

Make a game challenge Her creu gem

#dangoswcheichchwarae | #showusyourplay

Clybiau Plant Cymru Kids' Clubs, Bridge House | Ty'r Bont, Station Road, Ffordd yr Orsaf, Llanishen | Llanisien, Cardiff | Caerdydd, CF14 5UW.
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Her creu gem

Yr her yw creu eich fersiwn eich hun o gylchoedd a chroesau gan ddefnyddio'r eitemau y dowch o hyd iddynt ym myd natur. (gêm i 2 chwaraewr)

Byddwch angen;

- 4 ffon fawr o'r un hyd â'i gilydd
- Llinyn neu frwyn glaswelltog sy'n plygu'n hawdd
- Siswrn
- Eitemau i gynrychioli'r cylchoedd. (byddwch angen 9 o'r rhain) e.e. dail, cerrig mân, neu gregyn.

Gosodwch eich deunydd fel hyn

- Penderfynwch pwy fydd y 'cylchoedd' a phwy fydd y 'croesau'.
- Pob chwaraewr i gymryd ei dro i roi ei ddarn mewn sgwâr.
- Y chwaraewr cyntaf i gael 3 mewn un rhes, naill ai'n fertigol, yn llorweddol neu'n lletraws, yw'r enillydd.

Cofiwch fod hon yn gêm strategol, ceisiwch gael y gorau ar eich gwrthwynebydd drwy ddyfalu eu symudiad nesaf!

Cynghorion campus am gadw diogel

- Cymerwch ofal i beidio a torri'ch bysedd trwy defnyddio'r sisiyrnau
- Gwnewch yn siŵr nad oes gan y ffyn y byddwch yn eu dewis ymylon miniog

Make a game challenge

The challenge is to make your own version of noughts and crosses using items you find in nature. (2 player game)

You will need;

- 4 large sticks of equal length
- String or grassy reeds that bend easily
- Scissors
- Items to represent the noughts and crosses (you will need 9 of each) e.g. leaves, pebbles or shells

Set up your materials like this



- Decide who will be 'noughts' And who will be 'crosses'
- Each player takes it in turns to place their piece into a square
- The first player to get 3 in a row either vertically, horizontally or diagonally is the winner.

Remember this is a game of strategy, try to outsmart your opponent by guessing their next move!

Top tips for staying safe

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

Pond dipping challenge

Her pwlldrochi

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Top tips for staying safe

- Always stay alert around water, always have an adult present
- Be very careful around a pond, the edge can be very slippery

Cynghorion campus am gadw diogel

- Cadwch yn effro bob tro o gwmpas dŵr; byddwch ag oedolyn yn bresennol gydol yr adeg
- Byddwch yn ofalus iawn o gwmpas pwll o ddŵr, gall yr ymyl fod yn llithrig iawn

Pond dipping challenge

Get ready to discover the unseen world of amazing wildlife beneath the surface of your local pond. You will need

- A net
- A tray to put the creatures you find in
- Camera / Pens & Pencils

What you need to do

- Approach the water quietly. Crouch down and have a look into the water, what do you see?
- Fill your tray with pond water
- When you are safely set up on a steady surface, lower your net into the water and gently move it around in a figure of eight motion.
- After a few loops place the net inside out into your tray
- Its time to find out what you have caught!
- Take pictures of your catch or sketch what you find
- When you have finished, carefully place the contents of the tray back into the water

Her pwlldrochi

Paratowch at ddarganfod y byd anweladwy o fywyd gwyllt rhyfeddol o dan arwyneb eich pwll lleol. Bydd arnoch angen

- Rhwyd
- Dysgl i gario'r creaduriaid y dowch hyd iddynt
- Camera / Peniau a Phenseli
- Beth sydd angen i chi ei wneud
- Ewch at y dŵr yn ddistaw. Ewch i lawr ar eich cwrcwd ac edrych i'r dŵr, beth welwch chi??
- Llenwch eich dysgl â dŵr y pwll.
- Pan fyddwch wedi'ch gosod eich hun yn ddiogel ar arwyneb diogel, gostyngwch eich rhwyd i'r dŵr a symudwch hi'n dyner ar ffurf ffigur wyth.
- Wedi rhai cylchynnu, rhowch y rhwyd y tu mewn allan yn eich dysgl.
- Mae'n bryd gweld beth wnaethoch chi ei ddal!
- Cymerwch luniau o'ch dalfa neu gwnewch frasluniau o'r pethau y daethoch o hyd iddynt.
- Wedi gorffen rhowch cynnwys y ddysgl yn ofalus yn ôl i'r dŵr.

Memory strings challenge

Her llinynnau cof

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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 llinynnau cof

Ddewiswch ffon fach a chlymwch neu lapiwch darn o llyn 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 deuthoch o hyd iddo, pam wneathoch ch ei dewis? A allwch chi dweud stori gydach llinyn cof?

