

**Adnoddau Mynediad 1 & 2 Camau**

<b>Cyhoeddus</b>
<b>App Dewin a Doti – AppStore+Android</b>
<b>Podlediadau - <a href="#">Podlediad - Mudiad Meithrin</a></b>
<b>Cylchlythyr – <a href="https://www.meithrin.cymru/trosolwg-newyddion/">https://www.meithrin.cymru/trosolwg-newyddion/</a></b>
<b>Cylchgrawn WCW – gorfod tanysgrifio - <a href="https://360.cymru/tanysgrifio/wcw/">https://360.cymru/tanysgrifio/wcw/</a></b>
<b>Siop - <a href="#">Siop - Mudiad Meithrin</a></b>
<b>Sianel You Tube – Playlist Clwb Cylch - <a href="https://www.youtube.com/watch?v=Atp1DmjKrY0&amp;list=PLrUunC9eiE2y_6dWlrBO4-Ig61e6Ou_Dz">https://www.youtube.com/watch?v=Atp1DmjKrY0&amp;list=PLrUunC9eiE2y_6dWlrBO4-Ig61e6Ou_Dz</a></b>
<b>Cartwn Dewin a Doti - <a href="https://youtu.be/MzqyzA8qTvM">https://youtu.be/MzqyzA8qTvM</a></b>
<b>Dawnsio gyda Siani Sionc a Dewin - <a href="https://www.youtube.com/playlist?list=PLrUunC9eiE2zkX1SpiOqeUPuUfNSg2Erv">https://www.youtube.com/playlist?list=PLrUunC9eiE2zkX1SpiOqeUPuUfNSg2Erv</a></b>
<b>Gwyl Dewin a Dathlu 2021 - <a href="https://www.youtube.com/playlist?list=PLrUunC9eiE2yJrdZgYm8ObPyKLjvleZO">https://www.youtube.com/playlist?list=PLrUunC9eiE2yJrdZgYm8ObPyKLjvleZO</a></b>
<b>Cyfres o hwiangerddi ar YouTube - <a href="https://www.youtube.com/playlist?list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW">https://www.youtube.com/playlist?list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW</a></b>
<b>Cymraeg I Blant - <a href="https://www.meithrin.cymru/cymraeg-i-blant/">https://www.meithrin.cymru/cymraeg-i-blant/</a></b>
<b>Cymraeg I Blant YouTube - <a href="https://www.youtube.com/playlist?list=PLrUunC9eiE2zmFNqMIQmHqPqPaqOLM8iuk3">https://www.youtube.com/playlist?list=PLrUunC9eiE2zmFNqMIQmHqPqPaqOLM8iuk3</a></b>
<b>Cymraeg @ adre - <a href="#">Cymraeg@adre - Mudiad Meithrin</a></b>
<b>Hwiangerddi - <a href="https://www.meithrin.cymru/prosiect-hwiangerddi/">https://www.meithrin.cymru/prosiect-hwiangerddi/</a></b>
<b>Dewin a Doti <a href="https://www.meithrin.cymru/clwb-dewin/">https://www.meithrin.cymru/clwb-dewin/</a></b>
<b>Croesi'r Bont ar HWB <a href="https://hwb.gov.wales/zones/foundation-phase-excellence-network/repository/discovery/resource/1ff976a6-7933-4252-a3be-d49af0442f55/en">https://hwb.gov.wales/zones/foundation-phase-excellence-network/repository/discovery/resource/1ff976a6-7933-4252-a3be-d49af0442f55/en</a></b>
<b>Dwylo Diogel <a href="https://hwb.gov.wales/News/articles/f4d139f5-0b07-4039-836d-228696a02876">https://hwb.gov.wales/News/articles/f4d139f5-0b07-4039-836d-228696a02876</a></b>
<b>Cymraeg I Blant <a href="https://hwb.gov.wales/zones/foundation-phase-excellence-network/news/articles/29f8a6e1-767d-483c-a708-ebc0fd2b098f">https://hwb.gov.wales/zones/foundation-phase-excellence-network/news/articles/29f8a6e1-767d-483c-a708-ebc0fd2b098f</a></b>
<b>Cyfres o ganeuon Cymraeg - <a href="https://www.youtube.com/watch?v=d-AUurrXDdQ&amp;list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW">https://www.youtube.com/watch?v=d-AUurrXDdQ&amp;list=PLrUunC9eiE2zIENEB0tpbC6cdMuNi_hWW</a></b>
<b>Cardiau Flach (Croesi'r Bont) – <a href="#">dogfen pdf</a></b>
<b>Taflen Dull Trochi linc – <a href="#">dogfen pdf</a></b>

# 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

Feeling

Breathing exercise

Blow small bubbles

Blowing slowly

Blow a big bubble

Time to be calm

Counting 1 2 3 slow deep breathe in

Counting 1 2 3 slowly breathe out

And again 1 2 3 slow deep breath in

Tawelwch

Teimlo

Ymarfer anadlu

Chwythu swigod bach

Chwythu yn araf

Chwythu swigod mawr

Amser i fod yn dawel\*

Cyfri 1 2 3 anadl dwfn i mewn

Cyfri 1 2 3 anadlu allan yn araf

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](#)

