

# Cymbrogi Young Changemaker Programme

## Day 1 Workshop: Pledge

### Key Features

1 day workshop, stand alone or part of a series of consecutive workshops taking learners on a 'Changemaker' journey from 'Pledge', through 'Change', to 'Educate' and finally 'Lead'.

An enquiry-driven, interdisciplinary and nature orientated pedagogy, aligned with the Curriculum for Wales and select Sustainable Development Goals. Develops knowledge, skills and mindsets to enable learners to undertake 'Sustainable learning for a sustainable future.'

### What's Included

In-school activities to prepare learners for their visit; unique expert led learning experiences hosted at Cymbrogi HQ; and post visit online support and reflection activities.

### Cost

1 day workshop £600 for a class of up to 30 students: inclusive of all resources, snacks, insurance and pre-visit support.

*Residential from £100 per participant for 2 days (all inclusive)*



Key Concepts	SDG Aligned	Curriculum for Wales Aligned
Systems, Life, Relationships, Responsibility, Consumption, Sustainability.	<p><b>SDG 11: Sustainable Cities and Communities</b> - 11.3 &amp; 11.6</p> <p><b>SDG 12: Responsible Consumption and Production</b> - 12.1, 12.3 &amp; 12.5</p> <p><b>SDG 13: Climate Action</b> - 13.3</p> <p><b>SDG 14: Life Below Water</b> - 14.1</p> <p><b>SDG 15: Life on Land</b> - 15.1 &amp; 15.5</p>	<p><b>4 Purposes explicitly addressed, with particular focus on <i>Healthy, confident individuals, ready to lead fulfilling lives as valued members of society.</i></b></p> <p><b>Integral Skills explicitly addressed-</b></p> <ul style="list-style-type: none"> <li>• <b>Creativity and innovation:</b> Creation of space to be curious and inquisitive, and to generate many ideas.</li> <li>• <b>Critical thinking and problem-solving:</b> Opportunities to ask and engage with meaningful questions, propose solutions which generate different types of value.</li> <li>• <b>Personal effectiveness:</b> Opportunities to develop emotional intelligence and awareness, become confident and independent, become responsible and reliable, being able to identify and recognise different types of value and then use that value.</li> <li>• <b>Planning and organising:</b> Opportunities presented to enable learners to set goals, make decisions and monitor interim results.</li> </ul> <p><b>AoLE's addressed</b></p> <ul style="list-style-type: none"> <li>• <b>Expressive Arts</b> - Creating combines skills and knowledge, drawing on the senses, inspiration and imagination - Progression step 1-2</li> <li>• <b>Health and Well-being</b> - Developing physical health and well-being has lifelong benefits &amp; How we process and respond to our experiences affects our mental health and emotional well-being - Progression step 1-2</li> <li>• <b>Humanities</b> - Enquiry, exploration and investigation inspire curiosity about the world, its past, present and future &amp; Our natural world is diverse and dynamic, influenced by processes and human actions &amp; Informed, self-aware citizens engage with the challenges and opportunities that face humanity, and are able to take considered and ethical action - Progression step 1-2</li> <li>• <b>Languages, Literacy and Communication</b> - Literature fires imagination and inspires creativity - Progression step 1-2</li> <li>• <b>Science and Technology</b> - Being curious and searching for answers is essential to understanding and predicting phenomena &amp; Design thinking and engineering offer technical and creative ways to meet society's needs and wants &amp; The world around us is full of living things which depend on each other for survival - Progression step 1-2</li> </ul>

