

The North Wales
Pilgrim's Way
Teachers resource

Supporting the new Curriculum for Wales



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How to use this resource

This resource has been designed and developed by a team of talented volunteers as part of a Cadw Volunteer Project, to support the curriculum in Wales.

Cadw Lifelong Learning team commissioned Keystone Heritage to manage the project and they have guided and supported the creative process.

This is not the first meaningful and exciting project that has been achieved by this group of gifted volunteers from the Greenfield Valley area of Holywell, North Wales. Please see [Key Stage 2 Education Packs | Cadw \(gov.wales\)](#) Basingwerk Abbey and Industrial Heritage resource packs.

Cadw offers unique volunteering opportunities supporting our historic sites and are always open to project-based activities using the unique and rich history of Wales in exciting and new ways to enhance learning.

See volunteering for Cadw here [Volunteering | Cadw \(gov.wales\)](#) or contact cadw.education@gov.wales

We hope you enjoy
Cadw Lifelong Learning

North Wales Pilgrim's Way

The North Wales Pilgrim's Way is a 135 mile walking route from Basingwerk Abbey in Greenfield Valley, Flintshire to Bardsey Island inspired by the pilgrims of the past. People have been going on pilgrimages to the religious sites along the North Wales Pilgrim's Way for centuries. Information about the North Wales Pilgrim's Way, walking routes, key historic and religious places and their history can be found at: [Taith Pererin Gogledd Cymru ~ North Wales Pilgrim's Way \(pilgrims-way-north-wales.org\)](#)

Supporting the new Curriculum for Wales

This resource is designed to support the new Curriculum for Wales through activities inspired by the four purposes, six areas of learning and providing cross curricular activities and skill development. The activities can be adapted by teachers to support pupil progression. This resource has been designed to support in school learning. It also encourages pupils to explore their own local area and Cadw sites as well as those on the North Wales Pilgrim's Way helping pupils to discover their sense of cynefin and unique stories.

Using the activities

This resource is split into four sections; Investigating Pilgrims, Becoming a Pilgrim, Be a Pilgrim and Reflecting Pilgrim. Each activity has instructions, key subjects, skills and an equipment list. A copy of any activity/information sheet will be in each section appendix and is linked in the activity. Most photos are linked to higher resolution images hosted on the Internet that you can access via left clicking the image.

Pod's Pilgrimage: The Movie

Before you begin your activities watch our short film about **Pod** and his Pilgrimage to Bardsey Island.

[Pod's Pilgrimage](#)



Bardsey Island ©William Evers-Swindell

North Wales Pilgrim's Way Locations of Interest



1. Greenfield: Basingwerk Abbey
2. Holywell: St Winifrides Well
3. Whitford: St Mary & St Beuno's church
4. Whitford: Maen Achwyfan Cross
5. Llanasa: St. Cyndeyrn's church
6. Trelawnyd: St Michael's church



7. Tremeirchion: Corpus Christi church
8. St. Asaph: St Asaph Cathedral
9. Cefn: St Mary's church



10. Llanefydd: St Nefydd Church
11. Llansannan: St Sannan church
12. Llangernyw: St Digain's church
13. Eglwysbach: St Martin's church
14. Rowen: Capel Seion
15. Llangelynnin: Old Church



16. Bangor: Bangor Cathedral
17. Clynnog Fawr: St Beuno's church
18. Pistyll: St Beuno's church
19. Nefyn: Old St Marys' church
20. Aberdaron: St Hywyn's church
21. Bardsey Island: Bardsey Island chapel

History - *What is a pilgrimage?*

Aber Falls ©Chris Potter



What is a Pilgrimage?

A pilgrimage is historically linked to a journey, often to a location of importance to a person's faith or beliefs. It can be to an unknown or foreign place or it can mark a specific location of interest where something has happened such as a miracle. A pilgrimage can also be to a place of birth or death of a saint and there may be a shrine or temple at the location. A pilgrimage is undertaken by a person for different purposes including spiritual or religious reasons, to discover more about themselves, for healing purposes or to experience nature. Pilgrimages have long been a common feature of many world religions, including Christianity, Judaism, Islam, Buddhism, Hinduism and Shinto. A person who makes such a journey is called a pilgrim.



David Teniers the Younger: Flemish Pilgrim (PD)



Tibetans on a pilgrimage to Lhasa, doing full-body prostrations, often for the entire length of the journey ©Gao



Bangor Cathedral ©William Evers-Swindell

History - *What is a pilgrim?*

Across moor to Y Fron ©Chris Potter



What is a Pilgrim?

A pilgrim is a traveller, traditionally on a journey to a holy place but in more modern times can be a place which is special to them or of cultural and historic significance. The journey is often a physical one and usually on foot. The history of a pilgrim can be found in many religions, including the faiths of ancient Egypt, Persia in the Mithraic period, India, China and Japan. The Greeks and Romans believed in consulting the gods at local oracles and would travel for their personal and political advice. Pilgrims usually travel towards a specific place although



Five Members of the Utrecht Brotherhood of Jerusalem Pilgrims (PD)

one group of pilgrims in early Celtic Christianity were the Pilgrims for Christ “white martyrs”, who left their homes for an unknown destination trusting in divine providence and setting up religious communities at their chosen destination.



The Way of St. James Jule_Berlin ©Jule_Berlin

Today many religions and faiths still encourage going on a pilgrimage. For Muslims, they must make Hajj, the great Islamic Pilgrimage to Mecca once in their lifetime. Rome is also a popular pilgrimage for Christians and two pilgrimages to Bardsey Island along the North Wales Pilgrim’s Way was said to be the same as one to Rome. In 1894 Bible ministers began to travel on pilgrimages to spread the word of the Christian religion. In Buddhist culture pilgrimages are associated with places which link to the life of Buddha. This includes where he was born and lived, visited and died as well as temples and monasteries with Buddhist relics. In the Hindu culture pilgrims walk to holy cities, rivers and

History - *What is a pilgrim?*

Himalayan peaks, caves and festivals. A more modern type of pilgrim is a cultural one who is undertaking a personal journey to historic sites for their importance linked to historic events and architecture. Reasons for going on a pilgrimage and what pilgrims hope to achieve can vary and can cross over between religious, cultural or political reasons. Pilgrims were said to carry a scallop shell as a symbol of having completed the journey to Santiago de Compostella in Spain. It became a symbol of pilgrims everywhere, to use to scoop water, to receive alms (money) and a sign hung above doors to show a welcome for travellers.

