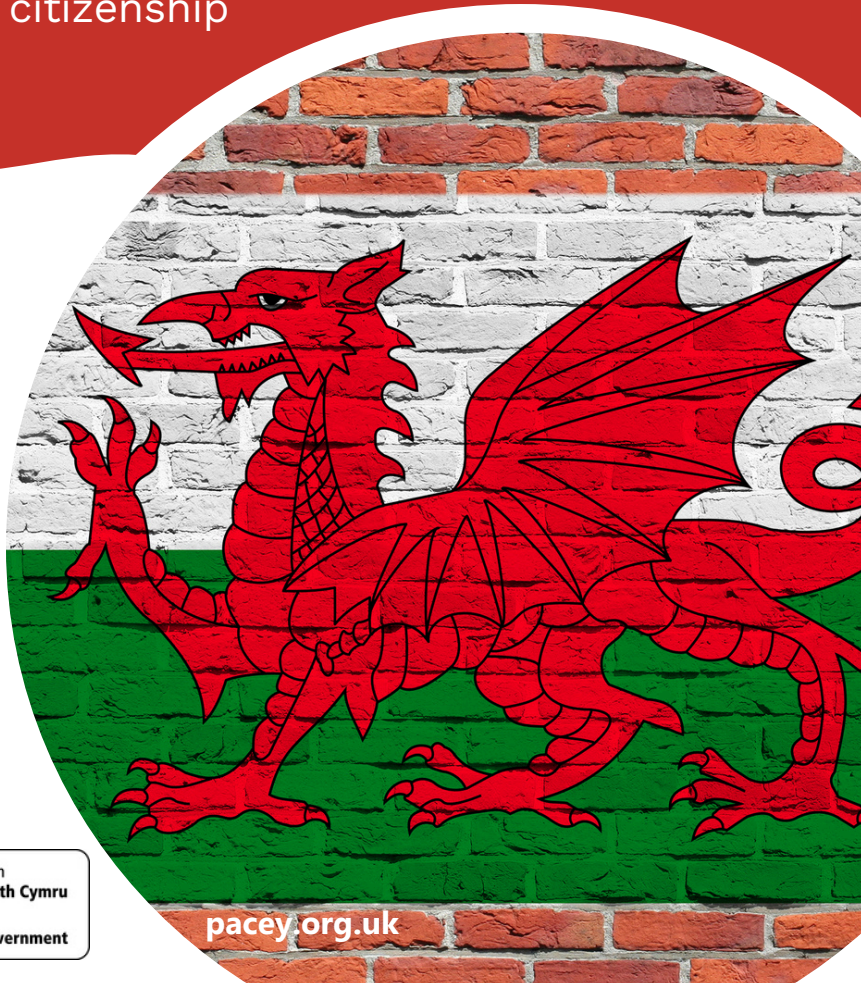


Welsh Culture Information Pack



This pack has been developed to support childcare providers to grow children's knowledge and understanding of Welsh culture and help children develop a sense of belonging in their local community, a Welsh identity and global citizenship



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

pacey.org.uk

Content

1. Introduction
2. Benefits to children, childcare providers, families, and Wales as a country
3. Fun facts about Wales
4. Welsh emblems fun facts
5. Welsh celebrations, festivals and events
6. Welsh tourist attractions
7. Our traditional Welsh recipes
8. Welsh culture activities
9. Further information

Are you interested in extending your knowledge about Welsh culture?

Would you like to enhance the learning opportunities for children in your care?

Would you like ideas of how to extend the learning opportunities for the children relating to Welsh culture?

Introduction

PACEY Cymru has been able to research and produce this Welsh Culture Information Pack with thanks to Welsh Government funding. This is a resource which links to the [curriculum for Wales \(2022\)](#), the [Active Offer](#) and promotion of Welsh language development within Wales.

The Welsh culture is expressed in many ways across the country, from speaking the Welsh language, celebrating traditional and cultural festivals as well as cooking traditional Welsh recipes. We hope you'll find the information provided in this pack helpful and a resource which will help you plan, develop and reflect on your provision.

