

Gweithgareddau i hybu lles / Activities to promote wellbeing

loga gan Emma Jones / Yoga by Emma Jones

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Arsylwi cymylau Observing clouds



Gorweddwch i lawr tu allan ac edrychwch lan at y cymylau. Pa fath o siapau allwch chi weld? Sut maen nhw'n newid gyda'r gwynt? Wyt ti'n gweld yr un peth â ffrind/aelod o deulu? Mae'r gweithgaredd yn eich helpu chi ddatblygu sgiliau dychymyg a sgiliau arsylwi. Mae'n rhoi amser i chi ymlacio a chanolbwyntio ar rywbeth arall.

Lie down outside and look up at the clouds. What shapes can you see? How do they change with the wind? Do you see the same thing as a friend/family member? This activity helps you to develop imagination and observational skills. It gives you time to relax and focus on something else.



Crewch fandala naturiol Create a nature mandala



Casglwch ddail sydd wedi cwmpo o'r coed, petalau, cnau, brigau a cherrig. Crëwch fandala trwy roi un peth yng nghanol y mandala ac yn trïwch greu patrwm cylchol. Mae creu mandala naturiol yn hybu amser tawel ac ymlaciedig.

Collect fallen leaves from trees, petals, nuts, twigs and stones. Create a mandala by placing one thing in the center of the mandala and begin creating a recurring pattern. Creating a natural mandala promotes a quiet and relaxing time.



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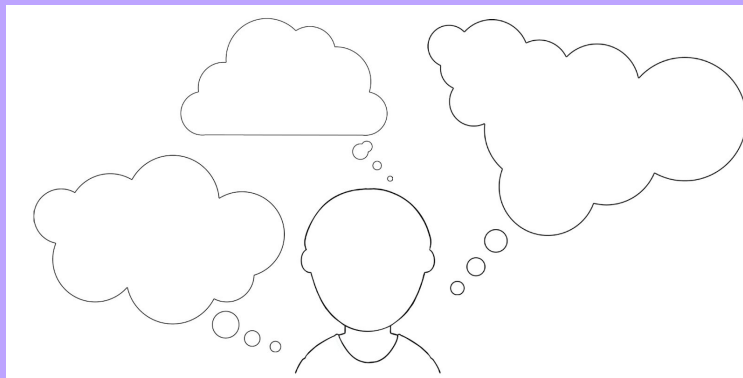
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Tynnwch lun o'r hyn sy'n gwneud i chi'n hapus! /
Draw a picture of what makes you happy



ffrindiau / friends teulu / family anifail anwes / pets
diddordebau / hobbies bwyd / food lle arbennig / special place

[Action for children](#)

Gweithgareddau hwyl i wneud adref i godi calonau plant.

Activities to do at home with young children.



[Hwyl mewn 5 munud / 5 minute fun](#)

Gweithgareddau i blant i wneud tu fewn.

Activities for children to do indoors.



[Barnardo's](#)

Cadw'n iach yn ystod y pandemig.

Keeping fit during the pandemic.



[OneEducation](#)

Annog cymhelliant mewn plant.

Keep children motivated.



[BBC - Cbeebies](#)

Gigglebiz i gadw plant ifanc yn iachus.

Gigglebiz keeping infants healthy.



[S4C - Heini](#)

Rhaglen i gadw plant yn hieni.

Programme to keep children fit.

