

# me, my World, my Future.



The Welsh Parliament is the democratically elected body that represents the interests of Wales and its people. Commonly known as the Senedd, it makes laws for Wales, agrees Welsh taxes and holds the Welsh Government to account.

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# Information about the resource for teachers/parents:

The aim of this resource is to teach primary school pupils about the work of the Senedd through tasks linked to their day to day lives. The booklet has been designed to support pupils learning both in school and at home. Tasks are divided into themes that are related to the new curriculum, namely:

**Section A: Me**

**Section B: My activity**

**Section C: My country, My planet**

**Section D: My creativity**

**Section E: My dreams**

**Section F: My work**

At the end of each section, you'll find a Time to Talk topic to encourage discussions on how to improve the lives of the people of Wales. Time to Talk topics can be used as both class discussions or as discussions with friends and family at home.

# Introduction:

Before you start this booklet, you'll come across these terms quite often. Here's an explanation of what they mean.

## **Senedd:**

The Welsh term for Parliament. Senedd Cymru or Welsh Parliament is the Parliament for Wales. Its home in Cardiff is also known as Senedd.

## **Members of the Senedd:**

60 members are elected to the Senedd, they are known as Members of the Senedd or MS. 40 members are elected to represent small areas called constituencies, and the other members are elected to represent bigger areas called regions. You have 5 Members of the Senedd to represent you in total. Find out who they are through our website [www.senedd.wales](http://www.senedd.wales) and search Members.

## **Government:**

The Welsh Government is made up of politicians (called Ministers) responsible for running Wales, deciding how £18bn a year gets spent, and coming up with ideas for laws in Wales. They are led by the First Minister of Wales.





