



## WALKING IN THE FOOTSTEPS OF PILGRIMS

PERERINDOD  
PILGRIMAGE

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Thema Theme

Rhesymeg Rationale

Pererindod Pilgrimage

### WALKING IN THE FOOTSTEPS OF DEWI

*The Diocese and Cathedral of St Davids embark on a Year of Pilgrimage. Visiting St Davids is always an amazing experience, but this coming year will be extra-ordinary. Dean Sarah Rowland Jones writes:*

*'2023 sees the 900th anniversary of Pope Callixtus II's privilege given in 1123 that two pilgrimages to St Davids should be regarded as of equal value to one to Rome. At St Davids Cathedral we shall be celebrating with a range of events, activities and resources around pilgrimage then and now. We shall also be putting the spotlight on Dewi's final teaching, 'be joyful, keep the faith and do the little things ...' to increase public awareness, as we present our Patron Saint and his words as the moral compass for the nation. Pilgrimage continues to grow in popularity among people of all faiths and none, and Covid-19 has given an extra boost as people [re]discover the mental health and well-being benefits as well as the physical ones, of walking in nature, especially when done 'intentionally' with some spiritual quest in mind.'*

*Join in the celebration by using this multidisciplinary project in your school over a term. The project culminates in a visit to the cathedral to walk in the footsteps of Dewi and all the pilgrims who followed. (or you can make the visit part-way through the project)*

- Investigate pilgrimage in your own context.*
- Consider aspects of pilgrimage and why, how and where people chose to go on pilgrimage*
- Find out about pilgrims from the past and meet modern day pilgrims*
- Set up a pilgrimage route in your own school/community.*

**Y Pedwar Diben o'r Dyfodol Llwyddiannus - Bydd ein holl phlant a bobl ifanc :**  
**The Four Core Purposes of Successful Futures      All our children and young people will be:**

<p>Yn ddysgwyr uchelgeisiol, galluog sy'n barod i ddysgu drwy gydol eu hoes</p> <p><i>Ambitious, capable learners who are ready to learn throughout their lives.</i></p>	<p>Yn gyfranwyr mentrus, creadigol sy'n barod i chwarae eu rhan yn llawn yn eu bywyd a'u gwaith.</p> <p><i>Enterprising, creative contributors who are ready to play a full part in life and work.</i></p>	<p>Yn ddinasyddion egwyddorol, gwybodus yng Nghymru a'r byd.</p> <p><i>Ethical, informed citizens who are ready to be citizens of Wales and the world.</i></p>	<p>Yn unigolion iach, hyderus sy'n barod i fyw bywyd gan wireddu eu dyheadau fel aelodau gwerthfawr o gymdeithas.</p> <p><i>Healthy, confident individuals who are ready to lead fulfilling lives as valued members of society.</i></p>
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**Profiadau/Trip/Ymwelwyr:  
Experiences/Trip/Visitors:**

- Visit local places that have been significant to others with historical, geographical, religious and social links. Find out how this communicates your local story
- Visit St Davids Cathedral for the 'Walking in the Footsteps of Dewi' or another programme. Find out how this has been significant for Wales and across the world <https://www.stdavidscathedral.org.uk/education/schools>
- Plan and go on pilgrimage around the school/community/church
- Go on pilgrimage to St Davids, birthplace of St David and other holy sites associated with him and pilgrims
- Invite in local visitors to share information about local history, geography and social enterprises
- Invite someone who has made a pilgrimage to talk about their experience, to show pictures & answer children's questions. Ask them to describe what it felt like to be part of a group of pilgrims & their feelings. Were there moments of happiness, awe, wonder, disappointment or loneliness? How did they show respect to the place? What was brought back in the heart of the traveller? Did it change anything in their life?
- Design a pilgrimage route. The education and Pilgrimage Officer can offer support or lead a 'pilgrimage @ home' from the cathedral schools programme. Email [education@stdavidscathedral.org.uk](mailto:education@stdavidscathedral.org.uk)
- Map the pilgrimage route
- Communicate information about pilgrimage
- Promote pilgrimage around the local area and other places

