

Adnoddau Mynediad 1 & 2 Camau

Cyhoeddus
App Dewin a Doti – AppStore+Android
Podlediadau - Podlediad - Mudiad Meithrin
Cylchlythyr – https://www.meithrin.cymru/trosolwg-newyddion/
Cylchgrawn WCW – gorfod tanysgrifio - https://360.cymru/tanysgrifio/wcw/
Siop - Siop - Mudiad Meithrin
Sianel You Tube – Playlist Clwb Cylch - https://www.youtube.com/watch?v=Atp1DmjKrY0&list=PLrUunC9eiE2y_6dWlrBO4-lg61e6Ou_Dz
Cartwn Dewin a Doti - https://youtu.be/MzqyzA8qTvM
Dawnsio gyda Siani Sionc a Dewin - https://www.youtube.com/playlist?list=PLrUunC9eiE2zkX1SpiOqeUPuUfNSg2Erv
Gwyl Dewin a Dathlu 2021 - https://www.youtube.com/playlist?list=PLrUunC9eiE2yJrdZgYm8ObPyKLIjvleZO
Cyfes o hwiangerddi ar YouTube - https://www.youtube.com/playlist?list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW
Cymraeg I Blant - https://www.meithrin.cymru/cymraeg-i-blant/
Cymraeg I Blant YouTube - https://www.youtube.com/playlist?list=PLrUunC9eiE2zmFNqMIQmHqPaqOLM8iuk3
Cymraeg @ adre - Cymraeg@adre - Mudiad Meithrin
Hwiangerddi - https://www.meithrin.cymru/prosiect-hwiangerddi/
Dewin a Doti https://www.meithrin.cymru/clwb-dewin/
Croesi'r Bont ar HWB https://hwb.gov.wales/zones/foundation-phase-excellence-network/repository/discovery/resource/1ff976a6-7933-4252-a3be-d49af0442f55/en
Dwylo Diogel https://hwb.gov.wales/News/articles/f4d139f5-0b07-4039-836d-228696a02876
Cymraeg I Blant https://hwb.gov.wales/zones/foundation-phase-excellence-network/news/articles/29f8a6e1-767d-483c-a708-ebc0fd2b098f
Cyfes o ganeuon Cymraeg - https://www.youtube.com/watch?v=d-AUurrXDdQ&list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW
Cardiau Flach (Croesi'r Bont) – dogfen pdf
Taflen Dulli Trochi linc – dogfen pdf

Bubble Blowing Activity

Gweithgaredd Chwythu Swigod

Children can experience worry and anxiety at any time but perhaps particularly more so as we transition out of lockdown.

One of the physical side effects of anxiety or fear is shallowness of breath / **anadl**.
When this happens, less oxygen gets to our brain / **ymenydd** making it difficult for us to think clearly and relax / **ymlacio**.

Deep breathing is a great way to manage anxiety and make us feel calm / **tawel**.

Simply taking a series of deep breaths will slow down a child's heart rate and help them to feel more in control. This simple and fun activity can help to calm children's breathing if they are feeling stressed, anxious or over stimulated.

Learning Outcomes

Reduced stress and anxiety
Increased calmness and happiness
Exploring feelings
Reduced tension
Improved focus and concentration

Resources

Bubble mixture with wand for each child

Quiet place

Amcanion Dysgu

Llai o straen a phryderon
Hybu tawelwch a hapusrwydd
Archwilio teimladau
Llai o tensiwn
Gwella ffocws a crynodiad

Adnoddau

Cymysgedd Swigod a gwialen i bob plentyn

Lle distaw

Activity outline / **Amlinell Gweithgaredd**

Blowing gently to create bubbles / **swigod** is a good way to be playful and breathe deeply.

Provide children with a bottle of bubble mix and a wand each. Explain that they are going to create / **creu** some bubbles, how they are going to do this and allow them to practice.

Focus on blowing / **chwythu** lots of small bubbles / **swigod bach** at first, then get the children to try and blow a large bubble by breathing deeply and then slowly releasing it.

Encourage the children to keep trying until all the bubble mixture has been used.

Whilst they are doing this, focus your commentary on the children's breathing / **anadlu** and how a deeper, slower breath / **anadlu dwfn ac araf** makes them feel / **teimlo**.

Once they recognise and tune in more to their breathing, they'll be able to start to practise deep breathing / **anadl dwfn** without the bubbles / **swigod**. Be sure to join in and have fun / **hwyl**.