It will support you to extend opportunities for children with their families and the local community. We also hope it will support you to grow children's knowledge and understanding of their surroundings, help them explore their identity and let them gain a sense of belonging to the country they live in.

Benefits to children

Given the opportunity to learn about Welsh culture this will help the child:



- gain a sense of belonging to Wales
- show curiosity and develop positive attitudes to new experiences and learning
- develop an awareness of different cultures and the needs, views and beliefs of other people in their own and other cultures
- learn about their community, local tales and history and to understand, value, respect and show appreciation of others
- explore a new language and develop diverse speech and language skills from an early age

Benefits to childcare providers

By exploring and discussing Welsh culture, childcare providers will:

- learn and enhance their personal knowledge of Welsh culture
- think creatively to offer new learning opportunities for the children in their care
- build stronger relationships with the children and the community
- support planning around children's interests
- enhance children's knowledge of Welsh culture
- support quality improvement



Benefits to families

By offering activities and opportunities to explore the Welsh culture families will be able to:

- contribute and suggest new activities which they may have experienced as a child themselves
- continue discussions and activities at home to extend the learning and understanding



Benefits to Wales as a country

By introducing Welsh cultural activities and opportunities, Wales will benefit by:

- having more people gaining a sense of belonging to their country
- giving children a sense of belonging so that they are more likely to stay in the country or move back when older
- having individuals pass on information to their own families as children and adults
- keeping the culture and language alive



Fun facts about Wales

- **Snowdon (Yr Wyddfa)**, is the highest mountain in Wales at 1085m – which is the same as placing 241 double decker buses on top of each other!!
- **Britain's longest and fastest zip wire ride** is based in North Wales. You can go as fast as 100 miles per hour, that's even faster than you're allowed to drive on a motorway!
- The **Welsh language (Cymraeg)** is the oldest language in Britain, with it dating back over 4,000 years.
- Rugby Union is seen as the national sport. Did you know that at first the **rugby ball** although not totally round was not as oval shaped as it is these days?
- Children's author **Roald Dahl** is Welsh. He was born in Cardiff in 1916, Roald Dahl is famous for his books including Charlie and the Chocolate Factory, The BFG, Matilda and the Enormous Crocodile.
- Did you know that there are over **600 castles** in Wales?

- There are over 10 million **sheep in Wales**, outnumbering the amount of people, as the population is just 3 million! That means for every one person there are 3 sheep!
- Wales has the longest place name in the UK with 58 letters in total. Why not give this place name a go:

**Llanfairpwllgwyngyllgogerychwyrndrobwlllantys
iliogogoch**



- **St Fagans in Wales' National Museum of History**. Did you know that the historic school building in St Fagans was first built in Lampeter, Ceredigion in 1880 and is called the Maestir which means 'range?' Children aged 5 to 14 years old would all be taught in one teaching room. Imagine that!

Welsh emblems fun facts

- The national emblem of Wales is the **leek (Cenhinen)**. Did you know that in early battle Welsh soldiers were asked by King Cadwaladr to wear a leek on their helmet so that they would be recognised as being one of his countrymen?
- The dragon appearing on the **Welsh national flag** relates to the days when Merlin had a vision of the red Welsh dragon fighting the white dragon who was believed to be invading Wales.
- **Daffodils** naturally appear in early spring and flower around St David's Day. An Alzheimer's medication has been developed from daffodils grown in the Welsh Black Mountains.



- What makes the **Welsh harp (Y Delyn)** different to the others? The Welsh harp has **three rows of string** rather than one row. Did you know that the Welsh harp was invented by the Italians?



- It is thought that the **love spoon** came from the spoon used for cawl. You can see one of the oldest love spoons that dates back to 1667 at St Fagans National Museum of History.

Welsh celebrations, festivals and events

St David's Day:

St David is the patron saint of Wales. March 1st is the annual day of celebration of both St David and traditional Welsh culture. To mark the day, Welsh people around the world wear the national emblems - daffodil and leek, as well as Welsh shirts and traditional costumes.

