

Silly shadow challenge

Her gysgod gwirion

#dangoswcheichchwarae | #showusyourplay

Clybiau Plant Cymru Kids' Clubs, Bridge House | Ty'r Bont, Station Road, Ffordd yr Orsaf, Llanishen | Llanisien, Cardiff | Caerdydd, CF14 5UW.
Registered Charity/Elusen Gofrestredig: 1093260. Company limited by guarantee/Cwmni Cyfyngedig trwy warant: 4296436



Top tips for staying safe

- Always choose a safe spot away from traffic.
- Give yourself plenty of space to make sure you don't bump into anyone.

Awgrymiadau da ar gyfer cadw'n ddiogel

- dewiswch fan diogel i ffwrdd o draffig bob amser
- rhowch ddigon o le i chi'ch hun fel na fyddwch chi'n taro i mewn i unrhyw un.



Silly shadow challenge

On a sunny day make some silly shadows on the ground

Move around to make new, interesting and funny shapes.

Can you make letter shapes?

Work together to make your shadows 'shake hands'

Take some silly shadow photos

Do your shadows change at different times of the day?



Her gysgod gwirion

Ar diwrnod heulog gwnewch ychydig o gysgodion ar y llawr

Symudwch o gwmpas i greu siapau doniol, newydd a diddorol

Allwch chi wneud siapau llythrennau?

Gweithiwch gyda'ch gilydd i wneud i'ch cysgodion'dal dwylo'

Tynnwch her gysgod gwirion lluniau

Ydy eich cysgodion yn newid ar wahanol adegau o'r dydd?



Wild flower challenge Her blodau gwyllt

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Top tips for staying safe

- Ask an adult to help you choose where to plant your heart seed
- Never put the seed near your mouth
- Wash your hands thoroughly after planting



Awgrymiadau da ar gyfer cadw'n ddiogel

- Gofynwch i oedolin i helu chi dewis lle i blannu.
- Peidiwch byth rhoi y hedyn unrhyw le agos at eich geg
- Golchwch eich dwylo ar ol plannu



Wild flower challenge

For this challenge you will need to use the seed heart in your Play pack. your challenge is to help it grow.

Plant the heart on a nature walk or take it home for your own back garden.
The Bees, butterflies and insect will be so grateful!

- prepare your soil either in the ground or in a pot
- Rake the soil over with a small fork
- Sprinkle some water on the soil
- Plant your seeded heart and cover loosely with soil
- Leave to grow and remember to water regularly



Her blodau gwyllt

Ar gyfer y her hon bydd angen i chi defnyddio'r galon hedyn yn eich pecyn Diwrnod Chwarae. Eich her yw i helpu i dyfu.

Plannwch y galon pan fyddwch yn mynd am dro natur neu ewch a fe adre i ardd eich hun.
Bydd y gwenyn, pili pala a'r trychfilod yn mor diolchgar!

- Paratowch braidd naill ai yn syth yn y ddear neu yn potyn
- Defnyddiwch fforch fechan i fynd twy'r pridd fel rhaca
- Teanwch rhywfaint o dwr ar y pridd
- Plannwch eich galon a'i orchuddion rydd a pridd
- Gadewch i dyfu a chofiwch i'w dyfrio'n rheolaidd



Self portrait challenge

Hunan-bortread

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Top tips for staying safe

- Make sure the materials you use are safe
- ask an adult to check them if you are unsure
- Always wash your hands after playing in nature



Awgrymiadau da ar gyfer cadw'n ddiogel

- Gwnewch yn siwr fod y defnyddiau rydych yn defnyddio yn saf
- Gofynwch i oedolyn i gywiro os ydych yn ansicr
- Golchwch eich dwylo bob tro ar ol chwarae yn natur

Self portrait challenge

Using only natural materials can you create a life sized self portrait?

Try to make it as realistic as you can. Look at all the colour and shapes around you.

when you're finished why not try make an animal or even spell out your name.