Further reading links

[Pilgrims and Pilgrimage](#)



Elderly pilgrim, Tsurphu Gompa, Tibet, 1993 ©John Hill



Muslim pilgrims circumambulate the black cube of the Kaaba in the Al-Haram Mosque ©Moataz Egbaria

History - *What is the North Wales Pilgrim's Way?*

St Beuno's Church, Pistyll ©William Evers-Swindell



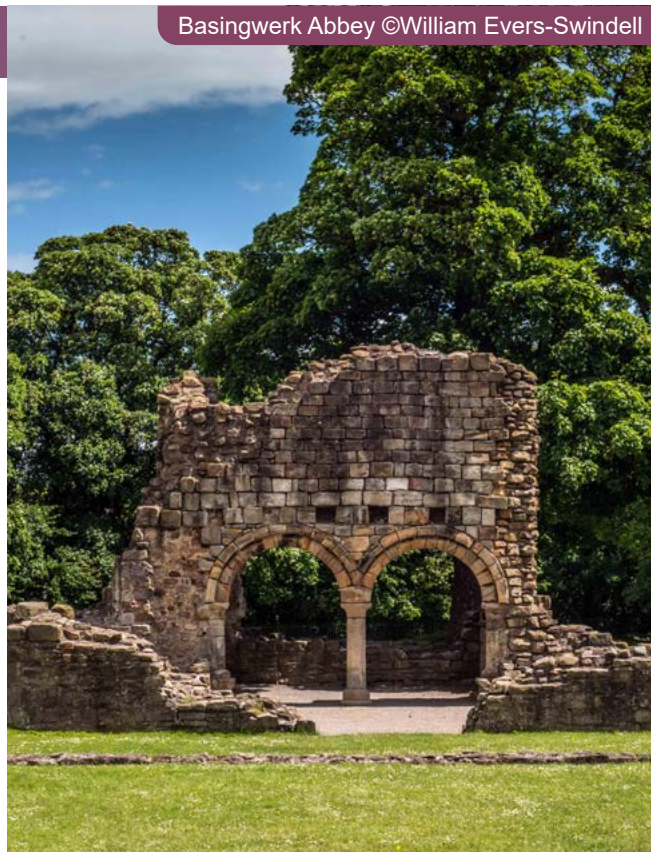
What is the North Wales Pilgrim's Way?

The North Wales Pilgrim's Way was developed in 2011 inspired by past pilgrimages from Basingwerk Abbey to Bardsey Island. It covers a route of 135 miles and includes woodlands, rivers, mountainsides, villages and coast roads.

Pilgrims have been drawn to Bardsey Island for thousands of years. 1,500 years ago St Cadfan founded a Christian community there and pilgrims have continued to visit since then. The modern trail links together ancient churches, landscapes and historic places.

Basingwerk Abbey, the start of the North Wales Pilgrim's Way, originally acted as a place of rest and a hospital to travellers. Pilgrims travelled to these places due to their links with different saints. Today, stamps can be gathered from different places along the route in a passport.

Basingwerk Abbey ©William Evers-Swindell



Further reading links

[The North Wales Pilgrim's Way Website](#)
[Basingwerk Abbey](#), [St Winefride's Well](#),
[St Asaph Cathedral](#), [Bangor Cathedral](#)



Investigating Pilgrims

In School

Curriculum links

Humanities Expressive Arts Language, Literacy and Communication

This section focuses on pupils investigating and discovering for themselves what a pilgrimage, pilgrim and the North Wales Pilgrim's Way is. Pupils will focus on Welsh pilgrimages as well as look at those around the world. Pupils will look at what a pilgrim is and why people go on pilgrimages focusing on the perspectives of those with different religious and non-religious beliefs and those in the past and today. They will think about the comparisons with refugees and other reasons people might go on a long journey. They will gather and present their findings to the class and will be encouraged to discuss and share different ideas as well as thinking about their own personal views and perspectives.

Activity Suggestions

1. *What is a pilgrimage?*
2. *What is a pilgrim?*
3. *What is the North Wales Pilgrim's Way?*

WHAT IS A PILGRIMAGE?

The activities below encourage pupils to investigate what a pilgrimage is. A pilgrimage means different things to different people and its definition and intention has developed and grown over time. Pilgrimages are normally taken on foot and usually involve travelling a distance away from home although they can be to more local places of interest. They are usually to a place of significance whether that be for spiritual, religious, cultural or personal reasons.



Pupils could:

- Think about what a journey might be and what that might mean.
- Think about a journey they have been on and the different reasons for taking the journey and how those journeys made them feel.
- Research and discover what a pilgrimage is and what that means to different people.
- Investigate the history of a pilgrimage in Wales and in the wider world.
- Find where their nearest pilgrimage is and other pilgrimages around the world.
- Investigate other Welsh pilgrimages including those to St Davids Cathedral and Caldey Island, Tenby.
- Debate and discuss the different types of pilgrimages found and discuss similarities and differences.
- Share and present their ideas through a presentation, PowerPoint or discussion.

Pupils could think about:

- *What does a pilgrimage mean to them?*
- *What are the most interesting facts they have found out?*
- *What is their favourite pilgrimage route they have found and why?*
- *Where would they choose to go on a pilgrimage and why?*

Skills

- Investigation
- Reading
- Writing
- Communication
- Oracy
- Curiosity
- Evaluation

Equipment

- The Internet
- Paper
- Pencils
- Library
- PowerPoint

Areas of learning

- Humanities
- Language, Literacy and Communication

Links

- [What is a pilgrimage? | National Trust](#)
- [Pilgrimage - GCSE Religious Studies Revision - BBC Bitesize](#)

Basingwerk Abbey ©William Evers-Swindell



WHAT IS A PILGRIM?

The activities below encourage pupils to investigate and explore what a pilgrim is and inspire curiosity about the types of people who go on pilgrimages. Pupils will enquire into the reasons why people choose to go on pilgrimages which could include spiritual, religious, personal and cultural reasons.



