

Her Hapusrwydd a Lles! / Happiness and wellbeing challenge!

Dyma gerdyn BINGO i chi a'r teulu ei gwblhau dros yr wythnosau nesaf! Sawl her gallwch chi eu cwblhau tybed?

Here is a BINGO card of challenges for you and your family to aim for over the coming weeks. How many can you complete?

Cynlluniwch ddawns newydd a dysgwch y ddawns i aelod o'ch teulu. <i>Make a dance routine and teach it to someone in your family.</i> 	Tynnwch lun camera o rywbeth sy'n gwneud i chi deimlo'n hapus dros ben. <i>Take a photo of something that makes you feel very happy.</i> 	Beth am gael noson ffilm? Casgwelch eich hoff fyrbrydiau a diodydd a mwynhewch! <i>Have a movie night with popcorn or snacks and your favourite drink. Enjoy!</i> 	Ysgrifennwch nodiadau i'ch teulu i gyd a'u cuddio o amgylch y tŷ er mwyn iddyn nhw ddod o hyd iddynt. Dywedwch wrthynt beth rydych chi'n ei garu amdanynt. Write notes for all your family and hide them around the house for them to find. Tell them what you love about them. 	Plannwch hadau er mwyn tyfu blodau neu lysiau. <i>Plant some seeds to grow flowers or vegetables.</i> 
Caewch eich llygaid a gwrandewch am ddwy funud. Gwnewch restr o'r holl bethau a glywsoch yn ystod y ddwy funud hynny. Shut your eyes and listen for 2 minutes. Make a list of all the things you heard. 	Ysgrifennwch lythyr at gymydog sydd efallai yn teimlo'n unig ar hyn o bryd. Write a letter to a neighbour that might be feeling lonely right now. 	Ysgrifennwch restr yn nhrefn yr wyddor o'r pethau sy'n eich gwneud yn hapus. Write a list from A-Z of the things that make you happy. 	Pa gân sy'n eich gwneud yn hapus? Canwch y gân a dawnsiwch! Find a song that makes you feel happy. Sing the song and do a crazy dance! 	Gwnewch enfys allan o wrthrychau lliwgar y gallwch ddod o hyd iddynt o amgylch y tŷ neu'r ardd. Make a rainbow out of coloured objects you can find around the house/garden. 