

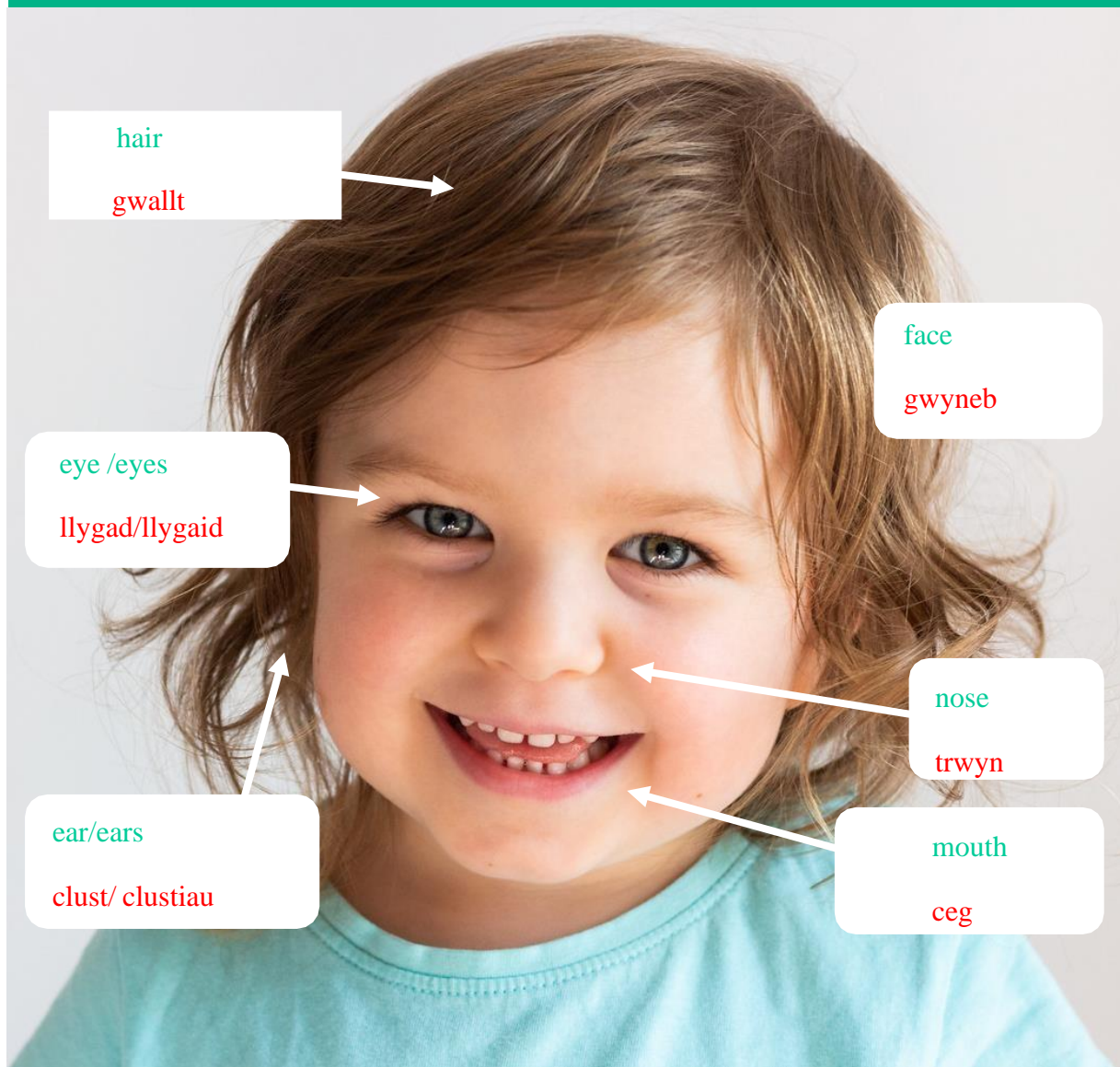
Adnoddau Mynediad 1 & 2 Camau

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-Ig61e6Ou_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=PLrUunC9eiE2yJrdZgYm8ObPyKLjvleZO
Cyfres 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=PLrUunC9eiE2zmFNqMIQmHqPaaqOLM8iuk3
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
Cyfres 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

Features of the face

Edrychiad y gwyneb

This following image provides a visual reference of a child's face and includes the Welsh language equivalent of basic facial features.



