

# EASTERN STATE PENITENTIARY

## Virtual Excursions – Current Topics

- **Eastern State Penitentiary 101** - Eastern State's history matters today more than ever. This excursion explores the history of Eastern State Penitentiary, the experiences of people who lived and worked behind its walls and makes connections to issues of justice today.
  - Hands-on Activity (Option 1) - Found poetry utilizing *Prisons Today* exhibit
    - Materials needed: *Prisons Today* virtual tour ([found here](#)); blank paper and pencil/pen; or, if working on a computer, a blank word document.
  - Hands-on Activity (Option 2) - Twitter thread about Eastern State Penitentiary
    - Materials needed: classroom Twitter account; blank paper and pencil/pen; or, if working on a computer, a blank word document.
- **Music** - Music is its own language, and one that we encounter often in the history of Eastern State Penitentiary. This excursion explores just how much music impacted the lives of people at Eastern State and how this continues in the lives of people in prison today.
  - Hands-on Activity (Grades 4-8) – Making instruments
    - Materials needed: cardboard box (cereal, tissue, etc.), scissors, rubber bands (varying sizes), construction paper, pencils, and markers.
  - Hands-on Activity (Grades 9-12) – Song creation
    - Materials needed: songwriting tips ([video here](#)); blank paper and pencil/pen; or, if working on a computer, a blank word document.
- **Food** - What do you think a healthy diet for a person in prison should look like? Healthy food and balanced nutrition are critical for success and growth but can be challenging within the limits of prison. This excursion follows the evolution of food and meals at Eastern State Penitentiary and looks at what people in prison today eat and cook.
  - Hands-on Activity (Grades 4-8) – Create a garden
    - Materials needed: milk carton, egg carton, colander, coffee grounds, banana peels, plastic bottles, plastic bags.
  - Hands-on Activity (Grades 9-12) – Create a recipe
    - Materials needed: tips on developing a recipe ([article here](#)), food ingredients specific to your recipe