# A Day in the Life of a Tudor Citizen

*Learning objective: To write a descriptive diary entry from the perspective of someone living in Tudor England, using historical knowledge of daily life.*

Use this writing frame to help you compose a diary entry. Imagine you are a young person living in the Tudor period. Use the sentence starters provided and include historical details about food, clothing, or jobs. Remember to use formal, descriptive language suitable for a Grade 5 historical recount.

The morning sun crept through the shutters of our small timber-framed cottage, signalling that it was time to begin another busy day in London.

*Word bank: Furthermore · However · In addition to this · Consequently · During the reign of... · Commonly · Whilst · Surprisingly*

**1. The Morning Routine: Describe your breakfast and what chores you had to complete. Start with: As I rose from my straw mattress, I... (2 marks)**

**2. The Town Environment: What did you see or hear on your way to work or market? Start with: Stepping out onto the muddy street, I could hear... (2 marks)**

**3. Tudor Diet and Trade: Explain what you ate for your main meal and what goods were being traded. Start with: By midday, my hunger grew, so I sat down to eat... (2 marks)**

**4. Reflecting on Society: How does life under the current monarch affect your family? Start with: Life in England feels very different now because... (2 marks)**

**5. The Evening Conclusion: How do you feel as the day ends? Start with: As the oil lamps were lit, I reflected on the day by... (2 marks)**

*Extension challenge: Ellie the elephant suggests you include a 'historical fact box' at the end of your diary. Choose one aspect of Tudor life—such as medicine, fashion, or crime and punishment—and write three factual sentences to explain it to a reader from the future.*