Dydd Gwyl Dewi Hapus! – Happy St David's Day!

Santes Dwynwen Day:

St Dwynwen is the Welsh patron saint of lovers. Dwynwen was a Princess of the 4th Century who had a very sad love experience. As a result Dwynwen became a nun and set up a monastery at Llanddwyn Island on Anglesey. Dydd Santes Dwynwen is considered the Welsh equivalent of Valentine's Day and is celebrated annually on January 25th.

The Eisteddfod:

An Eisteddfod is a Welsh language festival celebrating Welsh language literature, music and performance. The National Eisteddfod is a celebration of the culture and language in Wales. The festival travels from place to place, alternating between north and south Wales and attracts 150,000 visitors a year. It includes a colourful Maes (pitch) with an iconic pink roofed pavilion which houses the competitions.

The Urdd National Eisteddfod is a youth festival that attracts around 90,000 visitors each year. Over 15,000 children and young people under the age of 25 compete during the Eisteddfod week in various competitions such as singing, dancing and performing.



Yr Urdd:

Urdd Gobaith Cymru is a National Voluntary Youth Organisation for children and young people between 8 – 25 years old. It provides opportunities through the medium of Welsh for children and young people in Wales.

The Urdd facilitates the Urdd National Eisteddfod (see above) each year. The Urdd also have established four residential centers across Wales where they offer children a range of outdoor activities and adventure holidays. In September 1976 Mr Urdd the green, red and white mascot was born and remains a popular Welsh character of the 21st Century.



Welsh tourist attractions

Castles:

- Wales is said to have more castles than any other country in Europe.
- There are over 600 castles in Wales alone!
- One of the oldest castles in Wales is [Chepstow Castle](#) in Monmouthshire,
- [Caerphilly Castle's](#) leaning tower leans more than the famous Leaning Tower of Pisa.



Attractions:

- In [St Fagans National Museum of History](#) you can discover how people lived and worked in Wales in the past by visiting their re-erected historic buildings. Did you know that you can watch the blacksmith and the clog maker at their work, using the early tools?
- At four miles long and well over 40m deep, [Bala Lake \(Llyn Tegid\)](#) is the largest lake in Wales. That is like the depth of over 6 swimming pools, that's a long way down!
- The [Royal Welsh Show](#) is held annually in Mid-Wales during the summer and winter period and is one of the largest agricultural shows in the UK bringing the farmers industry and the Welsh community together. Did you know that Canada and Australia are the only two other countries to host 'Royal' agricultural shows?

- The Principality Stadium is Wales's biggest rugby stadium. It holds up to 74,500 people and was the first stadium to have a retractable (open and closing) roof. There are 640 hand washing sinks in the stadium, think about how many houses that would fill!
- [The National Botanic Garden of Wales](#) is situated in Carmarthenshire. Visit the Great Glasshouse to see 'the most endangered plants on the planet which come from six areas in the world'.



Our traditional Welsh recipes

We have included a selection of Welsh recipes shared by members of the PACEY Cymru team.

We are sure you, or families of children in your care, have other favourites that can be cooked or baked in your setting!



Braint's family cawl

“When visiting Nain every Sunday afternoon we would all be welcomed by the aroma as soon as we pulled up on the drive. Nain’s version of a Sunday dinner would be a ham cawl, which we all sat around the table to enjoy together as a family. This recipe has been passed down and Mum now cooks it on a regular basis, but don’t tell her it’s not as good as Nain’s!”