# Section A: me

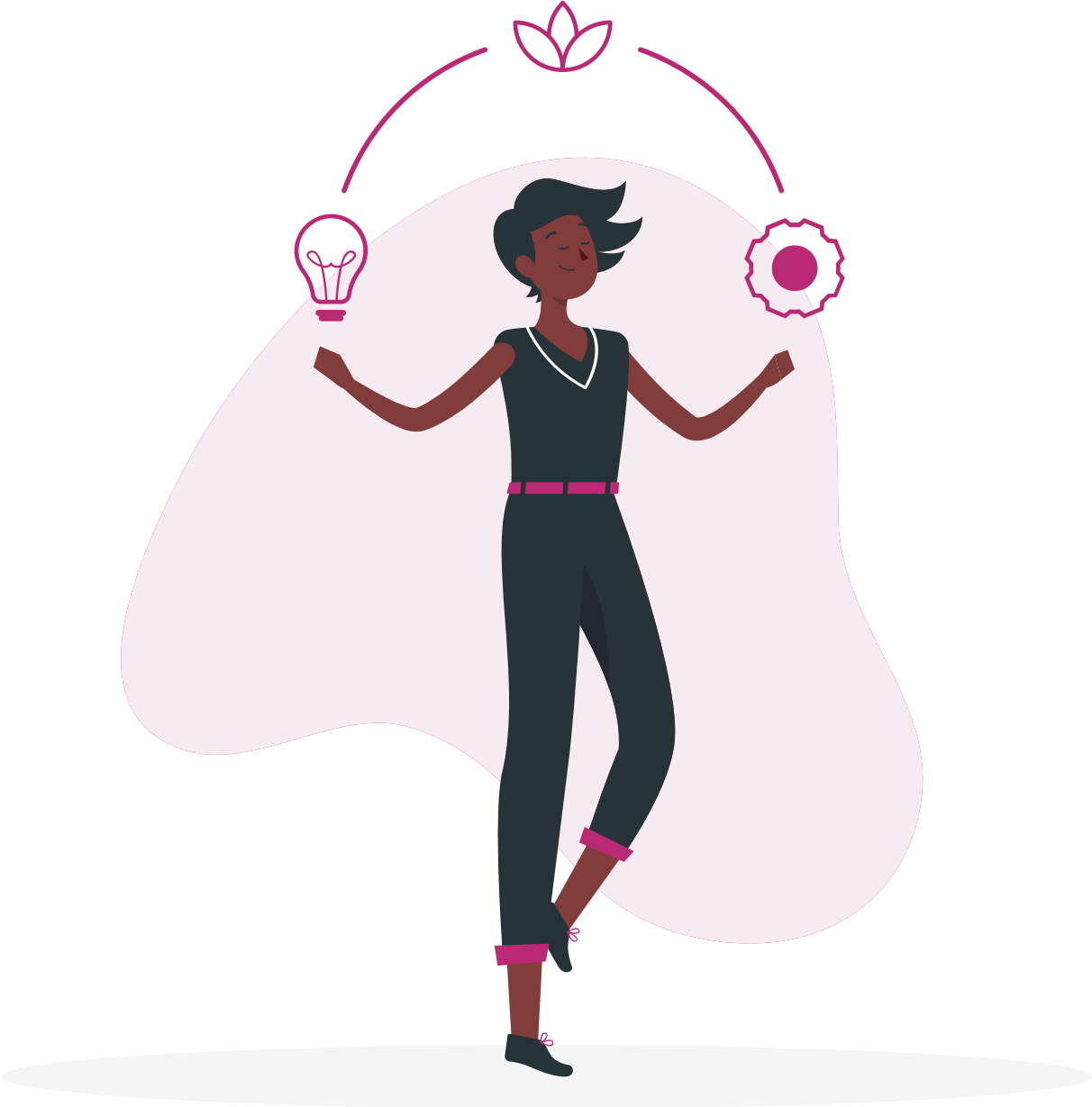
## Task 1: Keep a diary

The aim of this task is to focus on your health and well-being. Keep a diary for a week, including:

- **A record of your sleep**
- **A record of you doing 5 physical activities, such as walking, jogging, yoga and so on. (Check out Section B: My activity for more ideas)**
- **A record of you doing one thing every day that makes you happy, e.g. listening to music, talking to friends**
- **A challenge to learn a new skill that you set yourself for the week (such as baking, designing) and a record of it in your diary.**
- **At the end of each day, record how you feel in your diary. Why do you think you feel this way?**



Decisions, and laws relating to Health in Wales are made in the Senedd.





# Section A: me

## Task 2: Mindfulness

- **Put some relaxing music on in the background.**
- **Sit by yourself for 10 minutes taking deep breaths in and out.**
- **During those 10 minutes, try to think of 10 things in your life that you are grateful for.**

## Task 3: Bake some Welsh cakes

**You will need an adult to supervise you for this task.**

Look for a recipe and cooking instructions, then give it a go.  
(We suggest websites such as BBC Good Food)

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## Time to talk

What do you think Ministers and politicians could do in Wales to improve people's health and nutrition? For example, a reward scheme for those who have beaten obesity, or offering lower prices on healthy foods.



Decision and laws relating to Food in Wales are made in the Senedd.

# Section B:

## My Activity

### Task 1: The Snowdon Challenge

As a class, you will be required to climb 7,120 stairs/ steps or 475 flights of stairs. Aim for 10 flights of stairs each and keep a record. If you go out for a walk, 1 Kilometre can count as 10 flights. You should be able to complete this in a few days as a class if everyone does it!

### Task 2: Jonathon Dawes' tennis challenge

Jonathon Dawes is a Member of the Welsh Youth Parliament and a renowned tennis player and coach. Jonathon would like to set you a challenge. Can you and a partner hit a tennis ball back and forth between you to create a game of tennis of some kind in the back garden or local park? If you don't have tennis racquets, you can do the challenge with a ball or a large balloon, using your hands as racquets. Watch the video by searching for Jonathon Dawes WYPM Tennis Challenge:

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### Time to talk

Members of the Senedd want to get children and young people to be more physically active to improve their health. How do you think this could be done? e.g Should every child walk 1 mile around the school yard every day to get fit?



