

# HISTORY OF THEODORE ROOSEVELT

FOR AGES 9+

## \*FUN FACTS\*

Theodore Roosevelt loved to write. He wrote more than 40 books and around 150,000 letters in his lifetime.

Roosevelt was on a boxing team at Harvard, and continued boxing as a hobby until a punch while he was president left him nearly blind in one eye.

Roosevelt's fifth cousin Franklin Delano Roosevelt also served as president, from 1933 to 1945!

## ACTIVITY #1



### Exercise Like Roosevelt

Theodore Roosevelt was a big believer in the importance of exercise and staying fit. He often would invite friends, business associates--and even leaders of other countries--out for "walks" that would turn into hiking, swimming and rock climbing! He also enjoyed tennis, boxing and horseback riding.

Design a Roosevelt-style "walk" around your house or yard. Simple exercises to include might be: climbing stairs, high stepping and jumping jacks. Challenge a parent or older sibling to join you for your TR-style workout.

## ACTIVITY #2



### Family Dinner

Theodore Roosevelt had six children, and expected them to actively participate in family dinner conversations about current events and politics. Think about your next family dinner. What questions or conversational topics might you want to talk about?

Write them here:

1.

2.

3.

SHARE YOUR ACTIVITIES WITH US!  
UPLOAD YOUR VIDEOS & PICS BY  
TAGGING @HISTORY AND USING  
#HISTORYATHOME  
YOU COULD BE FEATURED AS OUR  
"STUDENT OF THE WEEK!"

DID YOU KNOW?  
THEODORE ROOSEVELT GREW UP IN  
NEW YORK CITY. AS A CHILD, HE SUFFERED  
FROM ASTHMA AND WAS OFTEN IN POOR  
HEALTH. HIS INTEREST IN EXERCISE CAME  
FROM WANTING TO GET STRONGER  
AND FEEL BETTER.