Ingredients:

Smoked gammon or lamb joint
Water
1 small swede, 3 large carrots
2 large leeks, 500g potatoes
1 large bunch of chopped parsley
Salt and black pepper to season



Method:

1. Cook the meat joint in water as instructed
2. Keep the water to use as a stock
3. While the meat is simmering clean and prepare the veg, once the meat is ready remove from the water and leave it to rest
4. Warm the stock, add the swede and carrots and boil gently for 5 minutes then add the leeks, parsley and potatoes and boil for another 30 minutes
5. Chop the meat into small cubes and add to the cawl mix, simmer gently for another 10 minutes
6. You can serve immediately but it is even nicer the next day when it becomes thicker cawl

Claire's gran's Bara Brith

“My gran was born in Northop Hall in North Wales but moved to Nebo in rural Gwynedd when I was very young. Baking with her is one of my fondest memories and this recipe of hers really takes me back to her small cottage kitchen and the smells of spices and baking. She was a primary school teacher and also having learnt Welsh as an older adult was a great inspiration in ensuring I embraced Welsh language and culture in my life.”

Ingredients:

250ml of cold, strong, black tea
340g granulated sugar
2 teaspoons of mixed spice
225g mixed dried fruit
115g butter or margarine
Pinch of salt
Pinch of bicarbonate of soda
mixed with a teaspoon of milk
300g of self-raising flour
1 large egg (whisked)



Method:

1. Mix the tea, sugar, mixed spice, dried fruit, butter or margarine, salt and bicarbonate of soda with milk in a saucepan then boil for 4 minutes
2. Cool for 10 to 15 minutes and then add the sieved flour and whisked egg
3. Mix well with a wooden spoon then place into a well-greased and lined loaf tin and cook at 140°C for 1 to 1½ hours until brown on top and a skewer comes out clean from the centre

Shelley's Welsh breakfast

“As a young child, being one of five children we rarely had fancy or new foods, however Brecwast Cymreig Dad was a treat. My Father was a busy man holding two jobs, this meant that it would be a special occasion to see him cooking. When it came to pancakes, omelettes and more importantly Welsh breakfast, Dad was the Master Chef! Every time I have this breakfast it is a trip down memory lane. If you give it a go make sure you use a ‘good salty Welsh butter’ because that was the secret that Dad passed on to me.....”

Ingredients (serves two):

4 rashers of bacon
4 slices of brown bread
120g laver bread
155g cockles (small pot)
2 eggs
50g salted Welsh butter
Pepper and salt to season



Method:

1. Cook the bacon to your liking (we like it crispy) and then fry an egg again to your liking and toast the bread
2. Melt the butter (save some for the toast) in a pan and add the laver bread, pepper and a pinch of salt and then add the washed cockles to the laver bread on a gentle heat (or serve cold)
3. Serve the laver bread and cockles on half of the toast, add the egg and bacon and enjoy with a good cup of Welsh tea ‘Paned Cymreig’!

Stacey's nan's Welsh Cakes

“My grandmother was born in 1924 in a small mining village in the Rhondda Valleys. At the age of 20 just as the war started, she married my grandfather and soon afterwards he was sent out with the army. Money was tight and food was rationed and so my grandmother learned to cook meals from almost nothing. My mother has many of my grandmother's recipes, but the one she uses to this day is her Welsh cake recipe. Below is a photo of my Grandmother's bakestone which I have kept”

Ingredients:

450g plain flour
226g butter or margarine
100g lard
170g sugar
100g currants
1 tsp baking powder
1tsp salt
2 eggs
Splash of milk



Method:

1. Mix the flour, sugar, baking powder and pinch of salt in a bowl and then rub the butter and lard into the mix until crumbly
2. Mix in the currents and add the eggs and a splash of milk and then roll the dough out on a lightly floured surface. Cut out the Welsh cakes using a round cutter, re-rolling any trimmings
3. Grease a flat griddle pan/frying pan with lard, on a medium heat and cook the Welsh cakes for 3 minutes each side until golden brown. Sprinkle with sugar to finish

Welsh culture activities

The following activities have been produced to support children's knowledge and understanding of Welsh culture.

Be sure to carry out appropriate checks and risk assessment of the environment and the resources you will be using. Use these or think of your own ideas and share on our [PACEY Cymru Facebook page](#).



Dragon footprints

The Welsh National Flag consists of a red dragon on a green and white background, you may want to use these colours for your dragon footprints?