## Gwyliau a dathliadau:

### Festivals & Celebrations:

- 2023 is the Year of Pilgrimage for St Davids Diocese and Cathedral.
- Join in with the year long celebration. Visit the website for information on school visits and pilgrimage <https://www.stdavids cathedral.org.uk/education/schools>
- St Davids Day - visits to the cathedral encouraged for link to Dewi (23<sup>rd</sup> February - 31<sup>st</sup> March but at other times on request)
- Mark significant days within your own community
- Celebrate the Church year with links to Christian festivals

## IAITH, LLYTHRENNEDD a CHYFATHREBU LANGUAGE, LITERACY and COMMUNICATION

### Testun Talk for Writing

#### Talk for Writing Fiction Text (LNF)

Share stories about travels and journeys. Go on an imaginary journey. Lead a short stilling exercise of going on a journey. Make it so the children choose where they go, what it is like & who else is there.

Go on a short journey around the community/school. Make a story stick/pilgrimage staff to help retell the story afterwards.

#### Respond to Godly Play Stories about journeying

- The Great Family <https://youtu.be/nhpSpXoM1FQ> Abraham's journey from Ur to Haran and the journey of life.
- The Exodus <https://youtu.be/qQMdXva7xME> Moses leads the people of God from slavery in Egypt across the Red Sea.

#### Understand the Christian year as a journey

- Advent An insight into how Christians journey from Advent to Christmas and what is important to them.
  - Advent 1 <https://youtu.be/6tgMGK9fMBs> the prophets show the way to journey
  - Advent 2 <https://youtu.be/ILivqH8rpcM> journey to Bethlehem with Mary and Joseph
  - Advent 3 <https://youtu.be/vuO5uJYx5TI> we find what made the shepherds journey to Bethlehem
  - Advent 4 [https://youtu.be/v93\\_DZ040FQ](https://youtu.be/v93_DZ040FQ) the Magi journey to Bethlehem
- Candlemas [https://youtu.be/s4V\\_XafGkrq](https://youtu.be/s4V_XafGkrq) Mary and Joseph journey to Jerusalem to take Jesus to the Temple
- Faces of Easter Pilgrimage as a journey through life. The story of Jesus and his journey through life

- Faces of Easter 1&2 <https://youtu.be/1in-T8oQ8TA>
- Faces of Easter 3&4 <https://youtu.be/OCmiHJJJo1vE>
- Faces of Easter 5&6 <https://youtu.be/hqS7G5JqjOg>
- Faces of Easter 7&8 [https://youtu.be/-J94hmb\\_adY](https://youtu.be/-J94hmb_adY)
- The Emmaus Road journey where disciples meet the risen Jesus Christ on the road <https://youtu.be/gzIOtJSkfJQ>

## **Pwrpas testun a ffyrf**

### **Text purpose and form**

- Story writing linked to the theme
- Poems about journeying, travel, new places and pilgrimage
- Reports on pilgrimage experiences
- Discussion of experiences and context
- Instruction directing people to certain locations
- Diaries about journeys
- Write postcards to a relative or friend from the place of pilgrimage with a picture of the place on one side & their feelings about being there on the other.
- Explanation text for visitor information

## **Cyhoeddi Cynnyrch yn Ddigidol**

### **Digital Publication of Product (DCF)**

- Map symbol reading with keys
- Reading tide tables
- Reading chronological data

## **Testun Talk for Writing Feithiol**

### **Talk for Writing Non-Fiction Text (LNF)**

- Biography of Dewi Sant written by Rhigyfarch and child-friendly versions of these
- 'Life of David' as illustrated by Diana Hoare's artwork and calligraphy (exhibition in cathedral 8<sup>th</sup> May -9<sup>th</sup> June for use with schools programmes)