Further support

- Visit ndna-cymru for factsheet - Mr Happy

Published May 2022

My Body and Movement

Fy Nghorff a Symudiad

The activities in this factsheet are based on the theme 'My Body'. The aim of these activities is to have fun and promote learning through the medium of Welsh.

You can promote children's understanding and communication skills through discussing parts of the body. This activity will help young children identify parts of the body and learn how to describe them. The best way to learn is to do it in a fun way, sing along with the various songs below and enjoy!

Learning outcomes

To join in with songs, games and rhymes
To listen and respond to questions
To be aware of their own feelings
and begin to express them
To highlight similarities
and differences

Amcanion dysgu

Ymuno hefo caneuon, gemau a rhigymau
Gwrando ac ymateb i gwestiynau
I fod yn ymwybodol o'i teimladau a dechrau ei
mynegi nhw
Amlygu tebygrwydd a
gwahaniaethau

Resources

Paper/card
Paint
Colouring pencils
Oval shape objects
Mirror's

Adnoddau

Papur/cerdyn
Paent
Pensiliau lliw
Gwrthrych siapiau hirgrwn
Drychau

Suggested activity ideas – **Awgrymiadau a syniadau gweithgareddau**

These activities will help the children to develop their language skills using Welsh appropriately in a structured play activity. Children are beginning to become aware of the similarities and differences between themselves and their peers and through such activities they will learn about parts of the body and features of the face, as well as colours and counting (how many eyes they have, how many fingers and toes etc).

Hand and feet painting – **Peintio dwylo a traed**

During this activity, the children will be exploring the shape and features of their hands and feet in Welsh and discussing the colours of the paints in Welsh.

Making face pictures – **Gwneud Lluniau o'r gwyneb**

Use different shapes dipped in paint such as a potato cut in half to make an oval shape to create a face on paper or ask them to paint a self-portrait by looking in the mirror and discussing with them their hair length, eye colour etc.

Word bank and useful phrases

My Body

Head

Mouth

Ear(s)

Eye(s)

Nose

Neck

Shoulder(s)

Chest

Arm/Arms

Hand(s)

Finger(s)

Geirfa ac ymadroddion defnyddiol

Fy Nghorff

Pen

Ceg

Clyst(iau)

Llyg(aid)

Trwyn

Gwddw

Ysgwydd(au)

Brest

Braich/Breichiau

Llaw (Dwylo)

Bys (edd)

Thumb(s)	Bawd (bodiau)
Stomach	Stumog
Belly	Bol
Leg(s)	Coes/Coesau
Ankle(s)	Ffer/Fferau
Foot/Feet	Troed/Traed
Toe/Toes	Bawd/Bodiau
How many toes can we count?	Sawl bodiau fedra ni gyfri?
Shall we count our fingers?	Beth am gyfri ein bysedd?
Long hair	Gwallt hir
Short hair	Gwallt byr
Do you have long hair?	Gwallt hir sy gen ti?
Do you have short hair?	Gwallt byr sy gen ti?
Yes/No	Ia/Na
What eye colour?	Pa liw llygaid?
What's the matter?	Beth/Be sy'n bod?
Do you have a tummy ache?	Oes gen ti boen bol? **N
	Oes bola tost gyda ti? **S
Do you have a headache?	Oes gen ti gur pen? **N
	Oes pen tost gyda ti? **S
Does it hurt?	Ydi o'n brifo?
Yes it does	Ydi mae o
No it does not	Nac ydi
Do you want a cuddle?	Wyt ti eisiau/isho cwtch?

Yes I want a cuddle

Ydw dwi eisiau/isho cwtch

Do you want a drink?

Wyt ti eisiau/isho diod?

Yes/No

Ydw/Nac ydw

Do you want to sleep?

Wyt ti eisiau/isho cysgu?

Basic Colours

Red

Coch

Yellow

Melyn

Blue

Glas

Green

Gwyrdd

Brown

Brown

Numbers – Counting

Rhifau - Cyfri

One

Un

Two

Dau

Three

Tri

Four

Pedwar

Five

Pump

Six

Chwech

Seven

Saith

Eight

Wyth

Nine

Naw

Ten

Deg

Movement

Move

Walk

Run

Hop

Dance

Do you like to dance?