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

Cynghorion campus i gadw'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



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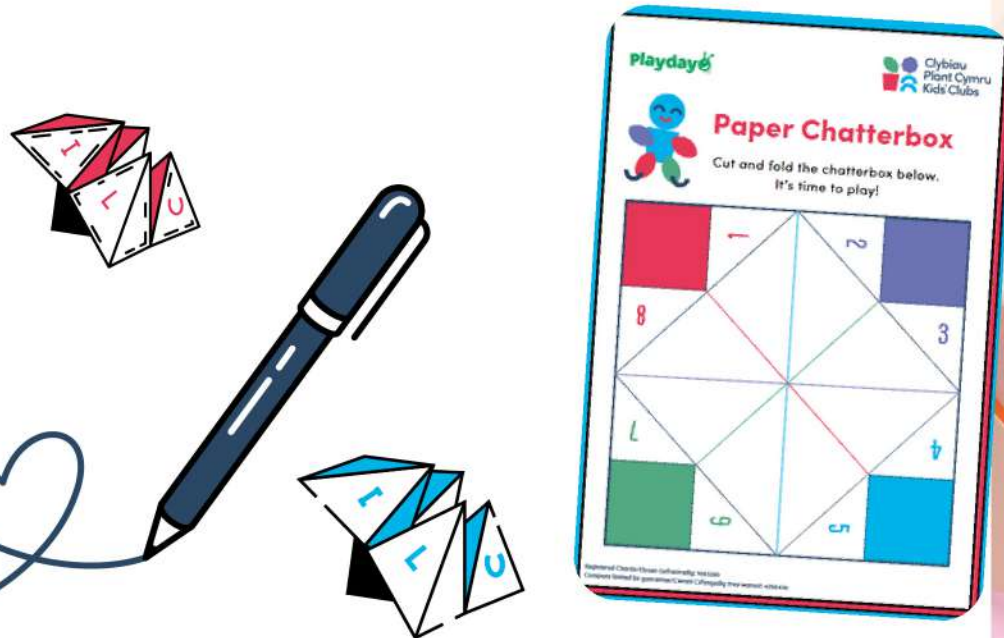
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Bocs siarad

Torrwch a phlygwch y bocs siarad. Mae'n amser chwarae!

Bydd arnoch angen;

- Papurau
- Sisyrnau
- Peniau



Awgrymiadau ar sut i gadw'n ddiogel

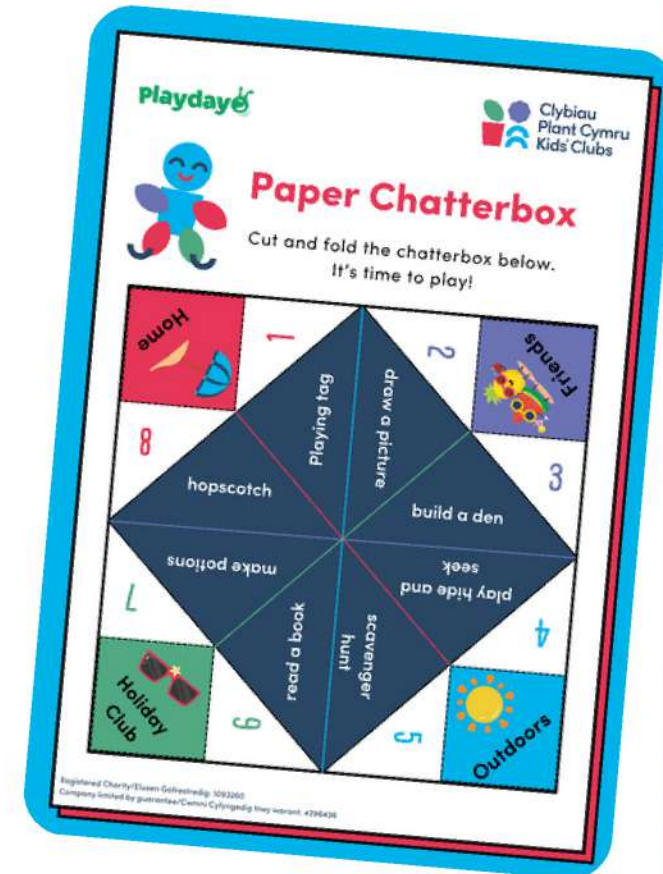
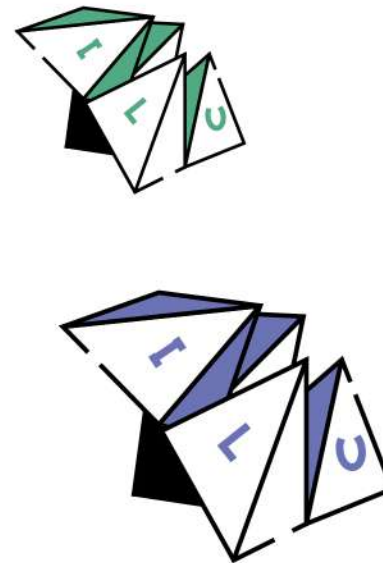
- Gofalwch wrth ddefnyddio sisyrnau.