USA

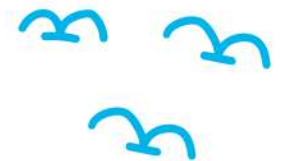
Hunan-bortread

Gan defnyddio defnyddiau naturiol yn unig a allwch chi greu hunan-bortread gwir-faint?

Ceisiwch wneud mor realistig a gallwch .

Edrychwch ar y holl liwiau a siapau o'ch gwmpas

Pan fyddwch wedi gorffen, beth am geisio tynnu llun o anifail neu hyd yn oed sillafu eich enw.



Memory strings challenge

Her llinynnau cof

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Top tips for staying safe

- Ask an adult before going on your nature walk
- Keep the string at a length of 1m and make sure it doesn't get wrapped around any part of the body
- Always wash your hands

Awgrymiadau da ar gyfer cadw'n ddiogel

- Gofynwch i oedolyn cyn mynd am eich dro natur
- cadwch y llinyn yn 1m o hyd a gwnech yn siwr nad yw'n cael ei ddirwy o gwmpad unrhyw man o'r gorff
- Ddaliwch i olchi dwylo

Memory strings challenge

- Choose a stick and tie or wrap a string around one end (about 1m in length)
- Go on a nature walk this could be your local park or woodland. Collect interesting things along the way and wrap them around your string as you go
- when you finish your walk you will have a lovely reminder to take home, hang it up and talk about it with your family and friends
- Try to remember each item and where you found it. why did you choose it? can you tell a story with your memory string?

Her blodau gwyllt

- Ddewiswch ffon fach a chlymwch neu lapiwch darn o linyn o gwmpas un pen (tua 1m o hyd)
- Ewch am dro natur, gallai hyn fod yn eich parc, neu goedlan lleol. Casglwch pethau diddorol ar hyd y fordd a lapiwch nhw o gwmpas eich llinyn wrth fynd yn eich blaen.
- Pan fyddwch wedi gorffen eich tro, bydd ganddo chi atgof hyfryd i'w gymrud adref gyda chi, i'w hongian a siarad amdano gydach teulu a ffrindiau.
- Ceisiwch cofio pob eitem a'r man deathoch o hyd iddo, pam wneathoch ch ei dewis? A allwch chi dweud stori gydach llinyn cof?

Climb a tree challenge

Her dringo coeden

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Her dringo coeden

Un o'r ffyrdd o herio'ch hun yn yr awyr agored yw dod o hyd i goeden a'i dringo

Y mae ychydig reolau y mae'n rhiad i chi eu dilyn i gadw'ch hunain yn ddiogel ac osgoi anafiadau difrifol

- Gwiriwch bob tro gydag oedolyn cyn dringo
- Gnewch yn siwr nad oes gan y goeden o'ch dewis ganghennau 'marw' a allai dorri'n glec wrth i chi gamu arnynt.
- Gwisgwch esgidiau synhwyrol, fflat bob tro a byth fflip fflops
- Gwiriwch y canghennau am fwsogl a phlanhigion a allai fod yn llithrig, yn enwedig pan yw'n ddiwrnod gwlyb.
- peidiwch a dringo'n rhy uchel (dim uwch na 2m i ddechrau). Gallwch ddringo ychydig yn uwch pan fyddwch yn fwy hyderus. cofiwch ei bod yn beth da i herio'ch hun, ond dylech bob tro deimlo'n ddiogel.
- cymerwch ofal wrth dringo i lawr, a dewiswch yr un canghennau os gallwch.