- Make dragon footprints using paint, water, shaving foam or play dough
- Think about size of your prints and space needed
- Make a footprint path or a giant dragon foot treasure hunt

Suggested vocabulary to support the activity

Draig	Dragon	Syth ymlaen	Straight ahead	Torri	Cut
Troad	Food	I'r dde	To the right	Bach	Small
Olion traed	Footprints	I'r chwith	To the left	Enfawr	Giant
Fflag	Flag	Sefyll	Stand	Maint	Size
Llwybr	Path	Dilyn	Follow	Cyfri	Count
Cyfrwch yr <u>olion</u> traed			Count the footprints		

Extending this learning

- Encourage the children to move like dragons. You could sing the traditional Welsh [heno heno nursery rhyme](#) swapping the words to sing instead 'heno heno hen ddraig bach'
- Visit the library to encourage the children to find books relating to dragons.

St Dwynwen's Day

St Dwynwen's Day is the Welsh equivalent for Valentine's Day, as Dwynwen is believed to be the patron saint of lovers in Wales. It is celebrated annually on the 25th January. How will you celebrate this day in your setting?

- Search the internet and books for pictures of love spoons or use real examples found in charity shops or car boot sales
- Discuss the symbols used on love spoons with children, each has a meaning
- Design love spoons with the children on paper or using salt dough that can be baked and decorated

Suggested vocabulary to support the activity

Llwy garu	Love spoon	Croes	Cross	Cariad	Love
Dydd	Day	Cloch	Bell	Calon	Heart
Ionawr	January	Cadwyn	Chain	Pedol	Horseshoe
Adar	Birds	Olwyn	Wheel	Telyn	Harp
Allwedd	Key	Clo	Lock	Blodau	Flowers
Pa symbol wyt ti'n hoffi?			What symbol do you like?		

Extending this learning

- Find an age appropriate book or online resource that tells the story of St Dwynwen and help pass on the traditional tale
- Support the children to write a message to accompany the love spoon gift to who they are giving it too

Welsh recipe book

Wales is known for its many unique and traditional foods. What do you have locally?

- Ask the families you work with to share their traditional Welsh recipes and any photos they may have
- Working with the children in your care create a recipe book for the setting and share with parents and carers

Suggested vocabulary to support the activity

Chwilio	Search	Sisiwrn	Scissors	Dull	Method
Gofyn	Ask	Glud	Glue	Offer	Equipment
Bwyd	Food	Picau ar y maen	Welsh cakes	Mesur	Measure
Prydau	Dishes	Cynhwysion	Ingredients	Coginio	Cook
Llyfr	Book	Cyfarwyddiadau	Instructions	Pobi	Bake
Faint sydd angen? Rwy'n hoffi'r rysâit yma! Mae'n flasus iawn.			How much is needed? I like this recipe! It's very tasty.		

Extending this learning

- Have a go at the recipes included in this pack. Make a shopping list with the children and visit your local shop
- Plant your own flowers and vegetables that have significance to Wales, think about daffodils and growing leeks that could be used in the cawl recipe

Become a knight

Did you know that Owain Glyndwr, the last Prince of Wales wore protective armour to protect himself from being hurt in battle?

- Dress up as knights, making your own costumes using recycled materials
- Research and talk with children about the armour and how costumes would be worn throughout the ages in Wales and for various events

Suggested vocabulary to support the activity

Gwisgo	Dress	Digwyddiad	Event	Cleddyf	Sword
Gwisg	Costume	Brwydyr	Battle	Defnyddiau	Materials
Arfwisg	Armour	Castell	Castle	Cadwyn	Chain
Clogyn	Cloak	Marchog	Knight	Dewr	Brave
Helmed	Helmet	Amddiffyn	Protect	Cryf	Strong
Rwy'n farchog dewr!			I'm a brave knight!		

Extending this learning

- Visit a local castle or consider a [virtual online visit](#) to grow the children's knowledge and understanding of life in Wales through history
- Create a castle in your setting to support role play using either cardboard or materials you have for den building inside or outside

The Eisteddfod

An Eisteddfod is a Welsh language festival celebrating Welsh language literature, music and performance.

