

**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=PLrUunC9eiE2zmFNqMIQmHqPaaqOLM8iuk3">https://www.youtube.com/playlist?list=PLrUunC9eiE2zmFNqMIQmHqPaaqOLM8iuk3</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>

## People who help us

## Pobl sy'n ein helpu

The activities in this factsheet are based on the theme 'People who help us'. The aim of these activities are to have fun and promote learning through the medium of Welsh. This will enable the children to learn about the roles of people who help us/**pobl sy'n ein helpu** such as the doctor, nurse, fire-fighters, cook, police, cleaner, builders and many more. It also helps children to communicate with one another through discussing the different jobs that people do.

### Learning outcomes

Begin to identify job roles within the community

Attempt to match job roles and uniforms

Discuss how these people can help us

Take part in a role playing activity

### Amcanion dysgu

Adnabod swyddi o fewn y gymuned

Ceisio matsio swyddi hefo iwniform

Trafod sut mae'r bobl yn ein helpu

Cymeryd rhan mewn gweithgaredd chwarae rôl

### Resources

Masks and dressing up clothes

Picture cards of people in various jobs

### Adnoddau

Dillad chwarae rôl a mwgwd

Lluniau o bobl mewn swyddi amrywiol

### Activity outline - **Amlinell Gweithgaredd**

#### Game/**Gêm**: Who's helping who?/ **Pwy sy'n helpu pwy?**

Create laminated picture cards of people in various jobs and ask the child who is helping who. Use the vocabulary below to support the children to develop their Welsh language skills throughout this game. A matching pair's game can also be played, using these picture cards.

#### Mask making, role-play and singing / **Gwneud mwgwd, chwarae rôl a canu**

You can design and laminate your own masks and/or provide dressing up clothes for the children to dress up as the characters. Encourage children to choose a character e.g. cook/**cogydd**, provide the children with a mask/ dressing up clothes and use the song provided below to sing along with the children. Extend the activity by encouraging the children to act out the roles of the characters they are portraying.

## Who's helping who? game

Who does the Doctor help?

.....help people to get better .....

Who does the Police Officer help?

.....help to care for the community

Who does the Dentist help?

.....help to care for your teeth .....

Who does the fireman/firewoman help?

.....put the fire out .....

Who does the farmer help?

.....feed the animals .....

Who does the Lollipop man/lady help?

..... people to cross the road safely .....

## Song

I am a cook

I am a cook

Hey ho hey ho

I am a cook

I am a builder

I am a builder

Hey ho hey ho

I am a builder

I am a policeman

I am a policeman

Hey ho hey ho

I am a policeman

I am a firefighter

I am a firefighter

Hey ho hey ho

I am a firefighter

## Gêm Pwy sy'n helpu pwy?

Pwy mae'r Meddyg yn helpu?

helpu i wella bobl

Pwy mae'r Plismon yn helpu?

....helpu gofalu yn y gymdeithas

Pwy mae'r Deintydd yn helpu?

helpu i ofalu am eich dannedd

Pwy mae'r dyn/dynes tân yn helpu?

rhoi y tân i ffwrdd

Pwy mae'r ffarmwr yn helpu?

bwydo anifeiliaid

Pwy mae'r dyn/dynes lolipop yn helpu?

