

"Deri" drïo rhai o'r rhain!

Lles ac awyr iach

- Trafodwch eich teimladau gydag aelod o'r teulu.
- Ymlacio trwy ymarfer sgiliau ioga. Ydych chi'n medru creu symudiad ioga newydd?
- Rhowch wên ar wyneb aelod o'r teulu wrth helpu neu gyflawni cymwynas.
- Cofiwch ddanfôn nodyn neu ffonio aelodau o'ch teulu er mwyn cadw mewn cysylltiad
- Beth am goginio gyda ffrwythau e.e. bara banana, crymbl ffrwythau, smwddis, jeli â ffrwythau ynddo (Cofiwch edrych ar lyfr coginio staff y Dderwen am syniadau a ryseitiau)
- Beth am greu lolipops ffrwythau? Torrwch ddarnau o ffrwyth gosod yn y mowld ac ychwanegwch ddŵr ato
- Beth am drïo yfed dŵr sydd yn cynnwys ffrwyth e.e. lemnw, mefus?
- Beth am gadw hadau afal a'u plannu mewn potyn?
- Cofiwch wneud rhyw fath o ymarfer corff yn ddyddiol



Cyffredinol

- Beth am gael gêm blasu ffrwythau? Cuddiwch eich llygaid a defnyddiwch eich synhwyrau eraill i ddyfalu'r ffrwyth yn gywir
- Beth am flasau ffrwyth newydd?
- Syniadau trafod/ymchwilio:
 - Oes hedyn neu carreg ymhob ffrwyth?
 - Ydy pob ffrwyth yn tyfu ar goeden?
 - Ydy ffrwythau'n newid lliw?
 - Ydych chi'n gallu didoli ffrwyth mewn mwy nag un ffordd?
 - O ba wlad mae ffrwythau yn dod?
- Cofiwch fwyta o leiaf 2/3 darn o ffrwyth y dydd



Iaith

- Creu rhestr o bethau sy'n goch, gwyn a gwyrdd.
- Ysgrifennu brawddegau yn disgrifio'r lliwiau rydych yn gweld wrth fynd am dro.
- Dysgwch gân 'Lliwiau'r Enfys' ac ysgrifennwch y geiriau allan mewn llawysgrifen daclus
- Ysgrifennwch eiriau sy'n dechrau gyda'r llythrennau E N F Y S.
- Darllenwch stori ac yna actio allan rhannau o'r stori.
- Meddyliwch am ansoddeiriau i ddisgrifio gwahanol ffrwythau.
- Creu poster yn hysbysebu siop ffrwythau/byrbrydau yn eich tŷ. Cofiwch roi enw i'r siop, beth sydd yn cael ei werthu, amseroedd agor a chau.



Enfys o
ffrwythau

Mathemateg

- Defnyddiwch glorïan i bwyso gwahanol ffrwythau. Cofiwch amcangyfrif sawl g/kg yn gyntaf. Allwch chi gofnodi mewn tabl?
- Gwnewch lun cymesurol yn defnyddio lego
- Cadwch amserlen/dyddiadur am o leiaf 3 diwrnod yn canolbwyntio ar amseroedd analog a digidol. Faint o'r gloch ydych chi yn codi, cael cinio, mynd i'r gwely?
- Beth am gael stondin ffrwythau/byrbrydau yn y tŷ? Rhaid i chi brynu'r eitemau gan ddefnyddio'r darnau arian cywir. Efallai bydd angen newid hefyd!
- Arbrofwch gyda siâp ffrwythau. Ydych chi'n gallu rholio, llithro, pentyrru nhw?



Creadigol

- Chwiliwch am eitemau o amgylch y tŷ i greu enfys anferth ar y llawr
- Fedrwch chi dyfu enfys? Mae angen gwneud llinellau gyda pinnau ffelt o liwiau'r enfys ar bob ochr o'i bapur gegin. Yna rhowch bob pen i mewn i botyn bach o ddŵr a gadael y papur amsugno'r dŵr a'r lliwiau
- Gosodwch amrywiaeth o ffrwythau mewn powlen. Ydych chi'n gallu tynnu llun y ffrwythau. Beth am ddefnyddio paent, sialc, pensiliau lliw, TGCh 1i wneud eich llun?
- Ydych chi'n gallu torri ffrwyth a'i osod allan ar blat ar ffurf llun
- Fedrwch chi greu cân neu rap



Corfforol

- Ymarfer cydbwysedd - sefyll ar un goes gyda'r breichiau ar led, sefyll ar un goes gan bwyso ymlaen, sefyll ar un goes gyda'ch breichiau uwch eich pen.
- Bwrw'r targed - defnyddio pâr o sanau fel pêl a cheisio ei daflu i mewn i fwced, cylch, twba.
- Ydych chi'n gallu creu awyren bapur lliwgar a mesur pa mor bell mae'n teithio?
- Pa mor gyflym gallwch chi ddioli eitemau yn ôl eu lliwiau?
- Ydych chi'n medru creu dawns ar y thema 'Enfys'?