Climb a tree challenge

One of the best ways to challenge yourself in the outdoors is to find a tree and climb it

There are a few rules you must follow to keep yourself safe and avoid serious injuries

- Always check with an adult before you climb
- make sure the tree you choose has no 'dead' branches that could snap easily when stepped on
- always wear sensible flat footwear and never flipflops
- check the branches for moss and plants that can be slippery especially when it is a wet day
- do not climb too high(no higher than 2m to begin with) you can climb a bit higher when you are more confident
- remember it is good to challenge yourself but you should always feel safe
- take care climbing down and choose the same branches if you can



Triangle challenge

Her triongl

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Top tips for staying safe

- Sticks can have sharp edges and may cause injuries.
- take care around the face and eyes when playing with sticks

Awgrymiadau da ar gyfer cadw'n ddiogel

- Gall brigau fod ag ymolyn miniog a gallent achosi anafiadau
- Cymerwch ofal o gwmpas yr wyneb a'r llygaid wrth chwarae a brigau



Triangle challenge

Take a walk and find 9 sticks which are the same length.

your challenge is to make as many triangles as you can using the sticks

The record is 20 triangles!!

There are only 2 rules to the challenge

- You must not break the sticks
- each triangle must have 3 sides

When you have finished, why not challenge your friends and family to make different shapes?

Her triongl

Ewch am dro a dowch o hyd i brigyn o'r un hyd.

Eich her yw gwneud cymaint o drionglau ag y gallwch gan ddefnyddio'r brigau.

Y record yw 20 triongl!!!

Dim ond 2 reol sydd i'r her:

- Rhaid i chi beidio a thorri'r brigau
- Rhaid i bob triongl fod a 3 ochr

Pan fyddwch wedi gorffen, beth am herio'ch ffrindiau a'ch teulu i wneud gwahanol siapiau?

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Helfa Natur

Ticiwch y boc's gwyn ban gwelwch pob eitem

Dant y llew



Gwenynen



Rhedyn



Pili pala



Llygad y dydd



Gwe pri copyn



Rhisgl coeden



Mochyn y dydd



Malwen



Meill-ionen



Corryn



Pri genwair



Cynghorion campus ar cadw'n diogel

Gall rhai trychfilion bigo a cnoi. Gwiriwch gyda oedolyn cyn cyffwrth a unrhyw beth

Hunt for nature challenge

Tick the white box once you spot each item

Dandelion



bee



Fern



Butterfly



Daisy



Spiderwebb



Tree bark



Woodlouse



Snail



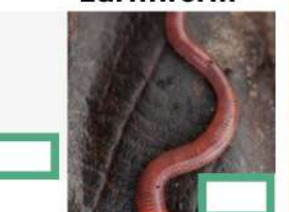
Clover



Spider



Earthworm



Top tips for staying safe

Always wash your hands
Some insects can sting and bite check with an adult before handling anything

Leaf rubbing challenge

Her rhwbio'r dail

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Top tips for staying safe

- Always wash your hands after touching the leaves
- Ask an adult if you are unsure which leaves to pick

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- Golchwch eich dwylo bob tro wedi cyffwrdd â'r dail.
- Gofynnwch i oedolyn os ydych yn ansicr ynghylch pa ddail i'w casglu.



Leaf rubbing challenge

You can find some wonderful patterns and textures in the natural world around you. A good way to capture these patterns is by leaf rubbing. All you need is;

- Plain paper (white works best)
- Colourful crayons
- A collection of leaves of all shapes and sizes. Why not take the paper and crayons on your walk with you?
- A collection of leaves of all shapes and sizes.

Why not take the paper and crayons on your walk with you?



Her rhwbio'r dail

Gallwch ddod o hyd i batrymau a gweadau rhyfeddol yn y byd naturiol o'ch cwmpas. Ffordd dda o gael cofnod o'r patrymau hyn yw drwy rwbio dail. Y cyfan sydd eu hangen arnoch yw:

- papur plaen (gwyn sy'n gweithio gorau)
- creonau lliwgar
- Casgliad o ddail o bob siâp a maint. Beth am gymryd y papur a'r creonau gyda chi wrth fynd am dro?
- Gosodwch y ddeilen o dan y papur.

Defnyddiwch ochr y creon i rwbio dros y papur.