## Pwrpas testun

### Text Purpose

- Biography of those who have been on pilgrimage
- Autobiography of themselves written after a pilgrimage
- Journaling Try to answer these questions about a specific journey:
  - How long would it take to get there from our school? (Find on a map). What means of transport are used? What difficulties may be encountered? How important is it to prepare? Do they wear special clothes? What do they do when they get there? How do they show respect to the place? How does what they do relate to the story they are commemorating? How long does it last? Does it happen at a particular time of year? What emotions are experienced? What might be brought back? What might they tell other people afterwards? What differences would there be between a tourist & a pilgrim when someone asked them about their journey? How would you feel about making a pilgrimage? Write a prayer for a safe pilgrimage or recovery from illness.

## Ffocws barddoniaeth

### Poetry Focus

- Pilgrimage and journeying theme
  - Read R S Thomas, 'The Bright Field', in which he warns of the perils of rushing heedlessly on with our lives, ignoring the gifts of God which surround us.
  - Read R S Thomas, 'Somewhere', in which he expresses the idea of travelling and bringing back a memento or thought so that you can remember and reflect on your experiences of pilgrimage further.
- Historic context in The Mayflower poem The Landing of the Pilgrims <https://www.mamalisa.com/blog/poem-the-landing-of-the-pilgrims-with-mp3-recording/>
- Awareness and being present Chang Jian (708-765?), The monastery behind Bo Shan temple: <https://www.meer.com/en/7602-pilgrimage-to-emptiness-in-tang-poetry>
- Life as pilgrimage paving the way for others. The Bridge Builder by Will Allen Dromgoole <https://www.poetryfoundation.org/poems/52702/the-bridge-builder>
- Other poetry compilations such as Robert Louis Stevenson (1850-1894) A Prayer for Travellers; Rachel Field (1592-1644) If Once you have Slept on an Island; Edgar Allan Poe (1809-1849) Eldorado; Olive Runner Freedom.

## Llyfr Ilyniau

### Picture book

- *Pictorial evidence in Life of David as illustrated by Diana Hoare's artwork and calligraphy (exhibition in cathedral 8<sup>th</sup> May -9<sup>th</sup> June for use with schools programmes)*
- *Make own picture books illustrating the life of David or Pilgrimage*
- *Spain's Pilgrim Trail by Fran West photo book*
- *Two Pigeons on a Pilgrimage- A Hajj story Rabia Bashir*

## Ffocws Siarad

### Talking Focus

- *Conversation with visitors*
- *Discussion about the experiences and feelings whilst on pilgrimage*
- *CBeebies My First Festivals Series 2 No 3 St Davids Day. Follow Mollie and her family as they celebrate St Davids Day. (2021)*

## Listening Focus

### Ffocws gwrando

- *Songs about journeys*
- *Psalms sung at cathedral with link to life of St David - you can hear these sung when you make a visit to the cathedral.*
- *Early instruments used for accompanying singing such as Bagpipe, Citole, Dulcimer, Fiddle (Vielle), Flute, Gemshorn, Gittern, Harp, Hurdy-gurdy, Lute, Lyre, Mandora, Organ, Percussion, Pipe & tabor, Psaltery, Rebec, Recorder, Shawm, Trumpet. View images and listen to the instruments from Mediaeval times here <https://caslabs.case.edu/medren/>*

## Ffocws Cymraeg

### Welsh focus

- *Welsh songs about Dewi*
- *Welsh songs about journeying/pilgrimage*

**MATHEMATEG a RHIFEDD**  
**MATHEMATICS and NUMERACY**

**Mathemateg**  
**Mathematics**

- *Map Coordinates of a graph*
- *Direction including points of compass as well as using height, width, breadth, length*
- *Measurement (miles/km) working with scales on maps*
- *Navigation and route finding*
- *Speed miles per hour etc working with stopwatches for calculations*

