A decorative border made of red hearts of various sizes, arranged in a rectangular frame around the text.

Cynfran Pre-school Activity Pack

St Dwynwen's Day

Links for activity sheets can be found on pg 7 of this document

On 25th January we celebrated St Dwynwen's Day – the Welsh Valentine's Day. On this day it is a tradition to give loved ones love spoons which are carved from wood.

Speech and Language Activities

Listen to the book The Story of St Dwynwen -

https://www.youtube.com/watch?v=X_U332b84rA

Who was Dwynwen? Why did she run away? What did she wish for all the people in Wales?

A decorative border of red hearts of various sizes surrounds the text. The hearts are arranged in a roughly rectangular shape, with some larger hearts at the corners and smaller ones along the sides.

Colouring Sheets

Links for the activity sheets can be found on pg 7 of this document

Colouring Activity 1

Colour the love spoons. What were love spoons for? Why do the Welsh celebrate St Dwynwen's Day?

Colouring Activity 2

Colour the Valentine's Jar of Hearts. Who was St. Valentine? Who would you give a Valentine's Card to on Valentine's Day

Craft Activity

Make a Valentine's Day card for a loved one

Craft Activity

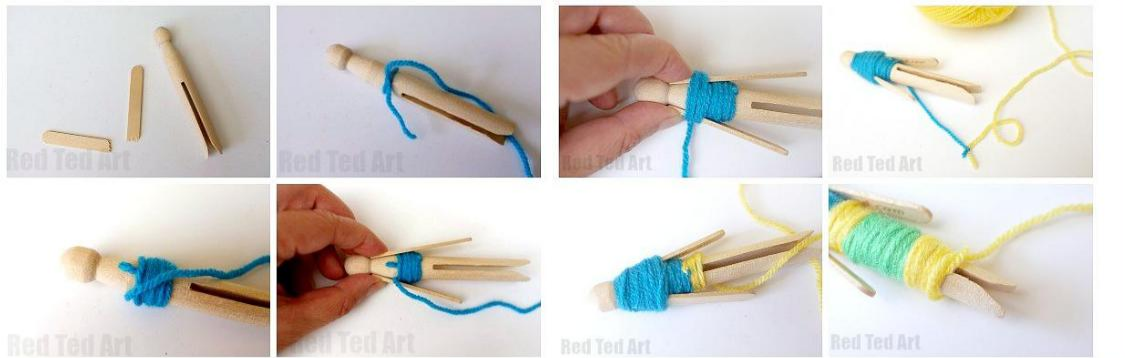
Links for the activity sheets can be found on pg 7 of this document

Make a Worry Dolls with Pegs

Children in Central America make worry dolls and tell their troubles to the doll. They make one doll for each worry they have and place each doll under their pillow and go to sleep. While they sleep the dolls solve their worries.

To make a worry doll you will need

- A wooden peg
- A lollypop stick
- Some coloured wool
- Scissors
- PVA glue
- Felt tip pen / marker pen



Mark the middle of the lollypop stick and break or cut in half. Glue the arms to the side of the peg and leave to dry. You can secure with tape while drying to keep the arms in place and then gently remove tape once dry.

Draw a face onto the top of the peg. Then take your coloured wool and start wrapping around the doll from the neck down. Keep wrapping until the doll is covered in wool. If you want the doll to wear trousers then wrap each leg separately, then cut the wool and glue down the end. If you want to use two different colours of wool for the top and bottom of the doll then after making the top cut the wool and knot the end to your next colour.

Finally put some glue on the head and fix some wool to the head to make hair and leave to dry. Your worry doll is now ready for you to tell your problems to.

The pictures and a more in depth description of this Worry Doll guide can be found here - <https://www.redtedart.com/how-to-make-worry-dolls-with-pegs/?cn-reloaded=1>

A decorative border of red hearts of various sizes surrounds the text. The hearts are arranged in a roughly rectangular pattern, with some larger hearts at the corners and smaller ones along the sides.

Speech and Language Activities

Links for the activity sheets can be found on pg 7 of this document

Spell your name in hearts

Ask an adult to cut out the hearts then try to spell your name with the letters. What is the first letter of your name? How many letters are in your name, can you count them?

Maths Activities

Links for the activity sheets can be found on pg 7 of this document

Colour Hunt

Go on a colour hunt around your house. Place a tick in each of the colour boxes and count how many items you find of each colour. Which colour is associated with Valentine's Day?

Threading

Using a shoe lace, glue stick, card and a hole-punch cut out the large heart and glue it to the card. Punch holes around the heart. Take the shoe lace and knot one end, and then try to thread the other end through the holes.

A decorative border of red hearts surrounds the page. The hearts are of various sizes and are arranged in a roughly rectangular pattern, with some hearts at the corners and others along the sides.

Personal and Social Activities

Links for the activity sheets can be found on pg 7 of this document

Sharing/Manners

Practise sharing and manners with your siblings or parents. Get some crackers and hand out to each person at home for sharing. Ask an adult to give some out. Remember to use please and thank you when you are given the crackers

Putting on Your Shoes Practise putting on and taking off your own shoes. Can you fasten the velcro?

Physical Activity

Balls

Find some different shape balls and play catch with an adult. If you have a garden, take a larger ball outside and practise kicking the ball.

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Page 1-7 – Heart Border – Sparklebox –

<https://www.sparklebox.co.uk/1186-1190/sb1186.html>

Page 2 – The Story of Saint Dwynwen -

https://www.youtube.com/watch?v=X_U332b84rA

Page 3 – Love Spoons Colouring Sheet – www.sketchite.com -

<https://bloccs.xtec.cat/englishclasspatri/files/2011/02/lovespoons.jpg>

Page 3 - Valentines Jar of Hearts Colouring Sheet

<https://i.pinimg.com/originals/34/86/d5/3486d533e6e0ca89a6b04e27ee7f7893.jpg>

Page 4 – How to Make Worry Dolls with Pegs –

<https://www.redtedart.com/how-to-make-worry-dolls-with-pegs/?cn-reloaded=1>

Page 5 - Heart Templates -

<https://www.sparklebox.co.uk/5821-5830/sb5825.html>

Page 5 – Red Hearts A-Z / 1-10 –

<http://www.cynfranpreschool.org.uk/images/Red%20hearts1.docx>

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Page 5 – Heart Print Out –

<https://www.firstpalette.com/pdf/heart-large.pdf>