Jump

Shall we jump?

I am going to jump

We are going to jump

Go

Do you want to go and play?

Up

Down

Across

Through

Under

Over

Around

Before

After

Between

During

Symudiad

Symud

Cerdded

Rhedeg

Hercian

Dawnsio

Wyt ti'n hoffi/lico dawnsio?

Neidio

Da ni am neidio?

Dw i'n mynd i neidio

Da ni'n mynd i neidio

Mynd

Wyt ti eisiau/Wyt ti isho mynd i chwarae?

I fyny

I lawr

Ar draws

Trwy

O dan

Dros

O amgylch

Cyn

Ar ôl

Rhwng

Yn ystod

In	I mewn
Out	Allan
With	Gyda/efo
Without	Heb

Activity – sing songs whilst pointing out the relevant part of the body

<p>This is the way we touch our nose</p> <p>This is the way we touch our nose Touch our nose, Touch our nose This is the way we touch our nose Early in the morning.</p> <p>(Then replace nose with chin, head etc.)</p>	<p>Dyma ni yn cyffwrdd ein trwyn</p> <p>Dyma ni yn cyffwrdd ein trwyn Cyffwrdd ein trwyn, Cyffwrdd ein trwyn Dyma ni yn cyffwrdd ein trwyn Yn gynnar yn y bore</p> <p>(Cyfnewid trwyn gyda gen, pen, ayyb)</p>
<p>Fingers dancing</p> <p>One finger, two fingers, three fingers dancing, Four fingers, five fingers, six fingers dancing, Seven fingers, eight fingers, nine fingers dancing, Ten fingers dancing happily.</p>	<p>Bysedd yn dawnsio</p> <p>Un bys, dau bys, tri bys yn dawnsio, Pedwar bys, pump bys, chwech bys yn dawnsio, Saith bys, wyth bys, naw bys yn dawnsio, Deg bys yn dawnsio'n llon.</p>
<p>One hand up</p> <p>One hand up, One hand down, One hand up, And one hand down.</p> <p>Two hands up, Two hands down, Two hands up, And two hands down.</p> <p>One foot up, One foot down, One foot up, And one foot down.</p> <p>Two feet up, Two feet down, Two feet up, And two feet down.</p>	<p>Un llaw i fyny</p> <p>Un llaw i fyny, Un llaw i lawr, Un llaw i fyny, Ag un llaw i lawr.</p> <p>Dwy law i fyny, Dwy law i lawr, Dwy law i fyny, A dwy law i lawr.</p> <p>Un droed i fyny, Un droed i lawr, Un droed i fyny, Ag un droed i lawr.</p> <p>Dwy droed i fyny, Dwy droed i lawr, Dwy droed i fyny, A dwy droed i lawr.</p>

<p>Standing up/Sitting down</p> <p>Here we are standing up, Here we are sitting down, Here we are standing up, And here we are sitting down.</p>	<p>Sefyll i fyny/Eistedd i lawr</p> <p>Dyma ni'n sefyll i fyny, Dyma ni'n eistedd i lawr, Dyma ni'n sefyll i fyny, A dyma ni'n eistedd i lawr.</p>
<p>Head, shoulders, knees and toes</p> <p>Head, shoulders, knees and toes, knees and toes, Head, shoulders, knees and toes, knees and toes, Eyes and ears and mouth and nose, Head, shoulders, knees and toes, knees and toes.</p>	<p>Pen, ysgwyddau, coesau, traed</p> <p>Pen, ysgwyddau, coesau, traed, coesau, traed, Pen, ysgwyddau, coesau, traed, coesau, traed, Llygaid, clustiau, trwyn a ceg, Pen, ysgwyddau, coesau, traed, coesau, traed.</p>
<p>One finger one thumb</p> <p>One finger one thumb keeps moving, One finger one thumb keeps moving, One finger one thumb keeps moving, Moving, you can see.</p>	<p>Un bys un bawd</p> <p>Un bys un bawd yn symud, Un bys un bawd yn symud, Un bys un bawd yn symud, Yn symud, welwch chi.</p>