pobl i groesi y ffordd yn saff

## Can

Cogydd ydwi

Cogydd ydwi

Hei Ho Hei Di Ho

Cogydd ydwi

Adeiladwr ydwi

Adeiladwr ydwi

Hei Ho Hei Di Ho

Adeiladwr ydwi

Heddwas ydw i

Heddwas ydw i

Hei Ho Hei Di Ho

Heddwas ydw i

Diffoddwr tân ydwi

Diffoddwr tân ydwi

Hei Ho Hei Di Ho

Diffoddwr tân ydwi

## Word bank and useful phrases

I am a..... Ydw i

Man

Dyn

Woman

Dynes

Police Officer

Swyddog Heddlu

Doctor

Meddyg

Nurse

Nyrs

Dentist

Deintydd

Paramedic

Parafeddyg

Librarian

Llyfrgellyd

Shop assistant

Gweithiwr siop

Farmer

Ffarmwr

Lollipop man/woman

Dyn/Dynes lolipop

Cleaner

Glanhawr

Caretaker

Gofalwr

Cook

Cogydd

Fireman/Firewoman

Dyn tân/Dynes tân

Firefighter

Diffoddwr Tân

Postman

Postmyn

Postwoman

Dynes Post

Builder

Adeiladwr

Teacher

Athro/Athrawes

Mechanic/engineer

Peiriannydd

Window cleaner

Glanhawr ffenestri

## Geirfa ac ymadroddion defnyddiol

Milk man/woman	Dyn/dynes llaeth/llefrith
Hairdresser	Dyn/Dynes trin gwallt
Carpenter	Saer
Bus driver	Gyrrwr bws
Train driver	Gyrrwr tren
Farmer	Ffermwr
Fisherman	Pysgotwr
Fisherwoman	Pysgotwraig
Vet	Milfeddyg
Who wants to dress up as a Doctor?	Pwy sy isho/eisiau gwisgo fel Meddyg?
Who wants to dress up as a Police Officer?	Pwy sy isho/eisiau gwisgo fel Heddwag?
Me please	Fi plis
What are you doing?	Beth/Be wyt ti'n neud?
I am putting the fire out	Dwi'n diffodd y tân
What are you doing? (Plural)	Beth/be dych chi'n wneud?
We are putting out the fire	Da ni'n diffodd y tân
What is she doing?	Beth/be mae hi'n wneud?
What is he doing?	Beth/be mae o'n wneud?
He/she is putting out the fire	Mae o / Mae hi yn diffodd y tân
Who is putting out the fire?	Pwy sy'n diffodd y tân?
The Firefighters	Y Diffoddwyr tân
They are putting out the fire	Mae nhw yn diffodd y tân
Are you a Farmer?	Ffarmwr wyt ti?
Who is the farmer?	Pwy ydi'r ffermwr?

I am the Farmer

..... is the Farmer

He/she is feeding the animals

Is he/she helping people?

Yes / no

Are you a Doctor?

Yes I am a Doctor

Who's next?

Y fi ydi'r Ffermwr

..... ydi'r Ffermwr

Mae o / Mae hi yn bwydo'r anifeiliaid

Ydi o/ydi hi yn helpu pobl?

Ydi / Nac ydi

Meddyg wyt ti?

Ia Meddyg ydw i

Pwy sy nesa?

## Who's helping who? game

## Gêm pwy sy'n helpu pwy?





**Further support** - Pobl syn ein helpu: [www.youtube.com/watch?v=I6GxwbsnFNU](https://www.youtube.com/watch?v=I6GxwbsnFNU)

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Welsh



# Add Gorff o gartef PE at home



Leg Raises - Codi Coesau



Running - Rhedeg



Star Jumps - Neidiau Seren

Tap Jumps - Neidiau tap



I am - *Dwi'n*

I am doing - *Dwi'n gwneud*

Keeping fit - *Cadw'n heini*

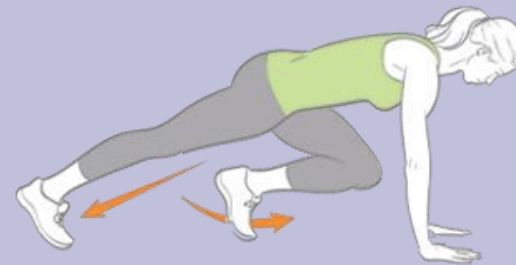
At home - *Gartref*

Fresh air - *Awyr iach*



Squat - Sgwatiau

Mountain Climbers - Dringwyr Mynydd



Punching - Pwnsh / Pwnio



Press ups - ymwthiadau



Sit-ups - Eisteddiadau



Welsh



# Mynd am dro ar y mynydd

## Going for a walk on the mountain

Wrth fynd am dro ar y mynydd...

Whilst going for a walk on the mountain...

Dringo'r mynydd

Climbing the mountain

Dan ni wedi... / Rydyn ni wedi...

We have...

Mae angen...

You need



Cyrraedd y top

Reached the top



Bron yna!

Nealy there!