Word Bank and Useful Phrases

Bubble

Small

Big

Breathe

Deep breathing

Relax

Heart

Quiet

Geirfa ac Ymadroddion Defnyddiol

Swigod

Bach

Mawr

Anadl

Anadl dwfn

Ymlacio

Calon

Tawel

Calm

Tawelwch

Feeling

Teimlo

Breathing exercise

Ymarfer anadlu

Blow small bubbles

Chwythu swigod bach

Blowing slowly

Chwythu yn araf

Blow a big bubble

Chwythu swigod mawr

Time to be calm

Amser i fod yn dawel*

Counting 1 2 3 slow deep breathe in

Cyfri 1 2 3 anadl dwfn i mewn

Counting 1 2 3 slowly breathe out

Cyfri 1 2 3 anadlu allan yn araf

And again 1 2 3 slow deep breath in

Ac eto 1 2 3 anadl dwfn i mewn

- *Note all adjectives mutate softly after yn *e.g tawel becomes dawel*

Further support

- Book Trust Cymru - Free Audio books / **Beni ai fysedd rhyfeddol** – Beni the puffer fish and his wonderful fingers amazing bubbles - <https://bit.ly/2HltE23>.
- Well-being in early years - [Free online course](#)

Published May 2022

My Body, My Family

Fy nghorff, Fy Nheulu

My Body Vocabulary

Here are a list of Welsh words to use when talking about parts of the body.

My body

Head

Neck

Shoulder(s)

Arm/Arms

Hand(s)

Finger(s)

Tummy

Back

Leg(s)

Foot/Feet

Toe(s)

Face

Eye/Eyes

Nose

Ear/Ears

Mouth

Tooth/Teeth

Fy nghorff

Pen

Gwddw

Ysgwydd(au)

Braich/Breichiau

Llaw(dwyllo)

Bys(edd)

Bol

Cefn

Coes(au)

Troed/Traed

Bys(edd)

Gwyneb

Llygad/Llygaid

Trwyn

Clust/Clystiau

Ceg

Dant/Danedd

My Family Vocabulary.

Word bank to introduce Welsh words for members of our family. **Please note where **N and **S is indicated, this refers to different dialogue that may be used in North Wales and South Wales

My Family

Dad

Mam

Brother

Sister

Grandmother

Grandfather

Uncle

Aunt

Cousin (Female)

Cousin (Male)

Cousins

Fy Nheulu

Dad

Mam

Brawd

Chwaer

Nain**N/Mamgu **S

Taid**N/Tadcu**S

Ewyrth**N/Yncl**S

Anti**N Modryb**S

Cyfnither

Cefnder

Cefndryd

**please note where **N and **S indicated, this refers to different dialogue that may be used in North Wales and South Wales.

Further support

- Visit ndna-cymru for factsheet - Features of the Face
- Visit ndna-cymru for factsheet - Parts of the body
- Visit ndna-cymru for factsheet - Parts of the body songs

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Mr Happy

Mr Hapus

The following song and flashcards could be used as part of a circle time activity and could be used to prompt a discussion about feelings and emotions within the group.

Ask the children how they are feeling, why? **Sut wyt ti'n teimlo? Pam?** Or encourage them to point out the flashcard which best reflects their feeling on that day.

Sing the following lyrics to the tune of 'If You're Happy and You Know It', whilst displaying the flashcards, alongside performing the motions/sound effects stated in the brackets:

Word bank and useful phrases

How are you?

How are you feeling?

I am happy

Are you happy?

I am happy too

I am sad

I am tired

I am cold

Are you?

Are you (plural)

Are you all ready?

Yes we are ready

No we are not ready

Geirfa ac ymadroddion defnyddiol

Sut wyt ti?

Sut wyt ti'n teimlo?

Dwi'n hapus

Wyt ti'n hapus?

Dwi'n hapus hefyd

Dwi'n drist*

Dwi wedi blino

Dwi'n oer

Wyt ti?

Dych chi **S/Da chi **N?

Dych chi / Da chi gyd yn barod?

Ydyn **S / Ydan**N

Nac ydyn**S / Nac ydan**N

**Translations for each emotion are provided on the flashcards*

*** Please note where **N and **S is indicated, this refers to different dialogue that may be used in North Wales and South Wales*

Mr Hapus ydw i, ydw i. (ha ha ha)

Mr Hapus ydwi i, ydw i. (ha ha ha)

Mr Hapus ydw i,

Mr Hapus ydw i,

Mr Hapus ydw i, ydw i. (ha ha ha)

Mr Trist...(boohoo!)

Mr Tawel...(Shhhhh...)

Mr Swnllyd... (Hooray! and clap your hands)

The song can be extended for older children by including the following additional verses:

Mr Grac... (Grac! Grac! Grac!)

Mr Gweddol (hmmm ...)

Mr Ofnus...(Frightened expression)

Mr Tost ******(S) Mr Sâl ******(N) (atch-oo! /sneeze expression)

Mr Wedi Blino (Yawn)

*indicates a soft mutation e.g Dwi'n drist – trist mutates to drist

Further support

- Visit ndna-cymru for factsheet - Features of the face

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Hapus

Happy



Trist

Sad



Swnllyd

Noisy



Wedi Blino

Tired



Gweddol

So-so



Tawel

Quiet



Ofnus

Scared



Tost / Sâl

Unwell

Croeso / Helo

Welcome / Hello

Sut `dych chi?

How are you?

Pwy wyt ti?

Who are you?

Ydw i / Dw i?

I am / I'm

Ble mae?