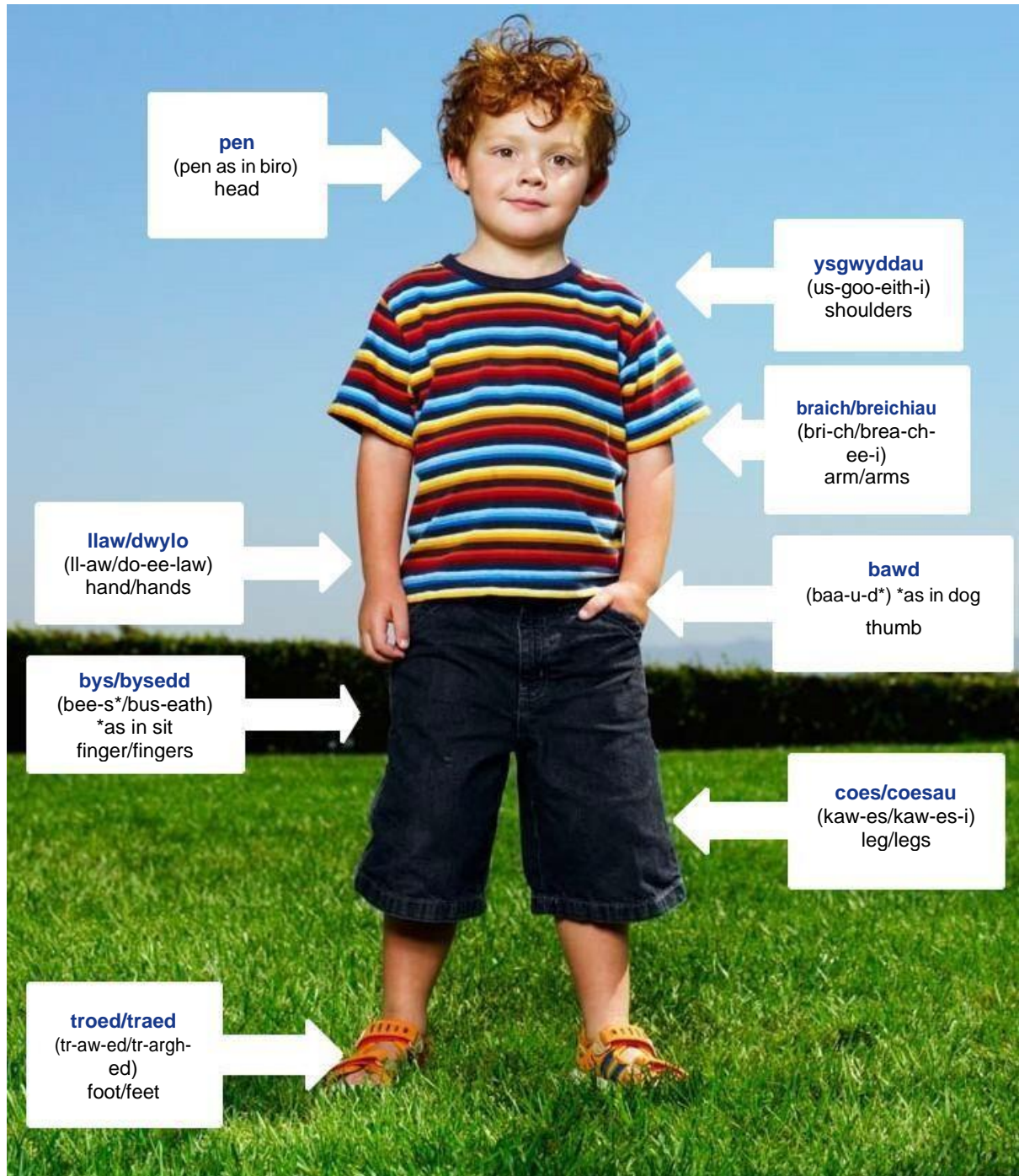
Further support

- Visit ndna-cymru for factsheet - My Body, My Family
- Visit ndna-cymru for factsheet - Dressing Teddy
- Visit ndna-cymru for factsheet - Parts of the Body