Esgidiau call

Sensible shoes

Gwaith caled

Hard work



Diod

Drink

Teimlo

Feels

Dringo

Climbing



Gweld

See



Clywed

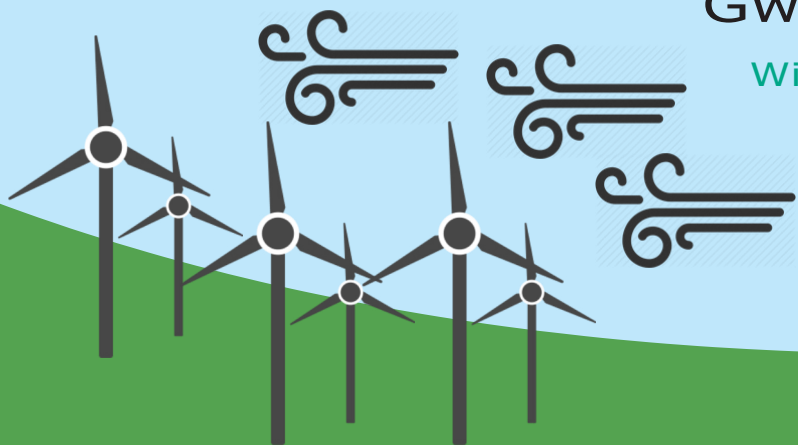
Hear

ar yr ochor

on the edge

Defaid

Sheep



Gwynt

Wind



Arogli

Smell



Archwilio

Explore



Morloi

Seals



Welsh

Now in a Minute

# Mynd am dro ar y traeth

## Going for a walk on the beach



Gwyllanod  
Seagulls



Het Haul  
Sunhat



Haul  
Sun



cerdded ar y traeth  
walking on the beach

cerdded gyda/hefo ffrindiau/theulu  
walking with friends/family

Dan ni wedi... / Rydyn ni wedi... / We have...

Dw'i wedi... / I have...  
rhedeg / running

chwilota / exploring

sefyll / standing

...gweld / ...seen

...cyffwrdd / ...touched

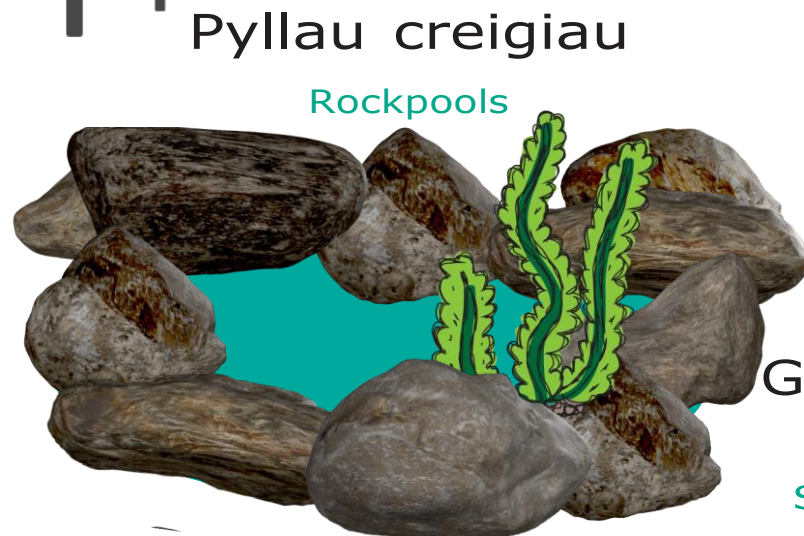
...arogli / ...smelt

...clywed / ...heard

gwisgo / Wear



Tyrbinau gwynt  
Wind turbines



Pyllau creigiau  
Rockpools

Siorts  
a Chrys-t  
Shorts  
and T-shirt



Sbectol haul  
Sunglasses



Dŵr  
Water



Eli Haul  
Suncream

Swigod lugworm  
Lugworm bubbles

Dwi'n mynd... / I am going...

...yfory / ...tomorrow

...wythnos nesaf / ...next week

...mis nesaf / ...next month

...blwyddyn nesaf / ...next year

Es i ... / I went...

