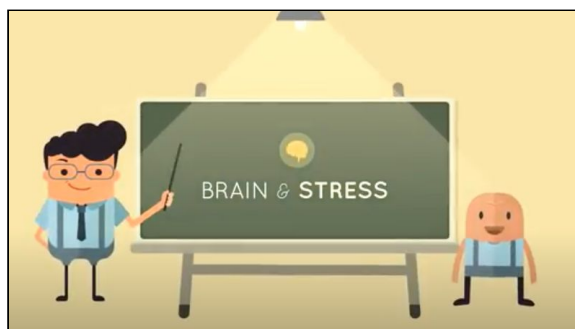




[Ein teimladau / Our emotions](#)

Dyma Willa. Mae hi'n egluro sut mae ein hymennydd yn gweithio. Mae hi'n esbonio sut a pham mae ein teimladau yn newid a sut i fynegi ein hun.

Meet Willa. She explains how our brains work. Her focus is how and why our emotions change and how to help express ourselves.



[Sut i ymlacio / How to relax](#)

Wrth wyllo'r fideo yma rydym yn deall sut mae straen yn effeithio ar ein cyrff a beth allwn ni wneud i ymlacio a thawelu.

This video teaches us about the effect stress has on our bodies and what we can do to relax and be calm.



[Or-ddefnydd o dechnoleg / Overuse of technology](#)

Faint o amser yw digon i blant treulio ar eu ffonau symudol, eu hoff gonsol gêm neu yn gwyllo teledu?

How much time is enough for children to spend on their mobile phones, on their favourite games console or watching TV?



[Deall hormonau / Understanding hormones](#)

Deall newidiadau ymddygiad eich plentyn pan fydd glasged yn cychwyn (9-14 blwydd oed).

Understand changes that will happen to your child's behaviour when puberty begins (9-14 years old).



[Ymdopi â dichter / Coping with feeling angry](#)

Mae grŵp o blant yn drafod dichter. Esbennir bod dau wahanol fath o dichter; da a drwg.

A group of children discuss anger. They explain that there are good and bad types of anger.



[Strategaethau i ymlacio eich hun / Strategies to self-regulate yourself](#)

Mae grŵp o blant yn esbonio sut maen nhw'n helpu eu hunan i ymlacio a rheoli eu hun.

A group of children describe what they do when they feel angry and how these strategies help them to calm down.



[Y gwahanol haenau o dichter / The different levels of anger](#)

Mae grŵp o blant yn cydnabod bod gwahanol haenau o dichter a bod eu gallu i reoli eu hun yn dibynnu ar ba mor grac maen nhw'n teimlo.

A group of children recognise that they have different levels of anger and that their ability to control their anger depends on how angry they are.



[Colli rheolaeth / Losing control](#)

Esbennir sut mae'n teimlo ar ôl bod yn grac. Mae'r fideo yn esbonio pam rydyn ni'n colli rheolaeth weithiau. Mae'r fideo yn cyflwyno'r cysyniad o ymateb 'brwydo neu hedfan'.

A child explains how he feels after he has been angry. An animation then explains why we sometimes lose control. The video introduces the idea of the 'fight or flight' response.



[Parchu eraill / Respecting others](#)

Cyngor gwrth-fwlio i rieni wrth Lywodraeth Cymru.

Anti-bullying guidance for parents from the Welsh Government.



[Cyngor E-ddiogelwch / Think u know / Internet Safety](#)

Cyngor allweddol i gadw eich plant yn ddiogel ar-lein.

Key advice to keep children safe whilst using the internet.



[NSPCC E-ddiogelwch / NSPCC Safety Online](#)

Cyngor ac offer defnyddiol gallwch chi ddefnyddio i gadw eich plentyn yn ddiogel.

Helpful advice and tools you can use to help keep your child safe.



[Action for Children](#)

Mae Action for Children yn cefnogi'r plant mwyaf bregus yn y Deyrnas Unedig.

Action for Children supports and speaks for the UK's most vulnerable and neglected children.