Published May 2022

Parts of the body

Rhannau O'r Corff (rh-an-i or caw-rf)



ll – put the tip of the tongue against the roof of the mouth and hiss, as in Llanelli ch – as in the Scottish 'loch'

rh – r accompanied by an emission of breath (h)

Welsh



ymlacio yn y bath

relaxing in the bath



Dwi'n dwlu ar fath

llawn swigod

I loVe a bubble bath



dyfrio'r planhigion

watering the plants

bwyd Mecsicanaidd i de

Mexican food for tea

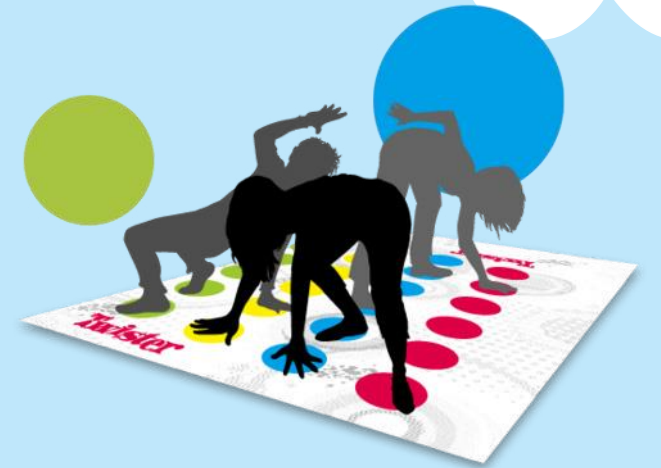


blasu'n hyfryd

tastes loVely

Diwrnod Diog

Lazy Day



llaw chwith, coch

left hand, red

troed dde, melyn

right foot, yellow

Rydyn / Rydan ni'n hoffi... /

We like...

Dwi'n hoffi...

I like...

...gyda'r teulu.

...with friends.

...gyda ffrindiau.

...with friends.

gwneud TikTok

doing TikTok



chwarae gemau

playing games



gemau bwrdd

board games

Fi sy'n ennill

I'm winning



cyfrifiadur

computer



torheulo yn

yr ardd

sunbathing in the garden



adeiladu den

den building

cysgu yn y den

sleeping in the den

Nos da

Goodnight



gwyllo ffilm

watching a film

gyda blanced a byrbrydau

with a blanket and snacks

Iaith Chwarae

Language for Play

Pwy sydd eisiau dawnsio?
Who wants to dance?

Ydych chi eisiau chwarae?
Do you want to play?

Beth wyt ti eisiau wneud?
What would you like to do?

Taflwch y bêl
Throw the ball

Daliwch y bag ffa
Catch the bean bag

Eisteddwch ar y mat
Sit on the mat

Rholiwch y bêl ymlaen
Roll the ball forward

Y Corff

The Body

Bawd/iau
Thumb/s

Braich/breichiau
Arm/s

Bys/edd
Finger/s

Coes/au
Leg/s

Llaw/dwylo
Hand/s

Troed/Traed
Foot/feet

Brest
Chest

Penelin
Elbow

Pen-glin/iau
Knee/s

Ysgwydd/au
Shoulder/s

Gwyneb

Face

Ceg
Mouth

Clust/iau
Ear/s

Gwallt
Hair

Llygad/llygaid
Eye/s

Pen
Head

Trwyn
Nose

Dant/dannedd
Tooth/teeth

Gwefus
Lip

Tafod
Tongue

Llygad/llygaid
Eye/s

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 Sgwrsio
Time for a chat

O: Beth ydych chi eisiau wneud?
What would you like to do?

P: Rydyn ni eisiau chwarae pêl
We would like to play ball

O: Ble mae'r bêl?
Where is the ball?

P: Yn y bocsg hirsgwar tu allan.
In the rectangle box outside

O: Da iawn. Pa liw bêl ydych chi eisiau?
Well done. What colour ball would you like?

P: Gwyrdd
Green

O: Iawn, mae'r bêl gwyrdd tu allan yn y bocsg hirsgwar.
Ok, the green ball is outside in the rectangle box.

Amser Sgwrsio
Time for a chat

O: Prynhawn da Megan, pwy yw hwn?
Good morning Megan, who is this?