Phase 1: Connect & Understand - Cymbrogi Companions

Time	Activity	Indicative outline
9:00	Arrival & Welcome	1: Arrival through Cymbrogi HQ entrance and silent walk to Cymbrogi Central taking in the view 2: Circle seating in Central 3: Nyuman - Welcome from staff and what they want from the day - around the circle, participant shares name and what they want out of the day 4: House keeping - toilets, adults and safeguarding, safe risk taking.
9:30	Owls and Crows	Through this 'Awaken Enthusiasm' game, Owls and Crows, children begin to physically and emotionally connect with one another and begin to develop knowledge and key terminology relating to nature, the environment, ecology and the non-human world. This also serves as a way for Cymbrogi educators to gauge the level of knowledge possessed by the group and adapt later activities accordingly.
9:45	The Pyramid of Life	Through this 'Awaken Enthusiasm' game, The Pyramid of Life, children begin to develop collaboration skills and begin to understand the local food chain and hierarchy while developing knowledge of the local non-human ecosystem. We help children make the connection between the non-human world and how it can be affected by and affects the human world.
10:00	Woodland Journeys	Through these 'Focus Attention' activities we use a nature based pedagogy to help children focus in and on the local ecosystem of our woodland and focus in and on their individual wellbeing. Through Woodland Walk children pay attention to the woodland around them, slow down and activate creativity while collecting meaningful adjectives. Through Forest Bathing children develop mindfulness and wellbeing skills, focussing on the immediate environment. Following on from this Sound Mapping enables children to listen and observe, mapping the sounds they hear within the woodland around them. Each activity is followed by reflection and discussion.
10:45	Break & Play	

Phase 2: Direct Experience & Explore - Cymbrogi Scientists

Time	Activity	Indicative outline
11:00	Woodland Journeys - The world of a minibeast	This 'Science based' session is co-designed and co-led by the <a href="#">Darwin Experience</a> . This session engages participants in the world of minibeasts (invertebrates) through the application of the scientific method of collection, observation and recording. Participants will connect their learning from sessions earlier in the day and be encouraged to make the connection between 'The Pyramid of Life', their Woodland Journey (habitats) and the life of minibeasts. The session ends with participants reflecting upon the relationship between humans and the non-human world of minibeasts.
12:30	Future Food Experience	A facilitated conversation about food, using children's lunch boxes as a starting point, and what labels we give to animals (linking back to earlier activities) and humans based upon the foods they choose to eat e.g. herbivore, Vegan. We then reveal two/three 'Cymbrogi Pack Lunches' - one fungus based, one soya based and one insect based - briefly discussing each and inviting participants to sample the food and share their thoughts
12:45	<p><b>Lunch Break &amp; Structured Play</b> Children are encouraged to care for one another during their break, ask questions, offer help and companionship. Food waste will be collected for composting purposes providing an opportunity for discussion.</p> <p>Structured Play opportunities facilitated by Cymbrogi staff to include - Option 1: Building a Bug habitat - Option 2: Seed Bombs - Option 3: Poetry writing &amp; Story telling - Option 4: Free play</p>	

### Phase 3: Direct Experience & Materialise - Cymbrogi Changemakers

Time	Activity	Indicative outline
1:30	What are Systems?	Through this 'Direct Experience' workshop, children further develop the skills of collaboration and begin to understand the process of Systems Thinking. We draw on activities from across the day and the SDG's to help children understand Systems, Sustainability, Consumption and Wellbeing - individual, human and non-human.  <i>NB: This workshop can be tailored to the needs of individual schools</i>
2:00	Break & Play	
2:15	Making the Change	Through this 'Direct Experience' workshop, children will further develop the skills of collaboration and Systems Thinking by exploring, discussing, categorising and sharing thoughts on a range of bespoke 'Making the Change' case study cards. Children will gain a better sense of how people are making a change to create a better and more sustainable relationship with the non-human world. They will also recognise different types of change and scale - from the local to global.
2:45	Being the Change	Through this 'Direct Experience' workshop, children will engage in a Design Thinking process, identifying and designing a change 'Pledge' they would like to make, all inspired by their day with.
3:00	'Pledges'	Through this 'Sharing Inspiration' session, children will share their 'Pledges' with the group and make a commitment to becoming 'Changemakers' - being the change they want to see in the world.
3:30	Departure	