...ddoe / ...yesterday

...echddoe / ...the day before yesterday

Halen y Môr  
Sea Salt



Cranc  
Crab



Gwymon  
Seaweed



Celyn - Holly

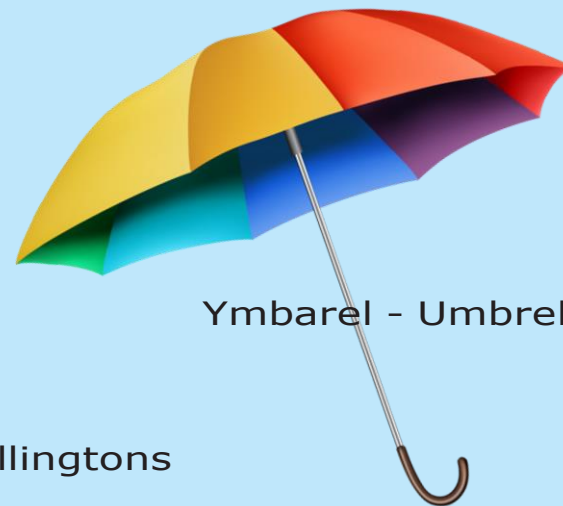


# Mynd am dro i'r goedwig Going for a walk in the woods

Esgidiau cerdded - Walking boots



Esgidiau glaw - Wellingtons



Ymbarel - Umbrella

Glaw - Rain



Wrth fynd am dro..

Whilst going for a walk...

Dan ni'n hoffi - We like to

Dwi'n hoffi cerdded - I like to walk

Dwi ddim yn hoffi cerdded - I don't like to walk

Cerdded gyda/hefo... - Walk with...

Bryn - Hill

i fyny ac i lawr - Up and down

Natur - Nature

Awyr iach - Fresh air

Adar yn canu - Birds singing

Croesi'r afon - Cross the river

Mae'n oer - It's cold

Mae'r goeden wedi cwmpo - The tree has fallen

Dwi'n gallu arogl clychau'r gog - I can smell bluebells

Creaduriaid bach - Little creatures

Neidio yn y dŵr - Jumping in the water

Dŵr dwfn - Deep water

Mae'n rhewi - It's freezing



Blodyn melyn - Yellow flower



Cot law - Rain coat



Dail - Leaves

Coedwig - Woodlands



Sbwriel - Litter



Plisgyn ŵy aderyn - Bird's eggshell



Welsh



rhannau rhydd – loose parts

chwarae tu allan  
– playing outside



# Amser Chwarae

## Playtime



ffrindiau – friends

gemau bwrdd – board games



...yn y clwb /

...at the club

Rydyn / Rydan ni'n hoffi...

We like...

Dwi'n hoffi...

I like to..

Mae'r plant yn hoffi...

The children like to...

Dwi'n hoffi chwarae...

I like to play...

Dydw i ddim yn hoffi chwarae...

I don't like to play...

Chwarae gyda / hefo...

Play with...