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# 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](http://ndna-cymru) for factsheet - Features of the Face
- Visit [ndna-cymru](http://ndna-cymru) for factsheet - Parts of the body
- Visit [ndna-cymru](http://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](http://ndna-cymru) for factsheet - Features of the face

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# Hapus

Happy



# Trist

Sad



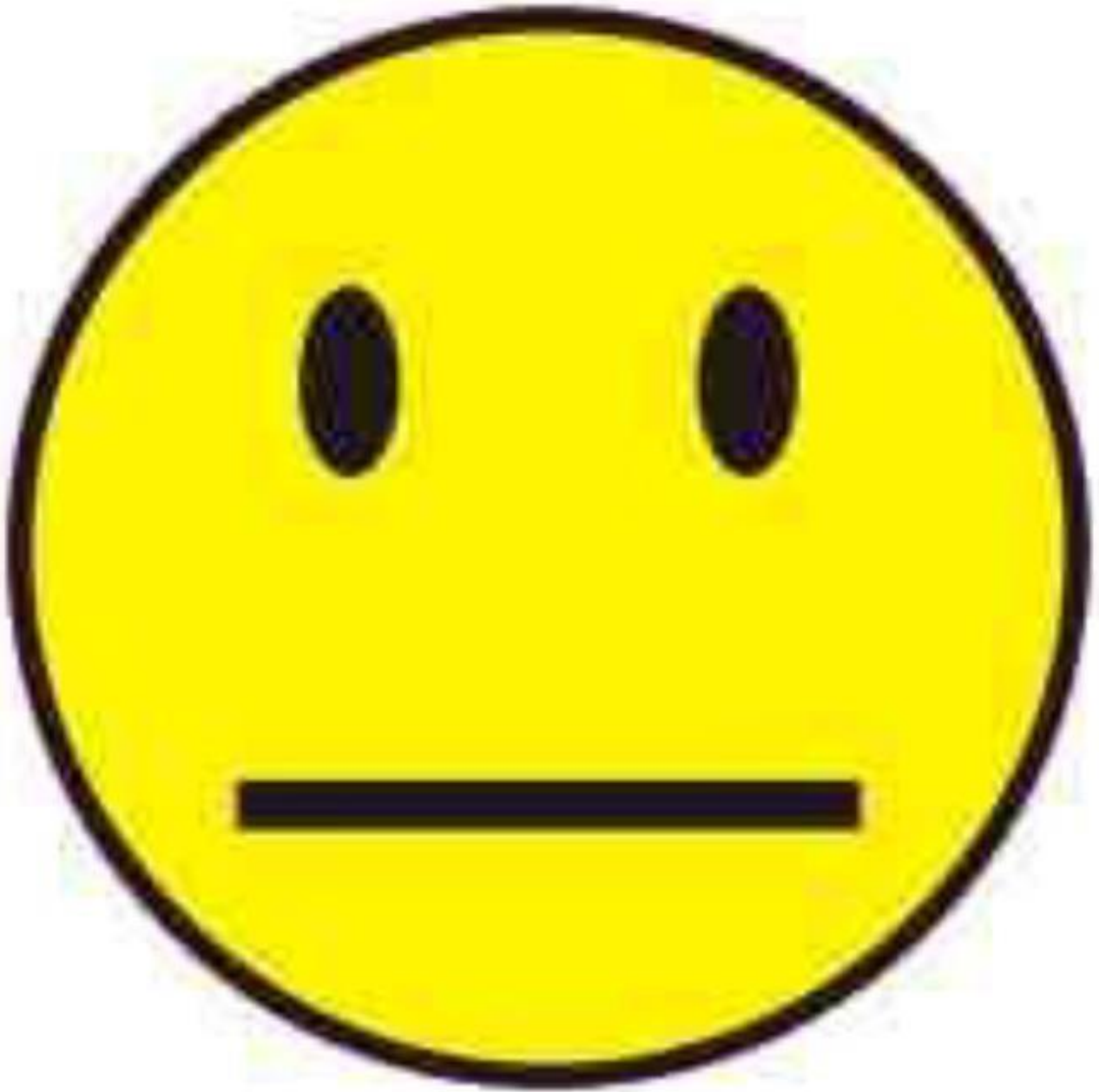
# Swnllyd

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 da**

## 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 ti*

### 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 iechu / Keeping fit



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



Cadw'n iach  
Keeping healthy

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Diogelwch y ffordd / Road safety

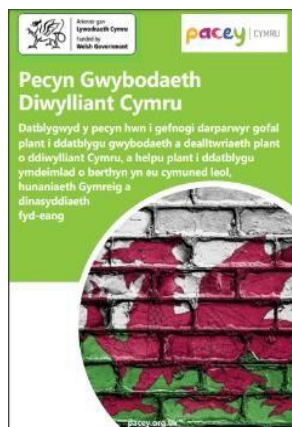


#### [Road Safety / Diogelwch y ffordd](#)



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**