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Listening and Learning together – a Primary School project

Gwrando a Dysgu Gyda'n Gilydd – prosiect Ysgol Gynradd



The Goldies Cymru charity – GOLDIES – run daytime 'Sing and Smile' FUN singalong sessions for older people led by dedicated leaders in church halls, community rooms and libraries across Wales. Bringing friends together, the programme aims to improve the wellbeing of older people in local communities. The charity works collaboratively and in partnership with a range of age-related organisations including the Stroke Association, Pembrokeshire Association of Voluntary Services, Dementia Matters in Powys, and Home Instead Cardiff and schools.

These PROJECT GUIDANCE NOTES are for a new intergenerational programme – written by **Elizabeth Berry**, Headteacher Bryn Celyn Primary. Elizabeth has taken part in past award-winning Primary School programmes in Wales.

'Cynefin' for Future Generations

Finding a sense of belonging
through intergenerational projects

The Goldies Cymru Schools Programme has been running in Wales for a number of years but during Covid this work was severely impacted. Prior to the pandemic, the National Lottery Education Category award-winning 'Armistice Cantata' grew out of a creative project involving teachers and their pupils in schools in Cardiff commemorating the end of the first World War. The programme brought about a real sense of authentic learning about the impact that WW1 had on Cardiff and its residents. Schools involved went on to perform at the National Service of Remembrance in St David's Hall, Chapter Arts Centre and many other venues in South Wales. Since then, the charity and the older people have supported further learning through its playground games project and links to living history.

This year the charity is excited to bring to you a new project.

The programme focuses on belonging and bringing a sense of 'Cynefin' to your school with opportunities to bring older people into your community, to play, learn and work together and to find enjoyment in spending time together.

It is supported by the National Lottery Heritage Fund.

What is 'Cynefin'?

Curriculum for Wales defines the term "cynefin" as 'the place where we feel we belong, where the people and landscape around us are familiar, and the sights and sounds are reassuringly recognisable.'

Although "cynefin" can be translated to "habitat" in English, it refers to more than simply the physical space in which we live. It is frequently used to explain how humans and nature interact and how this relationship affects our sense of self and wellbeing.

"Cynefin" is a holistic idea that takes into account the place's physical, social, cultural, spiritual, and economic aspects, as well as how those aspects interact with one another – the community and its culture, traditions and identities. It is considered to be the **historical**, **cultural** and **social** space that is moulded and defined by the community that resides there.

The teaching of "cynefin" is very important in the humanities area, which includes history, geography, religion, music, business studies, morals, and ethics.

Learning in this area enables students to form a solid sense of their own identity and well-being as well as an awareness of the identities of others and the relationships between people, places, and histories in Wales and throughout the world. Contexts at the local, national and international levels should all be taken into account while developing a sense of "cynefin" in this area.

This work is an opportunity for children and teachers to work together with the older people to:

- Develop a sense of curiosity about the world, its past, present, and future is sparked by inquiry, research, and investigation.
- Understand complex events and human experiences are viewed, analysed, and represented in a variety of ways.
- Learn that our environment is varied and dynamic, affected by processes and human behaviour.
- Understand that human societies are diverse and complex.

The local and national context

The Wellbeing of Future Generations Act Wales (2015) talks about how we can support our communities to grow together. The impact of loneliness on vulnerable members of our community is well documented. Bringing children together with older people brings with it many benefits for everyone involved.

This programme is an opportunity for schools to work closely with the charity and the older people to bring about **positive change for all generations**.



Our curriculum

- To develop a sense of belonging and 'Cynefin' in the community through heritage linked activities
- To promote physical, mental, and emotional health and wellness in both children and older people.
- To enhance ethical awareness and responsibility in participants to wards themselves, others, and the environment.
- To develop mutual understanding, respect, and empathy between generations through meaningful interactions and cooperation.
- To create a positive impact on society through personal and collective actions.

The project offers a wealth of ideas for schools and older people to come together to build a sense of belonging through heritage linked activities. As schools work to develop a curriculum which is meaningful to their communities there will be many opportunities for the children to focus on the **purposes** of the new curriculum.

ambitious, capable learners | **healthy, confident individuals**
ethically informed citizens | **creative, enterprising contributors**

The development of knowledge, skills and experiences through a focus on the areas of learning and experience will form the basis for much of this project.