celf a chrefft  
– arts and crafts



chwarae gyda/hefo tywod cinetig  
– playing with Kinetic Sand

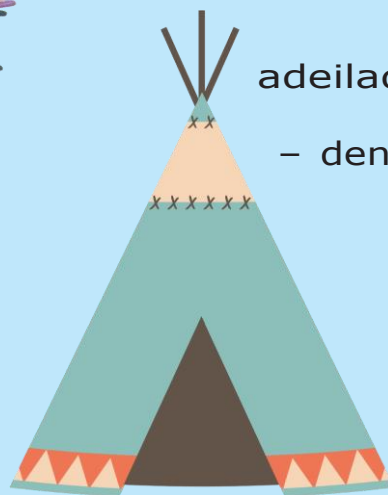


bwyta byrbryd – eating snacks



darllen llyfr  
– reading a book

adeiladu deniau  
– den building



chwarae gyda/hefo doliau  
– playing with dolls



chwaraeon – sports



adeiladu – building



parasiwt – parachute



**Boncyff**  
Trunk

**Ysgithr**  
Tusk

**Wisgers / Blew**  
Whiskers

**Cynffon**  
Tail

**Big**  
Beak

**Cragen**  
Shell

**Ewin**  
Hoof

**Bawen**  
Paw

**Llygad / aid**  
Eye/s

**Clust / iau**  
Ear/s

**Ceg**  
Mouth

**Tooth / Teeth**  
Dant / Dannedd

## Anifeiliaid ar y Fferm Animals on the Farm

<b>Tarw</b> Bull	<b>Gwydd</b> Goose
<b>Buwch</b> Cow	<b>Asyn</b> Donkey
<b>Llo</b> Calf	<b>Cadno / Llwynog</b> Fox
<b>Mochyn</b> Pig	<b>Twrci</b> Turkey
<b>Mochyn bach</b> Piglet	<b>Oen</b> Lamb
<b>Cyw iâr</b> Chicken	<b>Hwyaden</b> Duck
<b>Iâr</b> Hen	<b>Llygoden</b> Mouse
<b>Ceiliog</b> Rooster	<b>Aderyn / Adar</b> Bird / Birds
<b>Dafad</b> Sheep	
<b>Gwenyn</b> Bee	
<b>Gafr</b> Goat	
<b>Ceffyl</b> Horse	

## Anifeiliaid Sw Zoo Animals

<b>LLew</b> Lion	<b>Gorila</b> Gorilla
<b>Mwncci</b> Monkey	<b>Cangarw</b> Kangaroo
<b>Jiraff</b> Giraffe	<b>Aligator</b> Alligator
<b>Estrys</b> Ostrich	<b>Rhinoseros</b> Rhinoceros
<b>Camel</b> Camel	<b>Pengwin</b> Penguin
<b>Arth</b> Bear	
<b>Panda</b> Panda	
<b>Parot</b> Parrot	
<b>Eliffant</b> Elephant	
<b>Sebra</b> Zebra	
<b>Teigr</b> Tiger	
<b>Neidr</b> Snake	

## Anifeiliaid Anwes Pets

<b>Cath</b> Cat
<b>Ci</b> Dog
<b>Cwningen</b> Rabbit
<b>Bochdew</b> Hamster
<b>Pysgodyn / Pysgod</b> Fish
<b>Mochyn gwta</b> Guinea pig

### Dau Gi Bach

Dau gi bach yn mynd i'r coed,  
Esgid newydd am bob troed  
Dai gi bach yn dwad adre,  
Wedi colli un o'u sgidie,  
Dau gi bach .



### Dringodd Y Pry Copyn (Incy Wincy Spider)

Dringodd y pry copyn  
I fyny'r biben hir,  
Glaw mawr a ddaeth  
A'i olchi ynol i'r tir,  
Yna daeth yr haul  
A sychu'r glaw i gyd,  
A dringodd y pry copyn  
I fyny'r biben hir.

### Mi Welais Jac Y Do

Mi welais Jac y Do  
Yn eistedd ar ben to  
Het wen ar ei ben a dwy goes bren  
Ho-ho, ho-ho, ho-ho  
Yn cannu ho-ho-ho  
Yn cannu ho-ho-ho  
Het wen ar ei ben a dwy goes bren  
Ho-ho, ho-ho, ho-ho



### Yn Yr Ardd (She'll be coming round the mountain)

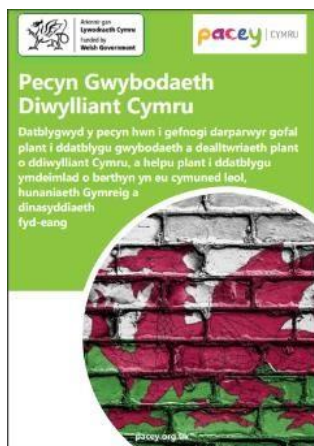
Mae'r broga'n hercio yn yr ardd  
Mae'r broga'n hercio ar y wair,  
Mae'r broga'n hercio,  
Mae'r broga yn hercio,  
Mae broga yn hercio mewn i'r pwll.



Unit 8 / Uned 8



[PACEY Cymru Welsh Culture Information pack](#) Activity ideas to support children’s knowledge and understanding of Welsh language and culture.  
**Page 27: Create a Welsh recipe book**



[Pecyn gwybodaeth diwylliant Cymru](#)  
 Syniadau gweithgareddau i gefnogi gwybodaeth a dealltwriaeth plant o ddiwylliant Cymru a’r iaith Gymraeg.  
**Tudalen 27: Creu llyfr rysâit Cymraeg**