

Easy Read



# Saint David's Day and Wales



March 2026



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The country we live in is called Wales!

Happy  
St. David's Day



Every year Wales has a special day called Saint David's Day.



On Saint David's Day we celebrate Wales and what it means to us.



# Who is Saint David?



Saint David is a man from history. He lived over 1000 years ago.



He is famous for spreading a religion called Christianity to Wales. Saint David lived a very simple life.



The story of Saint David says he only ate leeks and drank water!



Saint David believed you can be a good and kind person by doing small things like being friendly and helping others.



Today, Saint David's Day is not a religious or Christian day. It is for everyone in Wales to celebrate Wales and what it means to us.



# Daffodils and leeks!



It is traditional for people to wear a daffodil or leek on their clothes on St David's Day.



Traditional means something that lots of people do and have done for a very long time.



It is a way of celebrating that is passed down from older generations to younger ones.



Some people wear a leek. A leek is a vegetable that grows well in Wales.



We often eat leeks in soup!



St David ate a lot of leeks, this is why some people wear them today.



Some people wear a daffodil.



A daffodil is a plant that grows a big yellow flower.



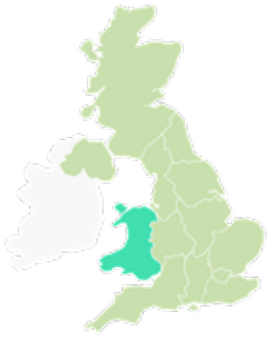
It is often flowering on St David's Day.



In Welsh, a daffodil is called Cenhinen Bedr. This means Peter's Leek in English!



# Fun facts about Wales



The country of Wales is a part of the United Kingdom - England, Scotland, Wales and Northern Ireland.



Wales is 1 of only 3 countries in the world that has a dragon on its flag!



There are more than 600 castles in Wales.



The highest mountain in Wales is called Yr Wyddfa - Mount Snowdon.



Just over 3 million people live in Wales.



About 9 million sheep live in Wales too.

The longest place name in Europe belongs to a village in north Wales called:

Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch!

In English it means “St Mary’s Church in the hollow of the white hazel near a rapid whirlpool and the Church of Saint Tysilio of the red cave.”



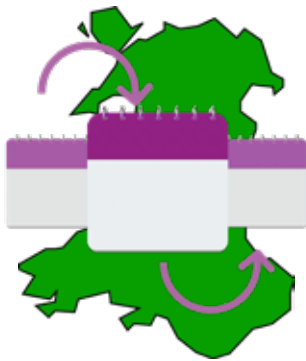
# The people of Wales



Early humans lived in Wales 230 thousand years ago. Back then they lived in caves.



Today, people live in villages, towns and cities across the country.



The families of most people in Wales have lived in Wales or the United Kingdom for hundreds of years.



Wales has been home for Roma, Gypsy and Traveller people for hundreds of years too.



Wales is also home to people whose families have moved here from other countries more recently.



Lots of Welsh people trace their families back to countries like:

- Somalia
- Pakistan
- India
- Poland
- Bangladesh
- China.





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