P: Modryb Betsan a ewythr Geraint?
Auntie Betsan and uncle Geraint

O: Well dyna neis, ble mae mam a dad?
Where is mum and dad?

P: Mae mam a dad yn gweithio p'nawn ma. Rydw i wedi bod yn chwarae gyda Dewi a Sian yn y parc.
Mum and dad are working this afternoon. I have playing with Dewi and Sian.

O: A pwy yw Dewi a Sian?
And who is Dewi and Sian?

P: Fy cefnder a cefnither
My cousins

O: Hyfryd!
Wonderful!

O-oedolin (adult)
P-Plentyn (child)

Fferm Dad-cu
(Old McDonald had a farm)

**Mae fferm Tad-cu ar ben y bryn,
Wel ydy, ydy'n wir,
Ac ar y fferm mae buwch bach brown,
Wel ydy, ydy'n wir
Gyda "mŵ" fan hyn, a "mŵ" fan draw,
"mŵ" "mŵ" "mŵ" "mŵ" yn pob mhan
Mae fferm tad-cu ar ben y bryn
Ydy, ydy'n wir**

Pen, ysgwyddau, coesau, traed
(head, shoulders, knees and toes)

**Pen, ysgwyddau, coesau, traed,
Coesau, traed**

**Pen, ysgwyddau, coesau, traed
Coesau, traed**

**Llygaid, clustiau, trwyn a cheg.
Pen, ysgwyddau, coesau, traed,
Coesau, traed**

Haul

Sun

Heulog

Sunny

Cwmwl

Cloud

Cymylog

Cloudy

Glaw

Rain

Bwrw Glaw / Glawog

Raining / Rainy

Storm

Storm

Stormus

Stormy

Eira

Snow

Bwrw eira

Snowing

Niwl

Fog

Niwlog

Foggy

Poeth

Hot

Oer

Cold

Dillad

Clothing

Siwmpwr

Jumper

Trowsus

Trousers

Sgert

Skirt

Crys

Shirt

Crys-t

T-shirt

Hosan / Sanau

Sock / Socks

Esgid / Esgidiau

Shoe / Shoes

Het

Hat

Menig

Gloves

Sgarff

Scarf

Cot

Coat

Dillad isaf

Underwear

Jîns

Jeans

Siaced

Jacket

Siorts

Shorts

Cardigan

Cardigan

Hwdi

Hoodie

Pyjamas

Pyjamas

Fest

Vest

Sandal

Sandal

Esgidiau glaw

Wellies

Sliperi

Slippers

Cewyn

Nappy

Useful Vocab

Geirfa Ddefnyddiol

Gwisgo / Gwisgwch

Wear / put on / dress

Dere i wisgo / Dewch i wisgo

Come and get dressed

Tynna dy crys / Tynnwch dy crys

Take off your shirt

Tynnu / Tynnwch

To undress / take off

Gwisgo dy got / Gwisgwch eich cot

Wear your coat

Dyna ni, yn barod i fynd.

There we are, ready to go.



Dw i'n Gwisgo
(One finger, one thumb)

Dw i'n gwisgo cot a siwmpwr
Dw i'n gwisgo cot a siwmpwr
Dw i'n gwisgo cot a siwmpwr
Mae hi'n bwrw glaw

Dw i'n gwisgo cap a siorts
Dw i'n gwisgo cap a siorts
Dw i'n gwisgo cap a siorts
Mae hi'n heulog nawr

Dw i'n gwisgo sgarff a menig
Dw i'n gwisgo sgarff a menig
Dw i'n gwisgo sgarff a menig
Mae hi'n wyntog nawr



Mae Tedi'n Gwisgo Trowsus Glas
(Polly put the kettle on)

Mae Tedi'n gwisgo trowsus glas
Mae Tedi'n gwisgo trowsus glas
Mae Tedi'n gwisgo trowsus glas
I fynd i Abertawe

Mae Tedi'n gwisgo siwmpwr coch
Mae Tedi'n gwisgo siwmpwr coch
Mae Tedi'n gwisgo siwmpwr coch
I fynd i Abertawe

Mae Tedi'n gwisgo esgidiau du
Mae Tedi'n gwisgo esgidiau du
Mae Tedi'n gwisgo esgidiau du
I fynd i Abertawe

