

# WYTHNOS LLES

# WELLBEING WEEK

## DYDD LLUN MONDAY

FOUNDATION PHASE  
Welsh Water, Nature Trail,  
Park, Making connections  
via Zoom

YEARS 3-6  
Forest School, Thinking  
games, Planting flowers,  
Drawing in nature,  
Meditation

## DYDD MAWRTH TUESDAY

FOUNDATION PHASE  
Sports Day Meithin a Derbyn (am)  
Sports Day 1 a 2 (pm)  
Yard Games, Jamboree, Rugby

YEARS 3-6  
Create a Dance, BSL,  
Braille, Chinese, Forest  
school

## DYDD MERCHER WEDNESDAY

FOUNDATION PHASE  
Meithrin: Teddy Bears Picnic  
Derbyn: Pili Palas Trip  
Yr.1 a 2: Cooking Biscuits, Lego activities

YEARS 3-6  
Forest school, Board  
Games, Team Building,  
Reading with the  
Foundation phase pupils

## DYDD IAU THURSDAY

FOUNDATION PHASE  
Breathing techniques,  
Yoga, Art, Forest school

YEARS 3-6  
Creating Cards, Forest  
school, Origami,  
Creating flowers

AFTER SCHOOL  
Wellbeing Fair

## DYDD GWENER FRIDAY

FOUNDATION PHASE  
Creating Cards, Ice  
Cream Parlour, Pamper  
afternoon

YEARS 3-6  
Sports Day