**Rhifedd ar draws y cwricwlwm: amlygu cyfleoedd i ddefnyddio sgiliau**  
**Numeracy across the curriculum: opportunities to apply skills (LNF)**

- *Measurement-linear-route in miles & kilometres for pilgrimage routes already in existence and those you will plan*
- *Documenting measurements from local landmarks (height of hills, height of monuments)*
- *Use of historical eras investigating pilgrimage across the centuries or looking at holy sites and understanding their history in terms of historical context*

**Ymresymu Rhifyddol**  
**Numerical Reasoning**

- *Pilgrimage route building dilemma/time/speed/length*
  - *Which route is going to be easiest/ Quickest? Offer the best views? Provide somewhere to find food?*
  - *Which route is best for those who can't walk as far; need wheelchair access; are not able to climb hills?*
  - *How will routes differ if we are trying to increase fitness?*
  - *Will Year 5 need the same route as the Reception class?*



**GWYDDONIAETH a TECHNOLEG  
SCIENCE and TECHNOLOGY**

*Gwyddoniaeth - themau o'r cynllun gwaith*

**Gwyddoniaeth**

**Science**

- Weather study
  - When is the best time to make a pilgrimage in different parts of the world
  - How will temperature, weather conditions, landscape and climate-change issues affect your route building or making?
- Use all 5 senses to explore as you make a journey.
  - Record your findings and feelings of what you see, hear, touch, taste, smell
  - Can you make a pilgrimage route around the school or community which can be explored by all the senses?
- Is there an impact on the environment and living things by introducing a pilgrims' route in your area? Think about positive and negative impacts.

**TGCh - datganiadau o'r Fframwaith Cymhwysedd Digidol  
ICT - and reference to Digital Competency Framework**

**TGCh/ FFC**

**ICT/ DCF**

- *Research Local history on pilgrimage*
- *Research stories about St David*
- *Create leaflet on Pilgrimage use a range of ICT resources and equipment independently and collaboratively, e.g. cameras, scanners, CD/DVD players, MP3 players, mobile phones, PDAs*
- *Create Powerpoints or advertising documents for tourism advertising Pilgrimage. After children present the results of their research on places of pilgrimage discuss the similarities & any differences in the reasons for the pilgrimage. How does the idea of pilgrimage differ among people of different faiths & between people of the same faith?*

**Dylunio a Thechnoleg**

**Design and Technology**

- *Making and testing good materials for making pilgrim staffs, weatherproof clothing, footwear, sleeping bags*



- *Design a healthy meal with foraged ingredients*
- *Design and make souvenirs such as pilgrim tokens/badges and waymarkers*
  - *Find examples of badges and tokens used by pilgrims across the world and in the local area*
  - *Souvenirs are an important element of pilgrimage. They act as a reminder of the journey and a proof that you have made a pilgrimage.*
  - *Lead or pewter badges or tokens - One of the most popular souvenirs the medieval pilgrim bought to show that they had visited a particular shrine. These were mass produced, inexpensive and decorative. The badges were usually worn attached to a hat.*
  - *Ampullae-a very small two-handed lead or earthenware flask used to hold holy water or oil. These were often worn, tied to a piece of string, around the neck.*
  - *Shells- The most famous pilgrim badge was a scallop shell which showed that the pilgrim had visited the shrine of St. James in Santiago. It was not unusual for a pilgrim to be buried with his/her scallop shell. You can see a gravestone of a pilgrim with scallop shell in St Mary's Church, Haverforwest. The scallop design symbolised the many European starting points from which medieval pilgrims began their journey, all drawn to a single point at the hinge of the shell*

### **Menter**

### **Enterprise**

- *Creating their own pilgrimage leaflets and encourage the community to join the walk*
- *Make pilgrim tokens/badges to raise money for local charity*