Pupils could:

- Discover what a pilgrim is.
- Investigate who goes on a pilgrimage.
- Explore the reasons why people go on a pilgrimage from the perspective of different beliefs and personal views.
- Create a role play card using Appendix 1 for each different type of pilgrim they have found.
- Interview each other in character about the different types of pilgrims they have found to discover the similarities and differences between them. ([Appendix 1](#))
- Interview modern pilgrims.
- Investigate the idea of archetypes and their different characteristics using [Appendix 2](#). A pilgrim is often associated with the explorer archetype. Pupils could use this to help them think about why pilgrims go on pilgrimages.
- Use the Canterbury tales as inspiration to think about the stories pilgrims might tell on a journey. The Canterbury tales are a group of stories told as part of a contest by the people who meet on a pilgrimage which look at life in Medieval England written in Middle English.
- (Younger children) Use characters from stories they know and match them to other archetypes and fill in the Activity Sheet ([Appendix 3](#)).
- Pick an area in the school/playground to 'pilgrimage' to and create a made up story about their journey and re tell it to each other.
- (Older children) Use the different characters within the Canterbury tales and match them to the archetypes they have investigated thinking about who they and why they are on their journey.

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity

Equipment

- The Internet
- Paper
- Pencils
- Library
- PowerPoint
- Appendix 1
- Appendix 2
- Appendix 3

Areas of learning

- Humanities
- Expressive Arts
- Language, Literacy and Communication

Links

- [Archetypes - Encyclopedia Britannica](#)
- [York University Pilgrims and Pilgrimage](#)

Bardsey Island ©William Evers-Swindell



WHAT IS THE NORTH WALES PILGRIM'S WAY?

The activities below encourage pupils to investigate what the North Wales Pilgrim's Way is. The route originally designed in 2011 by volunteers includes places of religious and historic significance as well as the vast beautiful landscape of North Wales ending at Bardsey Island.



Pupils could:

- Investigate what the North Wales Pilgrim's Way is.
- Investigate and research the different sites along the route using the list in [Appendix 4](#).
- Compare and contrast the different sites e.g churches, stone circles, nature. What is similar/different?
- Compare and contrast the places where the sites are found e.g countryside and cities. What is similar/different?
- Share and present their ideas through a presentation, PowerPoint or discussion.
- Use the photographs in [Appendix 5](#) to help them discover more about the route.

Pupils could think about:

- *What makes each site a place of pilgrimage and why do people visit?*
- *Which of the North Wales Pilgrim's Way sites would they prefer to journey to?*
- *Which elements of the site most appeals to them?*

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity
- Evaluation

Equipment

- The Internet
- Paper
- Pencils
- Library
- PowerPoint
- Appendix 4
- Appendix 5

Areas of learning

- Humanities
- Language, Literacy and Communication

Links

- [Taith Pererin Gogledd Cymru ~ North Wales Pilgrim's Way \(pilgrims-way-north-wales.org\)](http://TaithPererinGogleddCymru~NorthWalesPilgrim'sWay(pilgrims-way-north-wales.org))

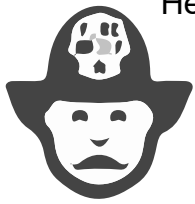
Pilgrims and Yr Eifl ©Mike Costello



The image shows six blank role play cards arranged in a 2x3 grid. Each card is a vertical rectangle with a thick grey border. At the top of each card is a smaller rounded rectangle, also with a grey border, intended for a name or title. The rest of the card is blank space for writing a role or scenario.

Questions you could ask

1. What is your name?
2. What does the word pilgrimage mean to you?
3. Where do you travel to?
4. Why do you travel?
5. Who do you travel with?
6. Where would you like to travel?
7. What are the challenges in taking your pilgrimage?
8. How do you feel when you go on a pilgrimage?



Hero

Characteristics
Strength, courage, stamina, faith,
competing against great odds



Sovereign

Characteristics
Order, stability, control, tradition



Sage

Characteristics
Wisdom, intelligence, clarity of
thought, rational decision making



Magician

Characteristics
Surprise, powers of perception,
intuition, cleverness



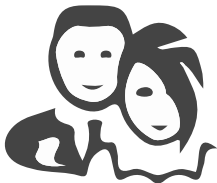
Innocent

Characteristics
Openness to experience, trust,
honesty



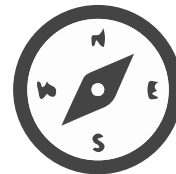
Creator

Characteristics
Nonconformity, imagination,
sense of aesthetics



Team player

Characteristics
Belonging to a group, willingness
to help others



Explorer

Characteristics
Independence, testing limits,
bravery, nonconformity



Caregiver

Characteristics
Compassion, steadiness, loyalty,
empathy



Jester

Characteristics
Humour, originality, irreverence



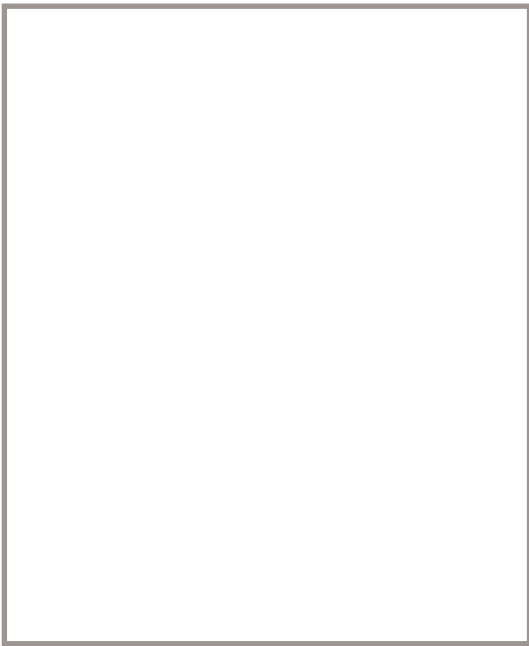
Citizen

Characteristics
Fairness, stewardship,
accountability



Rebel

Characteristics
Leadership, risk taking,
individuality, bravery, honesty



Name: _____

Characteristics:

Archetype: _____

Pupil Name: _____

Appendix 4

North Wales Pilgrim's Way Sites

All Pictures ©William Evers-Swindell



- Greenfield: Basingwerk Abbey
- Holywell: St Winifrides Well
- Whitford: St Mary & St Beuno's Church
- Whitford: Maen Achwyfan Cross
- Llanasa: St Asaph & Cyndeyrn's Church
- Trelawnyd: St Michael's Church



- Tremeirchion: Corpus Christi Church
- St. Asaph: St Asaph Cathedral
- Cefn: St Mary's Church



- Llanefydd: St Nefydd & St Mary's Church
- Llansannan: St Sannan Church
- Llangernyw: St Digain's Church
- Eglwysbach: St Martin's Church
- Rowen: Capel Seion
- Llangelynnin: St Celynnin Church



- Bangor: Bangor Cathedral
- Clynnog Fawr: St Beuno's Church
- Pistyll: St Beuno's Church
- Nefyn: Old St Mary's Church
- Aberdaron: St Hywyn's Church
- Bardsey Island: Bardsey Island Chapel

Basingwerk Abbey



St Asaph Cathedral



Llangelynnin Old Church



St Beuno's Church, Pistyll



Appendix 5 North Wales Pilgrim's Way Photos

All Pictures ©William Evers-Swindell

Bangor Cathedral



St Beuno's Church, Clynnog Fawr



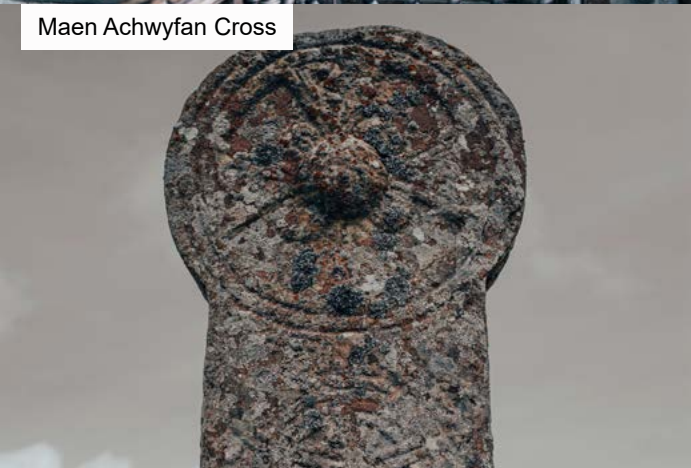
Llangelynnin Old Church



St Beuno's Well



Maen Achwyfan Cross



St Beuno's Church, Pistyll



St Beuno's Church, Clynnog Fawr



Old St. Mary's Church





Becoming a Pilgrim

In School

Curriculum links

Humanities

Mathematics and Numeracy

Language, Literacy and Communication

This section focuses on becoming a pilgrim. Pupils will investigate what a pilgrim needs, thinking about the reasons people go on pilgrimages and the practicalities of going on a journey. They will develop map skills and plan their North Wales Pilgrim's Way route as well as look at and plan similar journeys they could take in their local area.

Activity Suggestions

- 4. What does a pilgrim need?*
- 5. What route would you follow?*
- 6. What would be your local pilgrimage?*



WHAT DOES A PILGRIM NEED?

The activities below encourage pupils to use the research they have gathered in 'Investigating Pilgrims' to think about and inspire curiosity about what motivates people to go on pilgrimages and practically how you go about planning a pilgrimage.

Pupils could:

- Use the research they have gathered in 'Investigating Pilgrims' to discuss the reasons people go on pilgrimages.
- Discuss the reasons they themselves might go on a pilgrimage and what would motivate them to go on a journey.
- Find blogs, diaries or any comments from different people and find the reasons why they have chosen to go on a pilgrimage.
- Decide what they would need to take on a pilgrimage using activity sheet [Appendix 6](#) to help them.

Pupils could:

- *Choose their top 5 items they would take and why.*
- *Debate as a class which are the most important and which they would leave behind.*
- *Decide if there any other items they could take not on the activity sheet.*
- *Discuss the practicalities of going on a pilgrimage.*

Pupils could think about:

- Where they would stay.
- What the conditions of the route are like (e.g. roads, mountains, hills, type of ground).
- Who they would go with.
- What would be their reason for going on a pilgrimage.
- Share their ideas with the rest of class and compile a list of top pilgrimage dos and don'ts.

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity
- Evaluation

Equipment

- Investigating Pilgrims
- The Internet
- Paper
- Pencils
- Library
- Appendix 6

Areas of learning

- Humanities
- Language, Literacy and Communication

Links

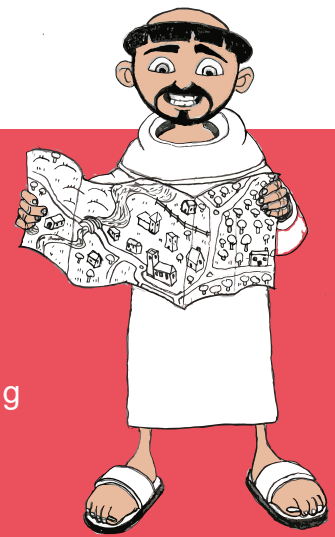
- [Packing a Rucksack](#)
- [BBC Bitesize Maps](#)
- [BBC OS Map Skills](#)
- [OS Maps Online](#)

St Beunos Church, Clynnog Fawr ©William Evers-Swindell



WHAT ROUTE WOULD YOU FOLLOW?

The activities below will help pupils to develop their map skills including using old and new maps, grid references and OS maps.



Pupils could:

- Use an online map of North Wales to find the list of North Wales Pilgrim's Way places in [Appendix 4](#).
- Use [The National Library of Scotland website](#) to compare the places they have found with maps of the past. (Click side by side viewer and enter your location in the drop down search panel). Experiment with different types of maps through time.
- Use the Pod's Pilgrimage grid reference map ([Appendix 7](#)) to answer the questions in [Appendix 8](#).
- Have a go at making their own map and questions with the blank template ([Appendix 9](#)).
- Use OS maps to find out what is at the given Map reference in [Appendix 10](#). Use the list of names at the bottom of the page to fill in the answers.

