

# Mysterious Mayans

## By Hayden Miller

### Did you know...

Saunas were built by Mayans, the oldest one to be discovered was 3000 years old!

### Fun Fact

Mayans adored big noses, they thought it was elegant to have a nose that stuck out! They wanted to make theirs bigger, so they made really long clay noses and stuck it on their face!

### What did Mayans use to communicate?

Mayans used a written language, hieroglyphics, similar to how the ancient Egyptians communicated, and the Mayans also used a numeral system. They were good at art, math, and they had priests who studied the stars and planets so they could create calendars.

### Mayan Temples

Mayans were extremely good at building temples, they used to paint them red as a symbol of blood, but over the years, the red faded and it is now a grey colour. 30 Mayan temples were found in Mexico already! Mayan pyramids are still being discovered today, people use some fascinating technology which can see through trees so they know where to explore.

### How did they keep active?

Mayans liked to play sport. The sport that they played the most was The Mayan Ball Game. In this game, there is a line in the middle of the field and the ball had to stay off the ground by hitting it with your hip, knee or foot. When they hit it they had to hit it to the other side as if they missed it the other team would win! It could go on for hours! The team that lost had to sacrifice their lives. One way was to paint the person blue, skin them and take out their heart! They also played other games such as Tiachlli, Jai Alai, and board games like Bul and Patolli.

### Mayan religions

The Mayan religion was composed of animism, this is when you believe that plants, nature and objects have souls. The Mayans believed in 166-250 Gods. The God that they worshipped the most was Itzamna. He was the God of Heaven, Day and Night. He frequently appeared as four different Gods called Itzamnans, who encased the world!



### A Mayan Diet

Mayans lived in South East Mexico and spread into Central America, around 4000 years ago in 2000BC! The staple foods of the Maya diet were looked after well. Their food included maize, beans, squashes and chilli peppers. They ate a lot of the food we eat today such as pears and CHOCOLATE!