Where is

Diolch

Thank you

Hwyl fawr

Goodbye

Os gwelwch yn dda

Please

Mae'n ddrwg gen i

I'm sorry

Esgusodwch fi

Excuse me

Bore da

Good morning

Prynhawn da

Good afternoon

Noswaith dda

Good evening

Nos da

Good night

Symudiadau

Movements

Siarad ag 1 person

Speaking to 1 person

Cana

Sing

Rheda

Run

Cerdda

Walk

Sgipia

Skip

Neidia

Jump

Hercia

Hop

Cropia

Crawl

Gwthia

Push

Tynna

Pull

Ymestyna

Stretch

Plygwch

Bend

Taflwch

Throw

Siarad i 2+ o bobl

Speaking to 2+ people

Canwch

Sing

Rhedwch

Run

Cerddwch

Walk

Sgipiwch

Skip

Neidiwch

Jump

Herciwch

Hop

Cropiwch

Crawl

Gwthiwch

Push

Tynnwch

Pull

Ymestynwch

Stretch

Plyga

Bend

Tafla

Throw

Amser Canu

Bore Da Dewi

(She'll be coming round the mountain)

**Bore da Dewi bore da
Bore da Dewi bora da
Bore da Dewi, Bore da Dewi
Bore Dewi bore da.**

**Prynhawn da Dewi prynhawn da
Prynhawn da Dewi prynhawn da
Prynhawn da Dewi, Prynhawn da Dewi
Prynhawn da Dafydd prynhawn da**

**Noswaith dda Dewi noswaith dda
Noswaith dda Dewi noswaith dda
Noswaith dda Dewi, Noswaith dda Dewi
Noswaith dda Dewi noswaith dda**

**Nos da Dewi nos da
Nos da Dewi nos da
Nos da Dewi, Nos da Dewi
Nos da Dewi nos**

Cyfarwyddiadau

Instructions

Siarad ag 1 person
Speaking to 1 person

**Dere i eistedd ar y
gadair**
Come and sit on the chair

Bydd yn ofalus
Be careful

Gwranda ar y stori
Listen to the story

Golcha dy ddwylo
Wash hands

Sycha dy ddwylo
Dry your hands

Gwisga dy ddillad
Wear your clothes

Gwnech rês
Make a row

Edrycha ar y llyfr
Look at the book

Rho'r teganau i gadw
Put the toys away

Siarad i 2+ o bobl
Speaking to 2+ people

**Dewch i eistedd ar y
gadair**
Come and sit on the chair

Byddwch yn ofalus
Be careful

Gwrandewch ar y stori
Listen to the story

Golchwch eich dwylo
Wash your hands

Sychwch eich dwylo
Dry your hands

Gwisgwch eich dillad
Wear your clothes

Gwnech rês
Make a row

Edrychwch ar y llyfr
Look at the book

Rhowch y teganau i gadw
Put the toys away

Canmoliaeth

Praise

Hyfryd
Lovely

Bendigedig
Wonderful

Ardderchog
Excellent

Gwych
Great

Ie a Na

Yes and No

Ie
Yes

Oes
There is / are

Ydy
It is

Ydw
I am

Na
No

Nag oes
There is / are not

Nag ydy
It isn't

Nag ydw
I'm not

Amser

Time

Mae hi'n amser cofrestru
It's registration time

Mae hi'n amser stori
It's story time

Mae hi'n amser toiled
It's toilet time

Mae hi'n amser diod
It's time for a drink

Mae hi'n amser snac
It's snack time

Mae hi'n amser chwarae
It's play time

Mae hi'n amser tacluso
It's tidy up time

Unit 3 / Uned 3

Short videos to support Welsh Language development based on the following themes. Please note that these resources are available for PACEY members only. / Fideos byr i gefnogi datblygiad yr iaith Gymraeg yn seiliedig a'r themâu canlynol. Nodwch fod yr adnoddau hyn ar gael i aelodau PACEY yn unig.

Teimladau / Feelings



[Feelings / Teimladau](#)



Hapus
Happy

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Cadw'n iach / Keeping fit



[Keeping healthy / Cadw'n iach](#)



Cadw'n iach
Keeping healthy

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Diogelwch y ffordd / Road safety

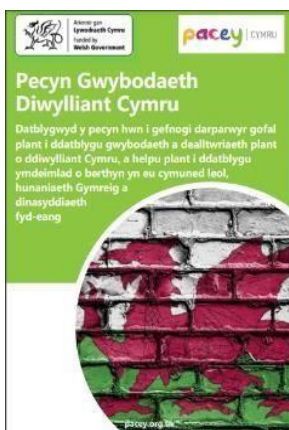


[Road Safety / Diogelwch y ffordd](#)



Stopiwch
Stop

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[PACEY Cymru Welsh Culture Information pack](#)

Activity ideas to support children's knowledge and understanding of Welsh language and culture.

Page 29: The Eisteddfod

[Pecyn gwybodaeth diwylliant Cymru](#): Syniadau gweithgareddau i gefnogi gwybodaeth a dealltwriaeth plant o ddiwylliant Cymru a'r iaith Gymraeg.

Tudalen 29: Yr Eisteddfod