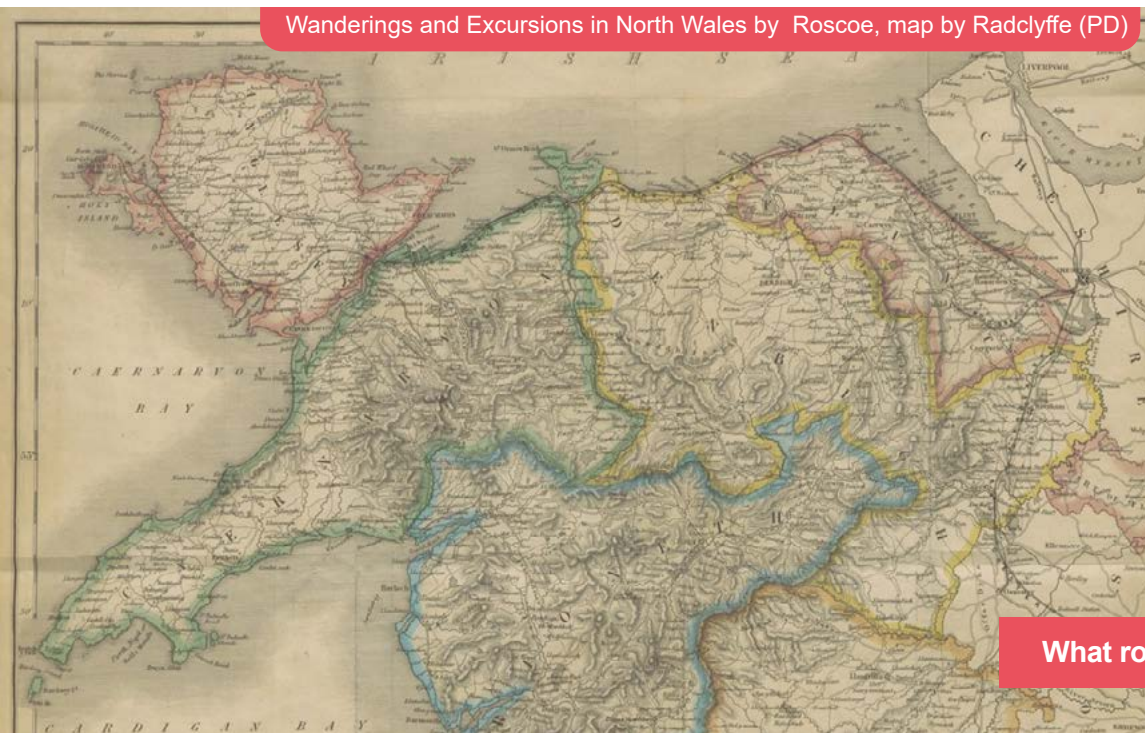
OS Maps you will need for the OS map activity:

[Landranger 123](#)

[Landranger 115](#)

[Landranger 116](#)

Wanderings and Excursions in North Wales by Roscoe, map by Radclyffe (PD)



Skills

- Investigation
- Reading
- Writing
- Curiosity
- Communication

Equipment

- The Internet
- Paper
- Pencils
- Library
- Appendix 4
- Appendix 7
- Appendix 8
- Appendix 9
- Appendix 10
- OS maps

Areas of learning

- Humanities
- Language, Literacy and Communication
- Mathematics and Numeracy

Links

- [BBC Bitesize Maps](#)
- [BBC OS Map Skills](#)
- [OS Maps Online](#)
- [NSL Maps](#)

WHAT WOULD BE YOUR LOCAL PILGRIMAGE?

The activities below encourage pupils to think about their own local historic and spiritual places and to plan a pilgrimage near to their school. This could also include linking to Cadw sites, local churches or any historic places of interest.



Pupils could:

- Investigate what their nearest spiritual and historic place is and choose a place or places to journey to.
 - Work in teams and use the knowledge and skills they have developed so far to make their own pilgrimage plan.
 - Create a scrapbook of ideas and a list of interesting facts along their route.
 - Print off maps and pictures.
 - Draw any ideas.
 - Give a PowerPoint presentation as a group and decide on the best pilgrimage in class to follow (either in person or virtually).
- Pupils could think about:**
- *Why they would like to go to those places and what interests them.*
 - *What they would take with them and why they have chosen those items.*
 - *What they need to think about practically e.g how they would get there, who they would go with.*
 - *Planning the route using a map, either an online or OS map.*

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity

Equipment

- The Internet
- Paper
- Pencils
- Library
- Maps
- PowerPoint

Areas of learning

- Humanities
- Language, Literacy and Communication

Ffynnon Beuno ©William Evers-Swindell



Links

- [Cadw Site Finder](#)
- [Cadw Records Map](#)
- [BBC Bitesize maps](#)
- [BBC OS Map Skills](#)
- [OS Maps Online](#)
- [NSL Maps](#)