## **DYNIAETHAU HUMANITIES**

### **Crefydd, gwerthoedd a moeseg**

### **Religion, values and ethics**

- *Explore the concept of pilgrimage. Discuss secular 'pilgrimages' & compare with religious ones (e.g. queuing all night for tickets for Cardiff Arms Park or a pop concert, a return to the place grandparents lived; soldiers returning from war). Explore the similarities & differences between a pilgrimage & a holiday or a visit. The frame of mind & motivation of a person setting out on a pilgrimage is important. It is the pilgrim's intentions that turn a journey into a pilgrimage. For religious people pilgrimage is both an outward & an inward journey. It is a spiritual journey, involving commitment & devotion, sometimes shared with other believers.*

- *Research stories about St David and where these stories are located and told today by using the assembly videos from the cathedral*
  - *David's birthplace <https://youtu.be/7k2bknUC1xU>*
  - *The Holy Well at St Non's Chapel <https://youtu.be/xjLQYrRmwoY>*
  - *Baptism of David <https://youtu.be/Pf5fdUjL2AA>*
  - *The monastery now the site of St Davids Cathedral [https://youtu.be/4bvs\\_q3WDoQ](https://youtu.be/4bvs_q3WDoQ)*
  - *Important places we remember St David inside the cathedral <https://youtu.be/jgvKw3VB8GE>*
- *Visit local churches and chapels and other sacred sites to see artefacts there. What stories and landmarks are important to your community?*
- *Research pilgrimage in Wales and particularly St Davids <https://youtu.be/Va46Vz-2bmc>*
  - *Explore how pilgrimage is linked to the history of Christianity and other faiths. Explain that in some religions pilgrimage is more important than in others. It plays a part in Hinduism (yatra), Christianity & Buddhism. Guru Nanak rejected pilgrimage if it was empty ritual but many Sikhs make a special journey to the Golden Temple in Amritsar & to Anahdpur, the home of the Khalsa. The Temple of Jerusalem, the focus of Jewish pilgrimage hasn't existed for 2000 years but journeys to Israel take on the mantle of a pilgrimage. In Islam pilgrimage is inseparable from belief & practice. It is the most important event in the life of a Muslim, an event for which time, work, family relationships & comfort are sacrificed.*
  - *Investigate where people go on pilgrimage <http://request.org.uk/life/spirituality/places-of-pilgrimage/>*
  - *Investigate why people go on pilgrimage <http://request.org.uk/life/spirituality/what-is-pilgrimage/>*
  - *Find out what people do on pilgrimage Tŷr Pererin - Pilgrimage at St. Davids Opportunity for prayer, healing, reflection and worship <http://request.org.uk/people/places/tyr-pererin/>*
- *Visit St Davids Cathedral and other holy sites around Tyddewi <https://www.stdavids cathedral.org.uk/education/schools>*
- *Research pilgrimage across the world <https://www.youtube.com/watch?v=MLkmoHiSIIQ> Pilgrimage with Simon Reeve: Canterbury (just watch clips marked below)*
  - *(26:23- 27:22) Explanation of the impact of pilgrimage on people. Life is a pilgrimage? Do you agree?*
  - *(39:20 - 44:20) Simon meets a man called Lyndsey, who is doing pilgrimage the hard way! Honest interview between the two men.*
  - *(31:00 - 34:28) Clip about pilgrims travelling from Southwark to Canterbury and the pilgrim badges they have found.*
  - *(54:30 - 58:00) Simon arrives at Canterbury Cathedral*

- *Pilgrimage as a metaphor for life*
  - *Experience pilgrimage for yourselves. Set up a pilgrimage around your school and grounds to illustrate the values important to your school community. For support with this contact [education@stdavidscathedral.org.uk](mailto:education@stdavidscathedral.org.uk)*
  - *What might it mean when faith traditions say that life can be described as a pilgrimage or journey or a quest? In what way are we all pilgrims?*
  - *In all religions there is the journey of the individual believer through life. This is usually marked by Rites of Passage at the significant stages. When might those be? (birth, initiation, marriage & death.) What is the important thing you would like to do in your lifetime?*
  - *Discuss the following:*
    - *The journey of life*
    - *The journey of self-understanding*
    - *The journey of rites of passage.*
    - *The journey to commitment to a belief.*
    - *The journey of understanding through grief & loss.*

