

"Deri" drïo rhai o'r rhain! Dan 5 [2] [4/5 - 22/5]

Lles ac awyr iach

- Helpu gosod y bwrdd ar gyfer cinio neu swper. Beth sydd angen arnoch chi?
- Helpu gasglu'r golch, neu i rhoi y dillad ar y lein ddillad. Beth yw eich hoff dilledyn yn eich cwpwrdd dillad? Beth am baru'r sanau?
- Ewch am dro a dysgwch enwau coed - oes blagur ar y coed? Tynnwch lun eich hoff goeden gyda camera.
- Cynnal disgo gyda'r teulu - dewiswch eich hoff ganeuon a dawnsiwch. Recordiwch eich hunan yn dawnsio neu'n canu - beth am ddanfôn y fideo at aelod arall o'r teulu i godi eu calonnau nhw?
- Ewch am dro a chyfrwch sawl gwrthrych rydych yn gweld, e.e sawl aderyn neu sawl blodyn. Ar ôl dychwelyd adre, gallech chi dynnu llun blodyn, ac yna nodi y nifer (y rhif) wrth ei hymyl.
- Ymlaciwch, caewch eich llygaid, a defnyddiwch eich clustiau i wrando ar yr hyn o'ch cwmpas? Ydych chi'n medru clywed yr adar yn canu? Tynnwch luniau neu ysgrifennwch rhestr o'r hyn rydych chi wedi glywed.

Cyffredinol

- Helpu i arddio
- Gwneud brechdan a chael picnic yn yr ardd
- Rhoi dŵr i'r blodau
- Gwneud eich gwely yn y bore
- Dysgu clymu lasys esgidiau
- Siaradwch â ffrind - ffôn, galwad fideo



Iaith

- Gwnewch lythrennau allan o gerrig, porfa, brigau - fedrwrch chi ysgrifennu eich enw? Fedrwrch chi ysgrifennu dyma, mae?
- Tynnwch lun eich gardd a'i labelu
- Dilynwch bodlediad Tric a Chlic - You Tube Peniarth
- Beth am ysgrifennu nodyn at un creadur e.e. gwenynen, malwoden, buwch goch gota
- Chwarae gêm "pw ydw i" gydag aelod arall o'r teulu gan feddwl am greaduriaid yn hytrach na phobl



Beth am gystadlu yn EISTEDDFOD T ?

Dyddiad cau: Hanner dydd Mai 11eg

Manylion pellach: <http://s4c.urdd.cymru/cy/>

Digidol

- Defnyddio ipad/ffôn i dynnu lluniau o flodau a thrychfilod gwahanol
- Defnyddiwch y wefan Cbeebies Cymru (Gwneud llun) i dynnu llun o drychfilod gwahanol. Cofiwch liwio'n gywir. Sawl coes sydd ganddynt?
- Dewch o hyd i luniau o wahanol trychfilod gan ddefnyddio'r we. Meddyliwch am liwiau, maint, nifer o goesau ac a ydynt yn gallu hedfan wrth drafod.
- Lawrlwythwch yr ap 'Beebot' a rhowch cyfarwyddiadau iddo geisio gyrraedd y blodyn.
- Sganiwch y côdau QR (gweler atodiad) i weld gwahanol trychfilod. Trafodwch y lluniau gyda aelod o'ch teulu. Ydych chi'n adnabod bob un?

Mathemateg

- Cynnal helpa siapiau o gwmpas eich cartref - sgwâr, triongl, petryal a chylch. Disgrifiwch lleoliad y siâp - e.e 'roedd siâp petryal ar y drws'
- Sylwch ar y cloc - pa rhifau sydd i'w weld? Beth am chwarae'r gêm 'Faint o'r gloch yw hi Mr Blaidd?'
- Creu patrwm dilynol o'ch dewis - e.e teganau (car, tedi, car, tedi ayyb)
- Defnyddiwch eich teganau, neu gwahanol fwyd i ymarfer eich sgiliau adio a thynnu, o fewn 5, 10 neu 20. Beth am ymarfer ysgrifennu'r swm hefyd, e.e 3+2, neu 10-6.
- Gwnewch rhifau allan o gerrig, porfa a brigau - fedrwrch chi greu llinell rhif i 5 neu 10?