- Hold an Eisteddfod in your setting and have children read a Welsh poem or story, sing a Welsh song or perform a Welsh folk dance in front of their families and friends
- Dress up in traditional Welsh costumes, you may have these in your dressing up box

Suggested vocabulary to support the activity

Canu	Sing	Gwisgo i fyny	Dress up	Gwranddo	Listen
Dawnsio	Dance	Cymru	Wales	Cynulleidfa	Crowd
Darllen	Read	Crys Cymraeg	Welsh shirt	Curo dwylo	Clap
Dysgu	Learn	Gwisg traddodiadol	Traditional costume	Lloni	Cheer
Ymarfer	Rehearse	Offerynnau	Instruments	Cerddoriaeth	Music
Da iawn ti! Bendigedig! Tro...(enw plentyn)...nesaf			Well done you! Fantastic! (child's name) turn next		

Extending this learning

- Introduce the Welsh Mr Urdd song for the children to learn and possibly perform together
- Create red, green and white bunting to decorate the setting for your Eisteddfod (these are the colours of the Welsh flag and also the colour of Mr Urdd)

Welsh hopscotch

Wales has many national emblems that represent its country.

- Support the children to draw a hopscotch on the floor using chalk
- Support the children to draw well known Welsh emblems in the hopscotch squares
- As the children play hopscotch use the English and Welsh words for the emblems to reinforce language development

Suggested vocabulary to support the activity

Hercian	Hop	Draig	Dragon	Lluniau	Pictures
Neidio	Jump	Pél rygbi	Rugby ball	Lliwgar	Colourful
Fflag	Flag	Castell	Castle	Arwyddlun	Emblem
Cenyn	Leek	Dafad	Sheep	Llwy garu	Love spoon
Cenyn Pedr	Daffodil	Ysgrifennu	Write	Tynnu llun	Draw
Tynna lun o gastell			Draw a castle		

Extending this learning

- Support the children to create a mural for the setting that can be displayed incorporating images relevant to Wales. This can be hand drawn or produced using images cut out of magazines
- Instead of the usual pig support the children to make a paper mache sheep moneybox

Further information

For further information on supporting Welsh language development, go to PACEY Cymru's resources on [Welsh Language Development](#) or contact PACEY Cymru on paceycymru@pacey.org.uk or telephone 02920 351407.

This information is provided by the Professional Association for Childcare and Early Years (PACEY) as guidance only. Whilst every effort has been taken to ensure that the information provided is accurate and up to date, PACEY will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy, error or omission.

Information provided in PACEY's materials is not a substitute for professional advice tailored to specific requirements.

We authorise users to view and download PACEY's materials only for personal and educational use to inform best practice. You must keep the copyright, trademark or other notices contained in the original material on anything that you download and these should not be altered in any way. Materials should not be reproduced without the prior written consent of PACEY. Materials should not be altered or used in a misleading context.

About PACEY

PACEY is the Professional Association for Childcare and Early Years. Formed in 1977, we are a charity dedicated to supporting everyone working in childcare and early years to provide high quality care and early learning for children and families.

We provide training, practical help and expert advice to practitioners working throughout England and Wales.

Our mission is to support everyone working in childcare and early years to provide high quality services, information and advice for children, their families and carers.

About PACEY Cymru

PACEY Cymru is an integral part of PACEY providing a dedicated service in Wales for our members, all other childminders and our partners, including local authorities, the Welsh Government and their statutory agencies. PACEY Cymru receives core funding from the Welsh Government to enable home-based childcare to contribute to the Welsh Government's strategy, plans and programmes. Many of the services provided by PACEY Cymru are therefore underpinned by Welsh Government funding.

PACEY Cymru has long recognised the importance of training and quality improvement in raising standards of childcare and education provided by early years and childcare professionals in Wales and offer a range of flexible products and services that are designed to meet local need.