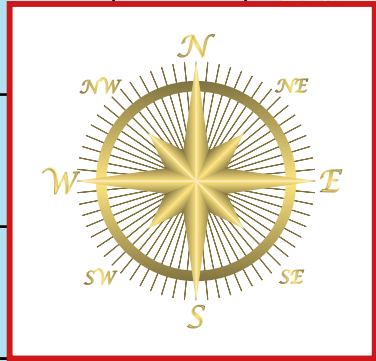
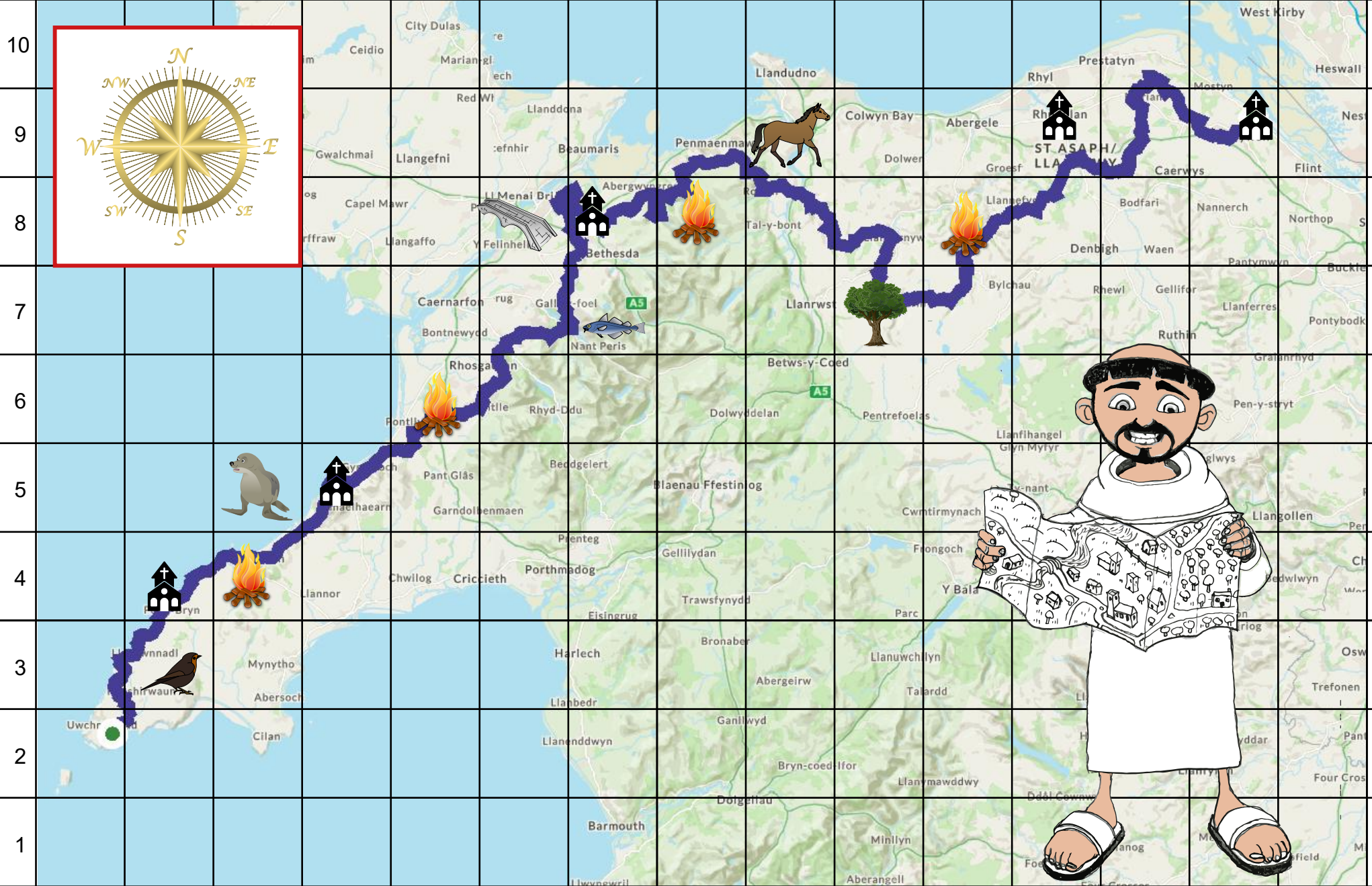
Appendix 6

Things to take on a pilgrimage



Pupil Name: _____

Appendix 7 Pod's Pilgrimage Map




A B C D E F G H I J K L M N O

10
9
8
7
6
5
4
3
2
1

Appendix 8 Pod's Pilgrimage Map Questions

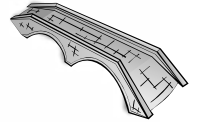
1. Find the grid references for the Holy sites  Pod visits on his pilgrimage

2. Find the grid references for the places Pod stops to camp 

3. What does Pod rest under at grid reference **J7**?

4. Pod can't keep up with the animal at grid reference **I9**, what is it?

5. Pod wonders how people get over to the Island of Anglesey then sees the bridge. What is its grid reference?



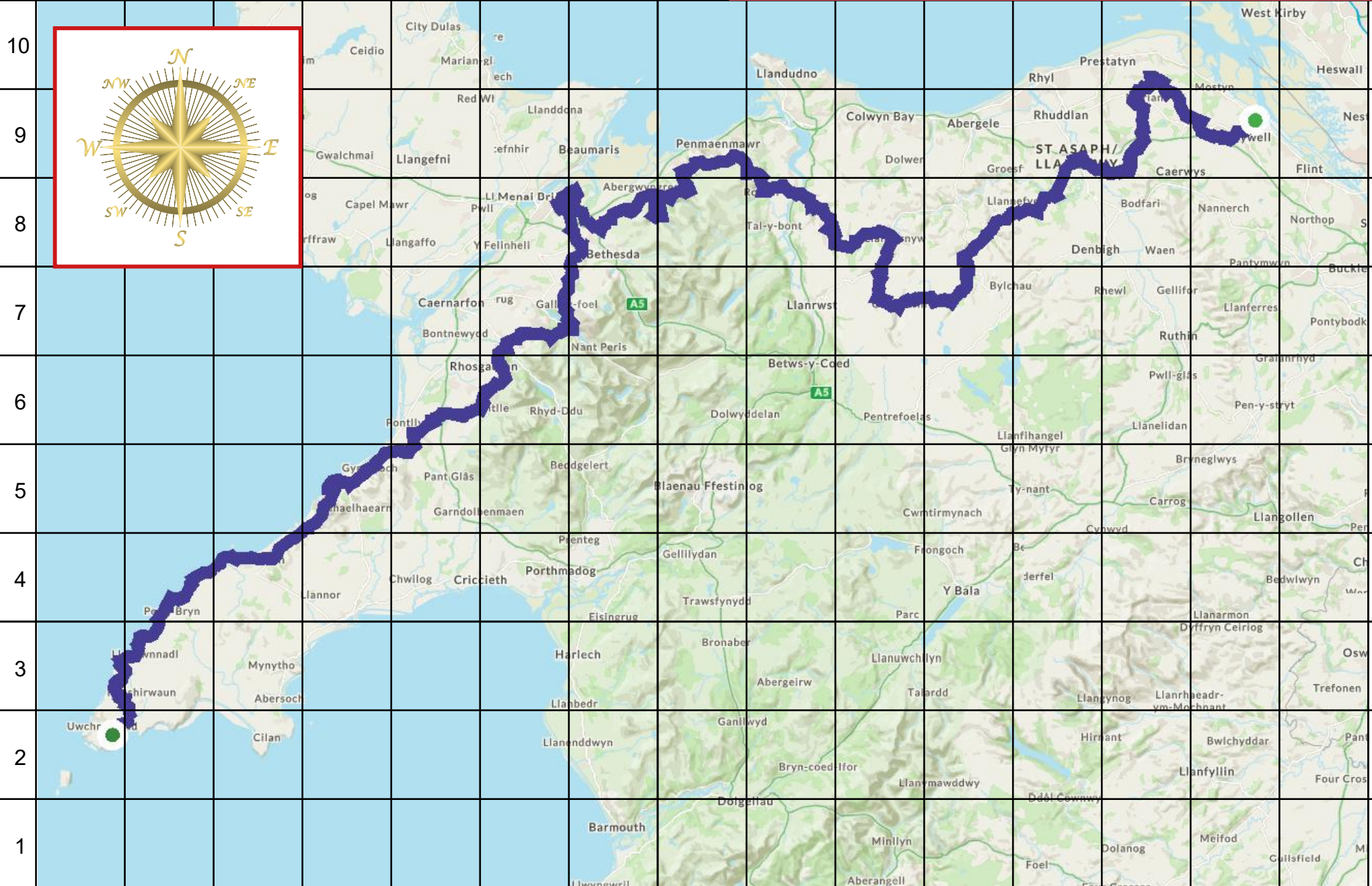
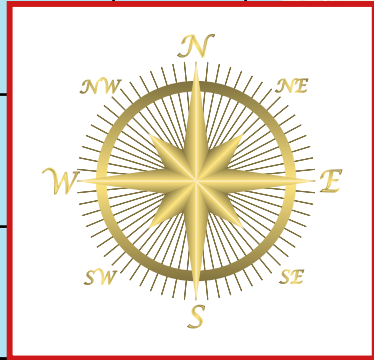
6. Pod hears an animal call coming from the misty sea at grid reference **C5**, What is it?