## **Daearyddiaeth**

### **Geography**

- *Mapping pilgrimage routes*
- *Complete the Geocaching programme at St Davids Cathedral <https://www.stdavidscathedral.org.uk/education/schools>*
- *Use maps, imagery and ICT to find and present locational information, e.g. draw sketch maps using symbols and keys. Interpret maps, and photographs including oblique, aerial and satellite images.*
- *Identify and locate places and environments using globes, atlases, and maps, e.g. use co-ordinates and four-figure references*
- *Follow directions, estimate and calculate distances, e.g. follow map and ground routes, calculate map-to-ground distances.*
- *Geological formations and features used in pilgrimage*
  - *Hills/mountains- are there specific holy mountains? Do people use mountains as landmarks and wayfinders in pilgrimage/*
  - *Rivers & wells - what is the significance of water on a pilgrimage? How do rivers and wells feature?*
  - *Manmade cairns from local rocks- do people leave marks in the landscape which others follow?*
  - *Beaches - in Pembrokeshire beaches are a feature for pilgrims landing from the sea. Which routes to the beach are accessible today? Who used them in the past?*

- *Collect and record data to make a pilgrimage route for school/community. Design a route using their findings*
- *Investigate the significance of pilgrimage on tourism in the area. How will travel associated with pilgrimage be sustainable and not have a negative impact on the environment?*
- *Investigate Pembrokeshire National Park and where pilgrimage routes link into this. Communicate differing views on the impact of pilgrimage on areas of special designation. How have other countries tackled the issue of tourism and pilgrimage and the affects on the environment? Eg Santiago de Compostela*

## Hanes History

- *Meet pilgrims past and present at St Davids Cathedral <https://www.stdavidscathedral.org.uk/education/schools>*
- *Find out about pilgrims from archaeological digs and other artefacts*
  - *Investigate findings from St Patrick's chapel at Whitesands beach Pembrokeshire <https://www.dyfedarchaeology.org.uk/wp/discovery/projects/st-patricks-chapel-whitesands-st-davids/>*
- *How do places commemorate links with pilgrimage from the past?*
  - *Pilgrims remember St David at his Shrine in St Davids cathedral. What changes have taken place there to commemorate the link with St David? <https://www.stdavidscathedral.org.uk/st-davids-shrine>*

## CELFYDDAY MYNEGIANNOL EXPRESSIVE ARTS

## Cerddoriaeth Music

- *Songs about journeys*
  - *Version of Pilgrims Progress [https://www.youtube.com/watch?v=KSNW0n3\\_G-k](https://www.youtube.com/watch?v=KSNW0n3_G-k)*
  - *Journey of life <https://www.youtube.com/watch?v=tZI6o-F32Ko>*
  - *Caru Canu | Dacw'r Tren Yn Barod Welsh journey song for younger children <https://www.youtube.com/watch?v=OjLigRHYuQM>*
- *Psalms sung at cathedral with link to life of St David.*
  - *Write onto card & display Psalm 118:19-20, 26, 28-29 & Psalm 122:1-4. Ask children to choose one quote & put it in their own words imagining them as shouts & songs of joy for the pilgrims.*
- *Early instruments used for accompanying singing*

- *Play a Taize chant in a darkened room. Explain that it comes from a special place in France for some Christians.*

