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* |  |  |  |  |  |  |  |