- Health and Wellbeing
- Humanities
- Language, Literacy and Communication
- Expressive Arts
- Mathematics and numeracy
- Science and Technology

Suggested focus on What Matters Statements

Health and wellbeing

WM1: Developing physical health and wellbeing has lifelong benefits.

WM2: How we process and respond to our experiences affects our mental health and emotional wellbeing.

WM3: Our decision-making impacts on the quality of our lives and the lives of others.

WM4: How we engage with social influences shapes who we are and affects our health and wellbeing

WM5: Healthy relationships are fundamental to our well-being.

Humanities

WM1: Enquiry, exploration and investigation inspire curiosity about the world, its past, present and future.

WM2: Events and human experiences are complex, and are perceived, interpreted and represented in different ways.

WM3: Events and human experiences are complex, and are perceived, interpreted and represented in different ways.

WM4: Human societies are complex and diverse, and shaped by human actions and beliefs

WM5: Informed, self-aware citizens engage with challenges and opportunities that face humanity, and are able to take considered ethical action.

Suggestions for YOUR SCHOOL

and ways of working with the older people in your community to build a sense of 'Cynefin'

Knowledge, skills and experiences: the offer

Sing and Smile: This is the perfect way for children and old people to learn together. A good old 'singalong' is the perfect way to impact positively on the wellbeing of everyone involved. Why not invite a local Goldies Cymru group to visit your school on a regular basis? You could work together to write a song about the locality. Visit a local archive or your local library to learn more about the area which the school is in.

Board games: Playing board games is something that everyone loves but with increased use of screen time and the use of devices, children are less likely to play board games at home with their families. Why not invite some older members of the community into school to teach the children how to play board games? You could also try dominoes and card games. Could the children then teach some younger children? Are there any games famous to Wales?

Healthy Cooking: Children and older people can team up to learn and share healthy recipes that provide essential nutrients and support physical and mental health. This is also an opportunity for families to share their favourite home recipes. Could you make a recipe book together to sell at the school fair or as part of an enterprise project? This is a great way to learn about the different heritages in your school and what that means to the community.

Yoga and Meditation: Participants, both young and old can learn and practice gentle yoga poses and mindfulness techniques to relax, stretch, and strengthen their bodies and minds. They can also reflect on the ethical implications of self-care and self-awareness.

Gardening and Nature Walks: Children and older people can discover the wonders of nature by planting, tending, and harvesting a vegetable or herb garden. They can also explore nearby parks or nature trails and learn about ethical issues such as biodiversity, conservation, and sustainability. Taking care of the locality and the area in which the school is placed is important to both the older people and the children. Could you start a campaign to protect the local area?

Storytelling and Writing: Participants can share and write stories, poems about their life experiences, values, and aspirations. They can also reflect on ethical dilemmas and choices they have encountered and how they have dealt with them. Make a book about the experiences that the children and older people have had growing up and living in the area. Sell the book in local shops.

Community Service: Children and older people can join forces to plan and implement a community service project that addresses a local need or concern, such as cleaning up a park, visiting a senior home, or raising awareness about a health issue. They can discuss the ethical implications of volunteering, helping others, and being responsible citizens.

Crafternoons: This is an opportunity for children and older people to engage with craft and art activities. For example, this may be an opportunity for the older people to teach the children to sew or knit. Teaching and learning new skills from generation to generation is a great way to share something together within the community.

Living History: Children and older people come together to share childhood experiences for example through the sharing of family holiday photographs or artefacts. This is a great way to encourage speaking and listening between the two groups.

Your Local Library: We are working with local Libraries to promote OPEN DAYS.



FOR MORE DETAILS – PLEASE CONTACT GOLDIES FOUNDER, GRENVILLE JONES
Email : info@goldiescymru.org.uk

PLEASE tell us about your projects so we can support you . . .

Contact : Telephone : 01761 472468 Email : info@goldiescymru.org.uk

FULL DETAILS CAN BE FOUND ON : www.goldiescymru.org.uk

These pictures were taken in 2022 at a Goldies Cymru intergenerational project session at Heol Goffa Primary School.