7. A man with binoculars tells Pod about a bird he can see if he watches for long enough. What is its grid reference?



8. Almost at the end of his pilgrimage, Pod looks south-west, out to sea and spots Bardsey Island. What is its grid reference?

Appendix 9 Blank Pilgrimage Map



A B C D E F G H I J K L M N O

Appendix 10 What's at this grid reference?

Using OS maps find out what is at the following grid references. Use the list at the bottom to help and use the online OS maps to see if you are right.

www.explore.osmaps.com

SH580720 _____

SJ038743 _____

SJ196774 _____

SH120221 _____

SH328423 _____

SJ185762 _____

SH982706 _____

SJ128787 _____

SH875674 _____

SH751737 _____

St Asaph Cathedral, Whitford Cross, St Beuno's Church, Llangelynnin old Church, St Winifrides Well, St. Mary's Church, St Mary & St Beuno's Church, Basingwerk Abbey, Bardsey Island Chapel, St Digain's Church

Pupil Name: _____



Be a Pilgrim

Out of School

Curriculum links

Humanities

Health and Well-being

Language, Literacy and Communication

This section focuses on pupils going on a pilgrimage and encourages pupils to explore their local area. This may be to a place within the school, somewhere within their village or town or part of a school trip.

Activity Suggestions

7. Practical pilgrim

8. Spiritual pilgrim

9. Experience as a pilgrim



PRACTICAL PILGRIM

The activities below focus on the practical elements when on a pilgrimage. Pupils will learn to follow maps and look for features, surfaces and hazards that might be on the route. Pupils can use the plan they have created in Activity 6 or create a new pilgrimage.

As pupils walk or follow the route they could think about:

- The different features they can see.
- The different roads/surfaces they are walking on.
- The hazards they can spot and how they look after themselves.
- What the pilgrims of the past saw and what they felt.
- The similarities and differences between the past and today.

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity
- Observation

Equipment

- Activity 6
- Map
- The Internet
- Paper
- Pencils

Areas of learning

- Humanities
- Health and Well-being
- Language, Literacy and Communication

Links

- [Countryside Code](#)

Bwlch yr Eifl ©Mike Costello



SPIRITUAL PILGRIM

The activities below focus on the creative response to being on a pilgrimage as well as the opportunity to stop and become mindful.



Pupils could:

- Walk their own pilgrimage route and write down what they see and how they feel.
- Write a short poem or creative writing piece about their journey when they return to class.
- Find a quiet spot and just sit. Have a go at these mindful techniques:

Balloon Breathing ([Appendix 11](#))

Step 1:

- *Place your hands on your belly.*
- *Breathe in slowly through your nose to fill your lungs all the way to the top.*
- *As you do, feel your belly, abdomen and chest expanding out like a big balloon.*

Step 2:

- *Now breath out slowly through your mouth and blow all the air back out of your lungs.*
- *Let your belly sink down flat, as if deflating like an imaginary balloon.*
- *Repeat the whole exercise 5 times.*

Serene Senses

- *Name five things you can see*
- *Four things you can hear*
- *Three things you can smell*
- *Two things you can touch*

Skills

- Reading
- Writing
- Oracy
- Communication
- Curiosity
- Mindfulness

Equipment

- Appendix 11
- Pencils
- Paper
- Clipboards

Areas of learning

- Humanities
- Health and Well-being
- Language, Literacy and Communication

Links

- [BBC Mindfulness Activities](#)

PILGRIM EXPERIENCE

The activities below focus on what it is like to be on a pilgrimage and experience the different motivations for the journey. This includes documenting a journey, discovering nature and the changing landscapes of Wales. Pupils will find out more about the people they are with as well as discovering new things about themselves.



Pupils could:

- Walk their pilgrimage route and take photographs of the different sites along their way.
- Film a VLOG of their journey or write a BLOG/diary.
- Talk to each other along the route and find out more about each other and their interests and why they have chosen their place of pilgrimage.
- Use [Appendix 12](#) and go on a nature hunt. What flowers/plants/insects can they spot?
- Make a list of historic sites they find along the way to research when they get back to school.
- Think about the pilgrims of the past and what they might have experienced visiting religious sites.
- Think about how going on a journey made them feel and what they have learnt about themselves.