This section is on Sport. Decisions relating to Sport in Wales are made in the Senedd.





# Section C:

## My Country, My Planet

**Task 1:** Create a poster, booklet or presentation about your favourite Welsh castle or landmark.

**Task 2:** Decisions made in the Senedd affect the whole of Wales, but Members of the Senedd are elected to represent you and your local area. You can contact your Members at any time to discuss things that you're concerned about. Fill in the table below to complete the statements that follow.

<b>The things I like about my local area are...</b>	<b>The things I like about my country are...</b>
<b>My local area could be improved by...</b>	<b>My country could be improved by...</b>

**Task 3:** Create a sculpture made entirely of recycled material



Wales was the first country in the UK to make a law to charge for single use carrier bags? This has led to a big reduction in single use carrier bag use.



# Section C:

## My Country, My Planet

**Task 4:** Have a virtual conversation with your friend through the medium of Welsh or share some Welsh words that you have learnt.

**Task 5:** Watch a programme on S4C such as Stwnsh or Pobol y Cwm. Who is your favourite celebrity/character? Why?



Decisions and laws relating to the Welsh language are made in the Senedd

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### Time to talk

What do you think Welsh politicians and Ministers can do to:

- **Support the Environment; for example banning single use plastics from schools and public places?**
- **Increase the number of people who speak Welsh? The Welsh Government have set a target of 1 million Welsh speakers by 2050.**

# Section D:

## My Creativity

**Task 1:** Create a series of freeze frames\* to show the various emotions you have experienced during the lockdown restrictions. Or keep a vlog (video blog) for a week to share your personal feelings.

*\*A freeze frame is when you dramatically freeze on an action to depict a story or emotion.*

**Task 2:** Create a poster or presentation on your favourite play, show or musical.

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### Time to talk

Do you enjoy going to the theatre, the cinema, an art gallery or museums? If so, how do you think Welsh politicians and Ministers can help protect these places for all to enjoy? For example, free school visits to the theatre, supporting community art and performance projects?



Decisions and laws relating to the Arts in Wales are made in the Senedd.







# Section E:

## My Dreams

**Task 1:** Make a picture of how you see yourself in 5 years' time and then in 10 years' time. Do you want to study at University or serve an apprenticeship?

**What job would you like in the future?**

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**Why do you want to do this job?**

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Decisions about the Economy and Transport in Wales are made in the Senedd.

### Time to talk

Where and how should the Welsh Government and Politicians spend the money to support people's jobs in your opinion? Do you think that money should be spent on roads, city centres, schools, Universities or something else?

# Section F:

# my Work

## Task 1: Keep a diary

Make a list of all your school tasks below:

Task	Completion date



Decisions and laws relating to Education is made in the Senedd.

**Task 2:** Use your maths skills to complete the table and questions below: Your primary school needs to buy new kits for the sports teams. Unfortunately, there's only enough money in this year's budget to buy clothes for two teams. The headteacher decided that the fairest way to decide which teams will get a new kit was to allow pupils from your primary school to vote on it. The results of the vote are shown in Table 1. Each pupil had one vote, **but 10 pupils were absent.**

Fill in the blanks in the table:

Team	Girls	Boys	Total
Football	35		<b>71</b>
Swimming		1	<b>2</b>
Cricket	3		<b>11</b>
Netball	45	23	
Hockey	9	5	
Rugby	19	43	<b>62</b>

### Answer the following questions

1. Which two teams got the new kits?
2. What was the difference in the total of votes between the first team and second team?
3. How many pupils does the school have in total?
4. How many pupils voted?
5. What percentage of the vote did the hockey team get?
6. If every pupil who was absent had voted for rugby, how would that have affected the outcome?

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## Time to talk

Do you agree that young people should learn about jobs and life skills as well as subjects such as maths and languages?



# Conclusion:

The Senedd can make laws on many things that affect your day to day lives in Wales. Take a look back through the booklet and note down some of the Senedd's powers in the grid below. The first has been done for you.

## 1. Ancient Monuments

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