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| **Syniadau gweithgareddau ar gyfer yr ysgol a / neu'r cartref** | **Activity ideas for school and / or the home** |
| **Gwefan Conisynydd Plant Cymru**  [**https://www.childcomwales.org.uk/coronavirus/**](https://www.childcomwales.org.uk/coronavirus/) | **Children’s Commissioner Wales**  [**https://www.childcomwales.org.uk/coronavirus/**](https://www.childcomwales.org.uk/coronavirus/) |
| Young Minds - Gwefan i gefnogi plant a phobl ifanc  <https://youngminds.org.uk/> | Young Minds Website to support Children and Young People  <https://youngminds.org.uk/> |
| Gwybodaeth ar gyfer pobl ifanc :  <https://youngminds.org.uk/>  <https://youthworksupport.co.uk/>  <https://wearencs.com/blog/keeping-calm-through-coronavirus>  <https://www.ukyouth.org/2020/03/18/coronavirus-advice/>  <https://mentalhealth.org.uk/publications/overcome-fear-anxiety>  Gwybodaeth ar gyfer rhieni :  <https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors>  <https://parentzone.org.uk/>  <https://www.nen.gov.uk/>  <https://www.commonsense.org/>  <https://www.nspcc.org.uk/>  <https://ineqe.com/safeguarding-hub/>  [www.covid19parenting.com](http://www.covid19parenting.com)  Hutchings, J. (2019) The positive parenting handbook. Routledge New York: {ISBN: 978-0-367-23380-8 (hardback) ISBN: 978-0-367-2338-5 (paperback) ISBN: 978-0-429-27960-7 (ebook)}. | Information for young people :  <https://youngminds.org.uk/>  <https://youthworksupport.co.uk/>  <https://wearencs.com/blog/keeping-calm-through-coronavirus>  <https://www.ukyouth.org/2020/03/18/coronavirus-advice/>  <https://mentalhealth.org.uk/publications/overcome-fear-anxiety>  Information for parents :  <https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors>  <https://parentzone.org.uk/>  <https://www.nen.gov.uk/>  <https://www.commonsense.org/>  <https://www.nspcc.org.uk/>  <https://ineqe.com/safeguarding-hub/>  [www.covid19parenting.com](http://www.covid19parenting.com)  Hutchings, J. (2019) The positive parenting handbook. Routledge New York: {ISBN: 978-0-367-23380-8 (hardback) ISBN: 978-0-367-2338-5 (paperback) ISBN: 978-0-429-27960-7 (ebook)}. |
| **e-Bug**  [www.e-Bug.eu](http://www.e-Bug.eu)  Mae e-Bug yn cynnwys nifer o wersi da iawn am ficrobau, hylendid resbiradol, golchi dwylo ayyb ar gyfer CA2 a CA3/4.  Mae o’n addas ar gyfer y cyfnod sylfaen hefyd.  Mae adran ar gael i blant ac i athrawon. | **e-Bug**  [www.e-Bug.eu](http://www.e-Bug.eu)  e-Bug contains a number of very good lessons on microbes, respiratory hygiene, hand washing etc for KS2 and KS3/4.  It is also suitable for foundation phase.  There is a section for children and for teachers. |
| **Cosmic Yoga**  [www.cosmickids.com](http://www.cosmickids.com)  Ioga a ‘mindfulness’ i blant.  Fideos am ddim ar You Tube.  Nodwch fod cost am rai adnoddau. | **Cosmic Yoga**  [www.cosmickids.com](http://www.cosmickids.com)  Yoga and mindfulness for children.  Free videos on You Tube.  Please note that there is a charge for some resources**.** |
| **Gwefan – Food a Fact of Life**  [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)  Adnoddau cynhwysfawr a rhyngweithiol am ddim ar gyfer dysgu pobl ifanc 3-16 oed am fwyd. | **Website - Food a Fact of Life**  [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)  Comprehensive and interactive free resources for teaching young people aged 3-16 years about food. |
| **Great Grub Club** – Llawer o weithgareddau hwyl yn ymwneud â bwyd a symud [http://greatgrubclub.com/](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwOi8vZ3JlYXRncnViY2x1Yi5jb20vIn0.sYvRNK0xA-hsYUsnrSuFTE5KajXvsDe_OQfReKMgw94/br/76531701572-l) | **Great Grub Club** – Lots of fun activities around food and movement [http://greatgrubclub.com/](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwOi8vZ3JlYXRncnViY2x1Yi5jb20vIn0.sYvRNK0xA-hsYUsnrSuFTE5KajXvsDe_OQfReKMgw94/br/76531701572-l) |