Skills

- Investigation
- Reading
- Writing
- Oracy
- Communication
- Curiosity

Equipment

- Appendix 12
- Pencils
- Paper
- Clipboards

Areas of learning

- Humanities
- Health and Well-being
- Language, Literacy and Communication

Links

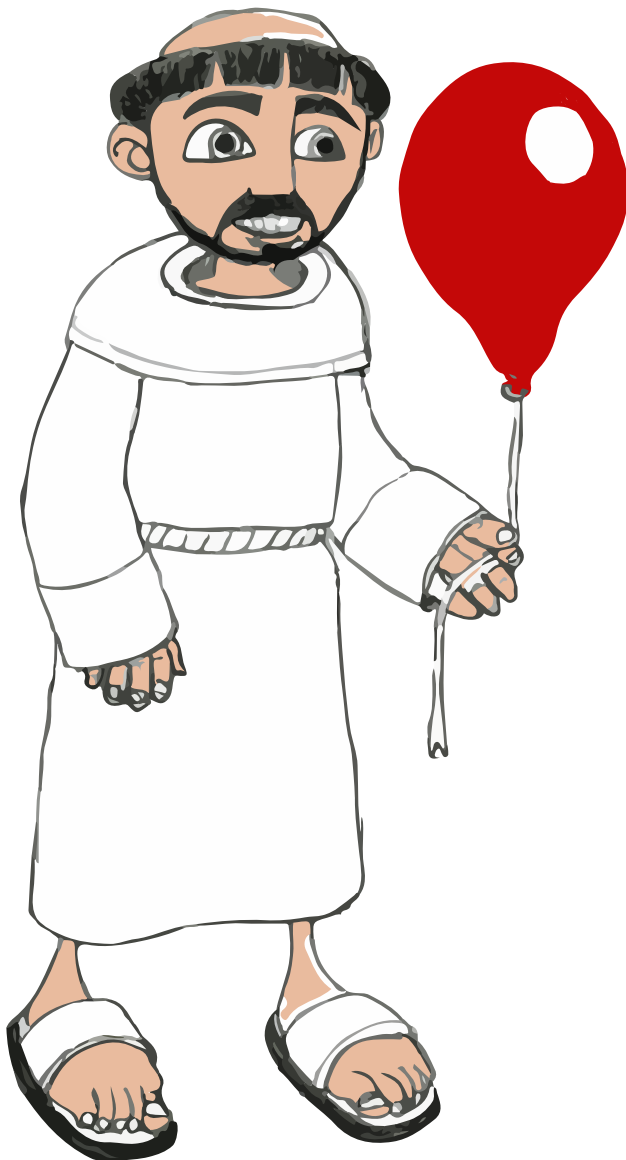
- [RSPB Birds](#)
- [RSPB Insects](#)
- [Wildlife Trust flowers](#)

Old St. Mary's Church ©William Evers-Swindell



Step 1:

- *Place your hands on your belly.*
- *Breathe in slowly through your nose to fill your lungs all the way to the top.*
- *As you do, feel your belly, abdomen and chest expanding out like a big balloon.*

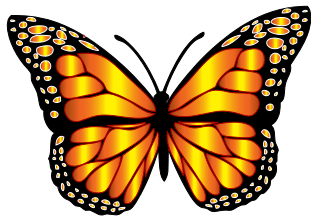


Step 2:

- *Now breath out slowly through your mouth and blow all the air back out of your lungs.*
- *Let your belly sink down flat, as if deflating like an imaginary balloon.*
- *Repeat the whole exercise 5 times.*

Appendix 12 Nature Spotter Sheet

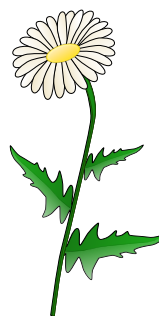
Butterfly



Bird



Daisy



Bee



Ladybird



Snail



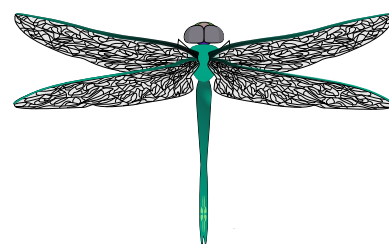
Dandelion



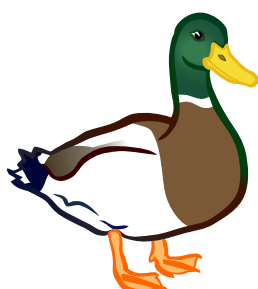
Plantain



Dragonfly



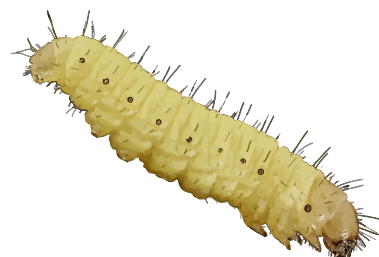
Duck



Squirrel



Caterpillar



Reflecting Pilgrim

In School



Curriculum links

Humanities

Expressive Arts

Language, Literacy and Communication

This section focuses on pupils thinking about what they have learnt and evaluating their investigation and research skills. Pupils will also think about their experience, what skills they have developed and what they have enjoyed.

Activity Suggestion

10. Reflective Pilgrim

REFLECTIVE PILGRIM

The activities below allow pupils to reflect on the work they have carried out using this resource and evaluate their own work. Pupils will have the opportunity to look at the different skills they have developed, what they did well and what could be improved on. They will think about what they would do differently if they carried out the activities again in the future and what they think worked well.



Pupils could reflect on:

- **Investigating Pilgrims:** What worked well with their investigations and what could they have improved on? What other methods could they have used to find out more about pilgrimage, pilgrims and the North Wales Pilgrim's Way?
- **Becoming a Pilgrim:** What were the main skills they developed? What worked well and what needed to be improved?
- **Be a Pilgrim:** What did they enjoy about being a pilgrim? What did they learn? What else could they have done differently?

Skills

- Investigation
- Writing
- Oracy
- Communication
- Curiosity
- Evaluation

Equipment

- Notes and work from other activities to evaluate

Areas of learning

- Humanities
- Expressive Arts
- Language, Literacy and Communication

Links

- [Descriptions of learning](#)

St Cwyfan's Church ©William Evers-Swindell