Digidol

- Crëwch animeiddiad o enfys yn symud neu dyfu.
- Beth am ofyn i'r teulu am hoff liw a chreu graff ar hwb jit5.
- Gwrandewch a dewiswch eich hoff gân Gymraeg.
- Gwrando ar stori bywd bywd bywd ar youtube. <https://www.youtube.com/watch?v=IJ4jfQGIFEU>.
- Beth am greu fideo ohonoch chi'n coginio? Cofiwch ddweud y cynhwysion a'r cyfarwyddiau.
- Defnyddiwch rhaglen o'ch ddewis i depio eich rysáit lolipops ffrwythau.

"Deri" drio rhai o rhain!

Well-being and outdoor

- Talk about your feelings with a member of the family.
- Relax by practising yoga. Can you create a new yoga position?
- Put a smile on a family member face by helping or completing a favour.
- Remember to phone or send a relative a note to keep in touch
- How about cooking with fruit e.g. banana bread, fruit crumble, smoothies, jelly with fruit (Remember to look at the staff cookery book for some ideas and recipes)
- Can you make fruit lollies? Slice different fruit and place in a mould - top the moulds with water
- Have you tried drinking water including different fruits e.g. lemon, strawberry?
- Keep the seeds from an apple and try and re-plant them in a pot
- Remember to do some form of exercise daily



General

- How about playing a fruit tasting game? Cover your eyes and use your other senses to name the fruit.
- Taste a new fruit
- Discussion/research ideas:
 - Do all fruits have a seed or a stone?
 - Do all fruits grow on trees?
 - Do fruit change colour?
 - Can you group similar fruit in more than one way?
 - What country do different fruits come from?
- Remember to eat at least 2/3 portions of fruit a day.



Language

- Write a list of items that are red, white and green.
- Write sentences describing the colours you see whilst on a walk.
- Learn the song 'Lliwiau'r Enfys and write the words out using neat handwriting'.
- Write words that begin with the letters E N F Y S.
- Read a book and act out parts of the story.
- Can you think of adjectives to describe different fruit.
- Create a poster advertising a fruit/ snack shop in your house. Remember to give the shop a name, what is being sold, opening and closing times.



Enfys o

ffrwythau

Mathematics

- Use a scale to weigh a variety of fruits. Remember to estimate how many g/kg beforehand. Can you record your results in a table format?
- Can you make a symmetrical picture using lego?
- Keep a timetable/diary for at least 3 days with the focus on analogue and digital clocks. What time do you wake, have lunch, go to bed?
- How about creating a fruit/snack stall in your house? You must pay for the items using the correct amount of money. Remember you may need to give change!
- Experiment with the shape of different fruit, Can you slide, roll, stack them?



Creative

- Look for items around the house and try and create a large rainbow
- Can you grow a rainbow? You will need to collect the correct colour felt pens and draw lines either side of the kitchen roll paper. Place each end of the paper in a little pot of water and watch the paper absorb the colours through the water
- Place a variety of fruit in a bowl. Can you use different materials to draw a picture of the bowl? You could use, colouring pencils, paints, chalk, ICT.
- Can you cut fruit into different pieces to create a picture on a plate?
- Can you write a rap or a song using fruit as the theme?



Physical

- Balancing activities - stand on one leg with arms wide, stand on one leg and lean forward, stand on one leg with your arms above your head.
- Hit the target - use a pair of socks as a ball and try to throw them into a bucket, circle, tub.
- Can you create a colourful paper aeroplane and measure how far it travels?
- How quickly can you sort items by colour?
- Can you create a dance based on the theme 'Rainbow'?

Digital

- Create an animation of rainbow growing or moving.
- Create a graph on hwb jit5 of your family's favourite colour.
- Listen and pick your favourite Welsh song.
- Listen to the story Bwyd bwyd bwyd on YouTube <https://www.youtube.com/watch?v=I4jfQGIFEU>.
- Create a video of you cooking. Remember to include the ingredients and the method.
- Use a program of your choice to type the recipe for your fruit lollies.