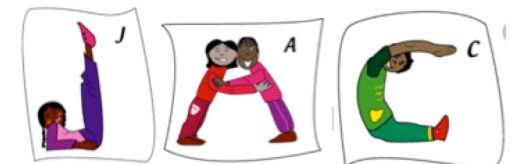
Creadigol

- Crewch westy creaduriaid gan defnyddio cerrig, brigau, pridd, dail. Rhowch enw i'ch gwesty. Pa greaduriad sy'n byw yna?
- Gwnewch gacen fwd a'i haddurno gyda phetalau blodau.
- Fedrwrch chi weld rhywbeth coch, oren, melyn, gwyrdd, glas, fioled a phorffor yn eich gardd?
- Beth am ddysgu chwibanu fel aderyn?



Corfforol

- Defnyddiwch eich corff i greu llythrennau sydd yn eich enw
- Crewch ystum ioga newydd ar gyfer bwystfilod gwahanol - pili pala, corryn, lindysyn
- Ymarfer sgiliau pêl - taflu, dal a chicio



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Well-being and outdoor

- Help set the table for lunch or supper. What will you need?
- Help collect the laundry, and to put the clothes on the washing line. What is your favourite thing to wear? Can you find a pair of socks?
- Go for a walk and learn the names of the trees - are there buds on the trees? Use a camera to take a picture of your favourite tree.
- Organise a disco with your family - choose your favourite songs and dance! Record yourself dancing or singing - what about sending the video clip to a family member? It will make them smile.
- Go for a walk and count how many objects you can see. You could count the birds or the flowers. At home, draw a picture of a flower, and write how many you saw next to it.
- Relax, close your eyes, and use your ears to listen to the sounds around you. Can you hear the birds singing? Draw a picture or write a list of the things you heard.

General

- Help with the gardening
- Make a sandwich and have a picnic outside
- Water the flowers
- Make your bed in the morning
- Learn to tie laces
- Talk to a friend - phone, video call



Language

- Make some letters out of stones, sticks or grass - can you write your name?
- Draw a picture of your garden and label it
- Follow the Tric a Chlic Podcast - You Tube Peniarth
- Write a note to one of the minibeasts e.e ladybird, bee, snail
- Play a game of 'guess who' with a family member - but using minibeasts rather than people



**Would you like to compete in the
Eisteddfod 'T' ?
Closing date, May 11th at midday
Further details: <http://s4c.urdd.cymru/en/>**

Digital

- Use an ipad/ mobile to take pictures of different flowers and minibeasts
- Use the Cbeebies Cymru website (Gwneud llun) and draw a picture of a variety of minibeasts. Remember to colour the picture and add the correct amount of legs for each minibeast.
- Find pictures of different minibeasts by using the internet. Think about colour, size, number of legs and if they can fly whilst discussing.
- Download the 'Beebot' app and give directions for the beebot to be able to reach the flowers
- Scan the QR codes (see attachment) to look at a variety of minibeasts. Discuss with a family

Mathematics

- Search for shapes in your home - square, triangle, rectangle and circle. Describe where you found the shape - e.g, 'there was a rectangle on the door'
- Look at the clock - what numbers do you see? Why not play the game 'What time is it Mr Wolf'?
- Create a repeated pattern of your choice - e.g toys (car, teddy, car, teddy etc)
- Use your toys to practice your adding and subtracting skills within 5, 10 or 20. Practice writing the sum, e.g 3+2 or 10-6.
- Make some numbers out of stones, sticks or grass - can you create a number line to 5 or 10?

Creative

- Create a Bug's Hotel using stones, sticks, leaves and soil
- Make a mud cake and decorate it with flower petals
- Can you see something red, orange, yellow, green, blue, indigo and violet in your garden?
- Can you whistle like a bird?



Physical

- Use your body to make letters in your name
- Create new Yoga poses for a variety of minibeasts - butterfly, spider, caterpillar
- Practice ball skills- throwing, catching and kicking

