

Teimladau



Hufen iâ? Mae'n gwneud fi'n hapus.

Prawf Mathemateg? Dwi'n teimlo'n nerfus.

Mynd am dro? Dwi'n llawn o egni!

Dawnsio disgo? Mae'n gwneud i mi wenu.

Dim rhy uchel. Dwi'n teimlo'n ofnus.

Darllen llyfr? Dwi'n gwbl hyderus.

Gwyllo ffilm? Dwi wir yn joio.

Lliwio llun? Dwi wedi ymlacio.

Clywed jôc? Mae'n gwneud i mi chwerthin.

Chwarae'r piano yw fy fferfyn.

Fy nheimladau sydd yn newid,

Fel dy deimladau dithau hefyd.



Feelings

Ice-cream? It makes me happy

A Maths test? I feel nervous

Go for a walk? I'm full of energy

Disco dancing? It makes me smile.

Not too high. I'm feeling scared.

Read a book? I'm totally confident.

Watch a film? I really enjoy

Colour a picture? I'm fully relaxed.

Hear a joke? It makes me laugh

Playing the piano is my favourite

My feelings keep on changing

As do yours too.

