

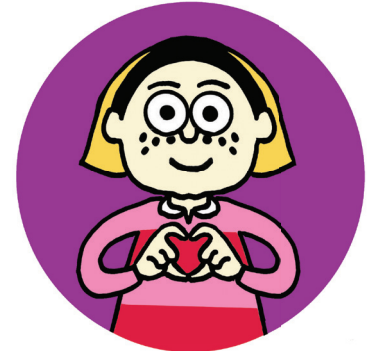


Pum ffordd at les

Five ways to wellbeing



Rhoi
Give



RHOI: Sut allwch chi wneud hyn heddiw?

- dywedwch ddiolch i rywun
- gwnewch anrheg neu gerdyn cartref i rywun
- agorwch y drws i rywun
- rhowch gwtsh i rywun rydych chi'n ei garu
- anfonwch bethau nad oes eu hangen arnoch mwyach i elusen
- rhowch canmoliaeth
- helpwch o gwmpas y tŷ
- gwrandewch ar rywun arall a sut maen nhw'n teimlo
- gweithredoedd o garedigrwydd ar hap
- rhowch seibiant i chi'ch hun

GIVE: How can you do this today?

- thank someone
- make a homemade present or card for someone
- hold a door open for someone
- give someone you love a hug
- send things you don't need anymore to charity
- give someone a compliment
- help around the house
- listen to someone else and how they are feeling
- random acts of kindness
- give yourself a break



Dysgwch fwy am y Pum ffordd at les
Find out more about the Five ways to wellbeing

Cysylltu
Connect

Bod yn sylwgar
Take notice

Dal ati i ddysgu
Keep learning

Bod yn fywiog
Be active



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Cysylltu
Connect



CYSYLLTU: Sut
allwch chi wneud hyn
heddiw?

- siarad â'ch ffrindiau a'ch teulu
- helpu ffrind neu gymydog
- bwyta pryd o fwyd gyda'ch teulu
- gwneud ffrind newydd
- dweud helo
- pobi rhai cacennau a'u rhannu

CONNECT: How
could you do this today?

- talk to your friends and family
- help a friend or neighbour
- eat a meal with your family
- make a new friend
- say hello
- bake some cakes and share them



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Bod yn sylwgar
Take notice



BOD YN SYLWGAR: Sut allwch chi wneud hyn heddiw?

- chwiliwch am y newydd - newidiadau mewn tymhorau, planhigion, bywyd gwyllt
- paentiwch neu tynnwch lun o'r hyn rydych chi wedi'i weld heddiw
- byddwch yn ymwybodol o sut rydych chi'n teimlo heddiw
- gwrandewch ar synau natur fel y gwynt a'r glaw
- sylwch sut mae'ch ffrindiau neu'ch teulu'n teimlo heddiw

TAKE NOTICE: How could you do this today?

- look out for the new - changes in seasons, plants, wildlife
- paint or draw a picture of what you've seen today
- be aware of how you are feeling today
- listen to the sounds of nature like the wind and rain
- notice how your friends or family are feeling today



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Dal ati i ddysgu
Keep learning



DAL ATI I DDYSGU: Sut allwch chi wneud hyn heddiw?

- dysgu gair newydd
- ymweld ag amgueddfa neu oriel gelf
- rhoi cynnig ar offeryn cerdd
- gwneud chwilair
- rhowch gynnig ar fwyd newydd
- dysgu coginio rysáit newydd
- ymweld â lle newydd
- ysgrifennu stori neu gân
- rhannwch eich dysgu ag eraill

Keep learning: How could you do this today?

- learn a new word
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- visit a new place
- write a story or song
- share your learning with others



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Be active



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Five ways to wellbeing



Bod yn fywiog
Be active



BOD YN FYWIOG:
Sut allwch chi wneud hyn
heddiw?

- dawnsio i'ch hoff gân
- cerdded y ci
- ymuno â thîm chwaraeon
- cerdded neu feicio i'r ysgol
- helpu yn yr ardd
- rhedeg ras gyda ffrindiau
- dewch o hyd i weithgaredd sy'n addas i chi

BE ACTIVE: How could
you do this today?

- dance to your favourite song
- walk a dog
- join a sports team
- walk or cycle to school
- help in the garden
- run a race with friends
- find an activity that suits you



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