5 Ffordd at Les.

Dros yr adeg yma o ynysu, mae’n bwysig ein bod ni’n edrych ar ôl ein lles meddyliol a chorfforol. Ar sail hyn, hoffwn i chi feddwl am y pythefnos nesaf fel Wythnosau Lles. Ar y daflen hon mae rhai syniadau ar gyfer gweithgareddau i gwblhau. Trïwch gwblhau un weithgaredd o bob lliw, bob dydd. Os oes syniadau eich hun yn cyd-fynd gyda un o’r categorïau, mae croeso i chi wneud hyn yn lle. Mae rhai o’r awgrymiadau yma yn gallu para am fwy nag un diwrnod. Mae’n bosib cwblhau’r un weithgaredd mwy nag un waith.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Bod yn fywiog | Cymerwch rhan mewn gwers ffitrwydd ar YouTube.  | Ewch am dro yn eich ardal gyda’ch teulu.  | Crëwch cwrs cylch ymarfer i ti a’r teulu. Ydy’n bosib curo’ch amser?  | Ewch allan ar eich beic gyda’ch teulu.  | Treuliwch amser ar drampolîn neu’n sgipio yn yr ardd. | Rhedwch i fyny ac i lawr y grisiau 10 gwaith.  | Chwaraewch gêm pêl yn yr ardd.  |
| Dal ati i ddysgu | Dysgwch gemau cardiau clasurol gan eich rhieni.  | Dysgwch i gyfri i 10 mewn iaith newydd. (Ydy’n bosib dysgu at 100?) | Coginiwch bwyd nad ydych wedi’i goginio o’r blaen i’ch teulu.  | Darllenwch am 20 munud cyn mynd i’r gwely.  | Dysgwch sut i wau (knit). Fedrwch chi wneud sgarff?  | Dysgwch tric newydd i anifail anwes.  | Dysgwch yr enwau gwyddonol ar gyfer darnau’r corff, esgyrn ac organnau.  |
| Cysylltu | Ysgrifennwch at berson hÿn mewn cartref hen bobl gan ddefnyddio ‘Cheerful Little Letter Project’. (Gofyn i riant) | Siaradwch gyda aelod o’r teulu neu ffrind ar Facetime/Skype.  | Dangoswch i aelod o’r teulu sut i wneud rhywbeth rydych chi yn ei fwynhau.  | Crëwch ddawns gyda ffrind yn defnyddio Facetime/Skype.  | Chwaraewch gêm fwrdd gyda’ch teulu.  | Rhowch cwis i’r teulu. Defnyddiwch Zoom neu Houseparty i bobl eraill allu chwarae hefyd.  | Crëwch gynllun gyda’ch teulu am yr holl bethau hoffech chi wneud ar ôl ynysu.  |
| Bod yn sylwgar | Sawl aderyn sy’n dod i’r ardd? Triwch dynnu lluniau o gymaint â phosib.  | Eisteddwch yn yr ardd gan edrych ar y cymylau. Beth fedrwch chi weld? | Triwch bwydydd newydd. Defnyddiwch eich synhwyrau i’w disgrifio.  | Pa blanedau a chytserau fedrwch weld gyda’r nos? Defnyddwich app Nightsky i helpu.  | Wrth gerdded gyda’ch teulu, sawl blodyn gwahanol fedrwch chi weld? Tynnwch luniau a darganfyddwch yr enwau cywir.  | Tynnwch hunlun neu bortread o aelod o’r teulu. Edrychwch yn ofalus.  | ‘Meditate’ ac ymestynwch. Sut mae’n gwneud i chi deimlo?  |
| Rhoi | Gwnewch ac anfonwch gerdyn i Captain Tom Moore ar gyfer ei benblwydd yn 100 oed.  | Dysgwch ychydig o Gymraeg i aelod o’r teulu ar y ffôn neu ar Facetime.  | Darllenwch stori i frawd neu chwaer fach neu aelod arall o’r teulu.  | Rhowch ‘hand massage’ i’ch hunain neu aellod arall o’r teulu.  | Gwnewch un o’r swyddi (jobs) o gwmpas y tŷ mae’ch rieni yn casau.  | Tynnwch lun neu gwnewch rhywbeth i anfon at aelod o’r teulu.  | Clapiwch a gwnewch swn ar gyfer y GIG ar ddydd Iau am 8pm.  |

*5 Ways to Wellbeing*.

During this time in lockdown, it’s very important that we look after our mental a physical wellbeing. To help with this, I would like you to think of the next fortnight as Wellbeing Weeks. On this page there are a number of ideas for activities to complete. Try to complete one activity for each colour every day. If you have your own idea that matches one of the categories, you are welcome to do it instead. Some of the suggestions on this page may take more than one day to complete. It’s possible to complete the same activity more than once.

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| *Be active* | Take part in a YouTube fitness tutorial.  | Go for a walk in your neighbourhood with your family.  | Create a circuit training routine for you and your family. Can you beat your times? | Go on a bike ride with your family.  | Spend time on a trampoline or skipping in the garden.  | Run up and down the stairs 10 times.  | Play a ball game in the garden.  |
| *Keep learning* | Ask your parents to teach you some classic card games.  | Learn how to count to 10 in a new language. (Can you learn to 100?) | Make a meal you’ve never cooked before for your family.  | Read for 20 minutes before going to bed.  | Learn how to knit. Can you make a scarf?  | Teach a pet a new trick.  | Learn the scientific names of your body parts, bones and organs.  |
| Co*nnect* | Write to an older person in a care home using the Cheerful Little Letter Project. (Ask your parents) | Facetime/Skype a relative or friend to check they’re O.K.  | Show another family member how to do something you enjoy.  | Create a short dance routine with a friend using Facetime/Skype.  | Play a board game with your family.  | Hold a quiz for your family. You could use Zoom or Houseparty to get others involved.  | Create a plan with your family of all the things you’d like to do after lockdown.  |
| *Take notice* | How many birds visit your garden? Try and take photos of as many as you can.  | Sit in your garden, looking at the clouds, what can you see?  | Try some new foods. Use your 5 senses to describe them.  | What planets and constellations can you see at night? Use the Nightsky app to help.  | On a walk with your family, how many different flowers can you see? Take photos and find the names.  | Draw a self-portrait or a portrait of a family member. Look closely.  | Meditate and stretch. How does it make you feel?  |
| *Give* | Make and send a card to Captain Tom Moore for his 100th birthday.  | Teach a family member how to speak some Welsh over the phone or Facetime. | Read a story to your younger siblings or other family members.  | Give yourself or a family member a hand massage.  | Do a job around the house that you know your parents hate.  | Draw a picture or make something to send to a family member.  | Clap and make noise for the NHS on Thursdays at 8pm.  |