00AM-8:00AM	
	8:00AM-9:00AM	
	9:00AM-10:00AM	
	10:00AM-11:00AM	
	11:00AM-12:00PM	
	12:00PM-1:00PM	
	1:00PM-2:00PM	
	2:00PM-3:00PM	
	3:00PM-4:00PM	
	4:00PM-5:00PM	
	5:00PM-6:00PM	

	6:00PM-7:00PM	
	7:00PM-8:00PM	
	8:00PM-9:00PM	
	9:00PM-10:00PM	
	10:00PM-11:00PM	
	11:00PM-12:00AM	

What are the major differences between your day and a sailor's day?

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How many hours of sleep do you get as compared to a sailor in 1812?

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After comparing the two days, which would you prefer? Why?

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