| **BBC Bitesize**. Amrywiaeth amrywiol o adnoddau ar gyfer cyn-ysgol hyd at swydd 16. <https://www.bbc.co.uk/bitesize> | **BBC Bitesize**. A varied range of resources for pre school up to post 16. [https:/ /www.bbc.co.uk/bitesize](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwczovL3d3dy5iYmMuY28udWsvYml0ZXNpemUifQ.M1t8p01sMHvgYM4fCbJdxsGZNl63UFSfWdy-189AIoQ/br/76531701572-l) |
| **Adnoddau Naturiol Cymru** - Amrywiaeth o weithgareddau ymarferol o:  • Anifeiliaid, Cynefinoedd a Bioamrywiaeth     * Mathemateg a Rhifedd * Iaith a Llythrennedd * Iechyd a Lles   [https://naturalresources.wales/guidance-and-advice/business-sectors/education-learning-and-skills/looking-for-learning-resources/learning-resources-search-by-topic/?lang=en](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwczovL25hdHVyYWxyZXNvdXJjZXMud2FsZXMvZ3VpZGFuY2UtYW5kLWFkdmljZS9idXNpbmVzcy1zZWN0b3JzL2VkdWNhdGlvbi1sZWFybmluZy1hbmQtc2tpbGxzL2xvb2tpbmctZm9yLWxlYXJuaW5nLXJlc291cmNlcy9sZWFybmluZy1yZXNvdXJjZXMtc2VhcmNoLWJ5LXRvcGljLz9sYW5nPWVuIn0.WqqMSMQZ-AQGKKaHS4gQkm27c-PBZb7tJllCQkyT8wQ/br/76531701572-l) | **Natural Resources Wales** – A range of hands on activities from:   * Animals, Habitats & Biodiversity * Maths and Numeracy * Language and Literacy * Health and Well-being   [https://naturalresources.wales/guidance-and-advice/business-sectors/education-learning-and-skills/looking-for-learning-resources/learning-resources-search-by-topic/?lang=en](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwczovL25hdHVyYWxyZXNvdXJjZXMud2FsZXMvZ3VpZGFuY2UtYW5kLWFkdmljZS9idXNpbmVzcy1zZWN0b3JzL2VkdWNhdGlvbi1sZWFybmluZy1hbmQtc2tpbGxzL2xvb2tpbmctZm9yLWxlYXJuaW5nLXJlc291cmNlcy9sZWFybmluZy1yZXNvdXJjZXMtc2VhcmNoLWJ5LXRvcGljLz9sYW5nPWVuIn0.WqqMSMQZ-AQGKKaHS4gQkm27c-PBZb7tJllCQkyT8wQ/br/76531701572-l) |
| **The Pod** - Archwiliwch adnoddau trawsgwricwlaidd am ddim i helpu plant i fynd i'r afael ag egni, gwyddoniaeth a chynaliadwyedd. Ymgysylltwch â phlant â gemau rhyngweithiol, ffilmiau gwych, pecynnau gwybodaeth diddorol a gweithgareddau cyffrous (4-14 oed +) <https://www.jointhepod.org/> | **The Pod** –  Explore free cross-curricular resources to help children get to grips with energy, science and sustainability. Engage children with interactive games, fantastic films, interesting info packs and exciting activities (age 4-14+) [https://www.jointhepod.org/](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwczovL3d3dy5qb2ludGhlcG9kLm9yZy8ifQ.90UDjnptPcoaeOwPGaqKhDYNjk_iNoHQhkpLEFJOl2s/br/76531701572-l) |
| **Change4life** - Nid yn unig ryseitiau iach i bawb eu mwynhau ond hefyd edrychwch ar y gweithgareddau fel yr ysgytiadau 10 munud - i gael pawb yn egnïol a symud <https://www.nhs.uk/change4life/about-change4life> | |  |  | | --- | --- | |  | **Change4life** – Not only healthy recipes for everyone to enjoy but also check out the activities such as the 10 minute shakeups – to get everyone active and moving [https://www.nhs.uk/change4life/about-change4life](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjQuMTkyMDE4NzEiLCJ1cmwiOiJodHRwczovL3d3dy5uaHMudWsvY2hhbmdlNGxpZmUvYWJvdXQtY2hhbmdlNGxpZmUifQ.euhLShoZwZihH0H7_Q78985Rv8PpT5jaWNC_kIoRXSg/br/76531701572-l) | |  |  | |  |  | |
| **Think U Know**  [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  Gweithgareddau diogelwch ar-lein ar gyfer pob oedran, adran ar gyfer plant, athrawon a rhieni. | **Think U Know**  [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  Online safety activities for all ages, section for child, teachers and parents. |
| **Go Noodle**  [www.gonoodle.com](http://www.gonoodle.com)  Adnodd ar-lein am ddim ar gyfer rhieni / gofalwyr, athrawon a phlant. Mae'n cynnig fideos am ddim: symudiad, ioga, a ‘mindfulness’; gweithgareddau cwricwlaidd, a gweithgareddau cartref oddi ar y sgrin. Mae adrannau wedi'u creu ar gyfer y cartref ac ar gyfer yr ysgol. | **Go Noodle**  [www.gonoodle.com](http://www.gonoodle.com)  Free online resource for parents/carers, teachers, and children. It offers free videos: movement, yoga, and mindfulness; curricular activities, and off-screen home activities. Sections have been created for home and for school. |