Enw:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fy nghofnod 5 Ffordd at Les. *My 5 Ways to Wellbeing record*.

Nodwch pa gweithgareddau rydych yn cwblhau bod dydd ar y cofnod isod. *Write the activities you complete each day on the record below.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wythnos 1  *Week 1* | Llun  *Monday* | Mawrth  *Tuesday* | Mercher  *Wednesday* | Iau  *Thursday* | Gwener  *Friday* | Sadwrn  *Saturday* | Sul  *Sunday* |
| Bod yn fywiog  *Be active* |  |  |  |  |  |  |  |
| Dal ati i ddysgu  *Keep learning* |  |  |  |  |  |  |  |
| Cysylltu  *Connect* |  |  |  |  |  |  |  |
| Bod yn sylwgar  *Take notice* |  |  |  |  |  |  |  |
| Rhoi  *Give* |  |  |  |  |  |  |  |

Enw:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fy nghofnod 5 Ffordd at Les. *My 5 Ways to Wellbeing record*.

Nodwch pa gweithgareddau rydych yn cwblhau bod dydd ar y cofnod isod. *Write the activities you complete each day on the record below.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wythnos 2  *Week 2* | Llun  *Monday* | Mawrth  *Tuesday* | Mercher  *Wednesday* | Iau  *Thursday* | Gwener  *Friday* | Sadwrn  *Saturday* | Sul  *Sunday* |
| Bod yn fywiog  *Be active* |  |  |  |  |  |  |  |
| Dal ati i ddysgu  *Keep learning* |  |  |  |  |  |  |  |
| Cysylltu  *Connect* |  |  |  |  |  |  |  |
| Bod yn sylwgar  *Take notice* |  |  |  |  |  |  |  |
| Rhoi  *Give* |  |  |  |  |  |  |  |