### **Celf a dylunio**

#### **Art and Design**

- *Use Diana Hoare's art exhibition 'Life of St David' at St Davids Cathedral. Explore how and why this work was made by asking questions. Develop these ideas as an inspiration for our artwork, reflecting on how moods, emotions and ideas are communicated in my piece.*
- *Look at designs used for pilgrim tokens, badges and waymarkers. Explore and experiment with and then select appropriate creative techniques, practices, materials, processes, resources, tools and technologies to design and illustrate local interest pilgrim tokens and badges. Share this creative work in a variety of ways.*

### **Drama a pherfformio**

#### **Drama and performance**

- *Role play-David's life story as part of a visit to St Davids Cathedral*
- *Hot seating-Interview with pilgrim from history and pilgrim today*
- *Role play story from local area on the pilgrim route.*
- *Role play the final stage of a journey to St. David's Shrine on St David's Day - finding lodgings in Tyddewi; jostling amongst crowds of pilgrims on their way to the Cathedral; joining the procession from the Holy well to the Shrine and finally through the nave, listening to the plainsong, offering a gift and kneeling at the niches, lighting a candle & saying private prayers.*

## **IECHYD a LLES HEALTH and WELLBEING**

### **Addysg Gorfforol**

#### **Physical Education**

- *Walk pilgrim routes. Describe the way in which physical and emotional changes are connected to where you are walking.*
- *Find out the effect on your body of walking fast, uphill and downhill, balance on steppingstones, climbing over stiles and other obstacles. Work out what the risks are to those who will be using the pilgrimage route.*

## Lles meddwl a chorfforol

### Mental and physical wellbeing

- *Pilgrimages are often seen as a journey to a place. But they are more than that, they help us become resilient. What does it mean if we say a pilgrimage is an inner journey? Which qualities required from pilgrims are useful for life? Are some things worth putting up with discomfort for - even suffering for?*
- *Read Christian's Journey by J Couldridge (Lutterworth Press) a modern version of John Bunyan's Pilgrim's Progress. After discussion, invent a board game showing a pilgrim's progress or write a story or draw a map of their own journey, meeting friends & enemies, hardships, temptations, despondency & despair. How do you gain strength, courage, & knowledge? Or read I am David by Anne Holm.*
- *Learn about and try mindful walking - use a labyrinth for mindfulness activities (labyrinth available at the cathedral)*
- *Try walking in silence and meditation whilst on pilgrimage*
- *Turn a walk into a series of games*
  - *Find an object on the journey which others have to guess by touch.*
  - *Collect - list five or ten things to collect eg: grass seed, something soft, something prickly, something a mouse might eat*
  - *Explore - give each person a matchbox which they fill with as many different objects as possible.*
  - *Look for an object for every colour of the rainbow.*
  - *Make a 'pilgrim staff', collect interesting and decorative objects and attach to the staff by wrapping string or wool around the object.*
  - *Listen for as many different sounds as possible - what can you hear?*

## THEMAU TORRI CROES CROSS CUTTING THEMES

### Relationships and Sexuality Education

1. *Rights and equity -(Equality)*
  - *Chart the history of the rise, fall and rise of pilgrimage. Why was it encouraged, why was it banned?*
2. *Relationships*
  - *How do we make people feel welcome?*
  - *How do we give people space?*

## Amrywiaeth

### Diversity

- *How do different faiths practice pilgrimage*

## Addysg hawliau dynol a Chonfensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn

### Human rights education and the United Nations Convention on the Rights of the Child (UNCRC)

- *Some are on a forced pilgrimage as they become refugees. How does the UNCRC help families to stay together as refugees?*
- *Children free to express their opinions and beliefs*
- *Respect for different cultures*

## Gyrfaoedd a phrofiadau cysylltiedig â gwaith

### Careers and work-related experiences

- *Tourism*
- *Social historian*
- *Cartography*
- *Health and wellbeing and adventure tourism*
- *National Parks & walking routes*

## Cyd-destunau lleol, cenedlaethol a rhyngwladol

### Local, national and international contexts

- *Local social history & culture*
- *National Parks and cycle routes*
- *Welsh heritage*
- *International tourism*