History's Kids review: a podcast of real kids' firsthand history

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A free podcast where people who lived through history as kids tell the story themselves, in under 20 minutes. Ages 8 and up, with ideas for home and class.

History's Kids is a free podcast for ages 8 and up in which someone who lived through a historical event as a child tells the story in their own voice. Each episode runs under 20 minutes, and a new one arrives every other Tuesday. Its creator, Lorraine Leddy, wrote to us after reading our list of the best kids podcasts for ages 7 and up, and we were glad she did. We've added History's Kids to that list at number four. Peabody (peabody.kids) is free for everyone through the end of 2026.

We wrote this from the show's public pages on 11 November 2026 and have not listened to every episode ourselves, so treat it as a guide to what the show says it is.

What it is

Most history for children is told by an adult looking back. This show turns that around: each episode centers on a firsthand account from a person who was a kid when the event happened, with real audio from real people. The episodes listed on the site include:

- Stuck on a Field Trip: Carmen and the eruption of Mount St. Helens
- A Kid's Turn at Bat: Dan meets baseball hero Jackie Robinson
- The Supreme Court Sides with Kids: Mary Beth's fight for free speech
- One Giant Leap: Linda and the Space Race
- Small but Mighty: Aaron, Taylor, and the Shrimp Club

Season one also touches the Civil Rights Movement and World War II. The show also shares book recommendations and extra facts about each topic.

Where it came from

Lorraine is a school district administrator in New York State who spent nearly a decade as an elementary classroom teacher and literacy coach. When she taught third and fourth grade, she noticed how much her students loved historical fiction told from a kid's point of view, and wondered what it would be like to hear from the real kids who lived through history. That is a good reason to make a show, and you can hear it in the format.

Why firsthand accounts work

A date in a textbook is easy to forget. A voice saying "we were on a field trip when the mountain erupted" is hard to forget. Hearing a person describe what they saw, felt and worried about gives a child something to picture, and children tend to ask better questions about a person than about a timeline. The show says it finds its guests through newspaper archives, historical organizations, books and recorded oral histories, and that each episode is researched for historical accuracy.

Ages and what to check first

- Ages. The show is written for ages 8 and up. Some events, such as war and civil rights struggles, can be heavy, and the makers suggest previewing an episode before sharing it. The show notes list the topics discussed in each one.
- Length. Under 20 minutes, so it fits a car ride, a snack break or a social studies block.
- Cost. Free to listen wherever you get your podcasts. A Patreon is open for listeners who want to support the show.
- Privacy. It's a podcast with an email newsletter sign-up on the website. There is no app or child account to create.

How to use it at home

Listen together in the car, then ask one question: "What would you have done?" Look up the place on a map or find the year on a timeline. For a child who likes stories, follow an episode with a book from our library on the same period. Younger siblings can join for the first few minutes of a lighter episode; save the heavier ones for when you can talk afterward.

In the classroom

The show says its episodes are short enough for a social studies, science or literacy block, and that they pair easily with lessons already planned. Upper elementary and middle school teachers can match episodes to the events they cover in each grade. Pair one with a quick write: three things the guest noticed, and one question you'd ask them.

Good to know

History's Kids is a new show, with a first season still building, and it's made by one former teacher with the help of its listeners. That is no reason not to try it. It's a thoughtful, well-aimed idea, and a gentle way to make history feel real. If your child loves stories about real people, it's a lovely one to add to the playlist.

Free at peabody.kids/blog/historys-kids-podcast-review