Paper Chatterbox

Cut and fold the chatterbox . It's time to play!

You will need;

- Papers
- Scissors
- Pens



Top tips for staying safe

- Be careful when using scissors.



20-30 min



Medium



Indoor



- Take care when using the needle and thread
- Never put plastic bags over your head. This could suffocate you
- Be aware of snakes in long grass and sand dunes.



Fascinating fact!

- Snakes are found on every continent of the world except Antarctica.
- There are around 3000 different species of snake.
- Python reticulatus can grow over 8.7 m (28 ft) in length and are considered the longest snakes in the world.

What you need

- Lots of plastic bags in various colours. A thin plastic bag works better!
- Fork
- String
- Scissors
- Large needle
- Thread
- Googly eyes



What you need to do

1. Roll the bag up to about 1cm thickness.
2. Cut into strips.
3. Unroll the strips.
4. Gather 3 plastic strips and wrap them around the fork.
5. Tie a short piece of thread around the central part of the wrapped plastic without securing.
6. Cut both sides of plastic.
7. Pull the thread tight, knot and slide off the fork.
8. Fluff by separating the cut plastic until the thread is covered. Trim with a pair of scissors if necessary.
9. Repeat until you have sufficient plastic balls to make a snake
10. Make a forked tongue out of a red plastic bag
11. Using the large needle and thread. Thread the tongue, then thread the Plastic balls one by one.
12. Add some googly eyes
13. Your Snake is complete!!



Bagiau Plastig a Ailgylchwyd



NADROEDD

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20-30 mun



Canolig



Dan do



- Cymerwch ofal wrth ddefnyddio'r nodwydd a'r edau.
- Peidiwch byth â rhoi bagiau plastig dros eich pen. Gallai hyn eich mygu.
- Byddwch yn ymwybodol o nadroedd mewn glaswellt hir a thwyni tywod.

Ffeithiau rhyfeddol!

- Ceir nadroedd ar bob cyfandir yn y byd ac eithrio Antartica.
- Mae tua 3000 o wahanol rywogaethau o neidr.
- Gall rhwydennau peithon dyfu i dros 8.7m (28 troedfedd) yn eu hyd ac ystyrir mai dyma'r nadroedd hiraf yn y byd.

Beth fyddwch eu hangen

- Llauer o fagiau plastig mewn amrywiol liwiau. Bag plastig tenau sy'n gweithio orau!
- Fforc
- Llinyn
- Siswrn
- Nodwydd fawr
- Edau
- Llygaid gwgli



Beth i'w wneud

1. Rholiwch y bag hyd at tua 1cm o drwch.
2. Torrwch yn sribedi.
3. Dadrolwch y sribedi.
4. Casglwch 3 sribed plastig a'u lapio o amgylch y fforc.
5. Clymwch ddarn byr o edau o amgylch rhan ganolog y plastig wedi'i lapio heb ei glymu.
6. Torrwch ddwy ochr y plastig.
7. Tynnwch yr edau yn dynn, gwnewch gwlwm a'i lithro oddi ar y fforc.
8. Fflwffiwch drwy wahanu'r plastig sydd wedi'i dorri nes bod yr edau wedi'i orchuddio. Trimiwch â phâr o siswrn os oes angen.
9. Ail-wnewch hyn nes bod gennych chi ddigon o beli plastig i wneud neidr
10. Gwnewch dafod fforchog allan o fag plastig coch
11. Defnyddiwch yr nodwydd a'r edau mawr. Gwthiwch y tafod, yna edafwch y peli Plastig fesul un.
12. Ychwanegwch ychydig o lygaid gwgli
13. Mae eich Neidr yn gyflawn!!



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Play Wall/ Bunting

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What you need

- Paper
- Art materials and colouring pencils which can be used for a variety of skin tones
- Scissors
- Ribbon/wool/string

What you need to do

1. Invite children and adults alike to draw a picture of themselves playing to celebrate and promote play, children's right to play and the essential role it plays in building health, happiness and creativity. Children can encourage friends, parents, grandparents, siblings and neighbours to draw one too. Get the school and wider community involved too.
2. Build a 'play wall' with your art or if you use thick paper cut into rectangles or triangles, you can hole punch each drawing and string with wool/string/ribbon to create bunting.
3. Display within your setting, community and workplace to highlight play and its value.
4. Tag Clybiau Plant Cymru Kids' Clubs on social media (#showusyourplay) or share your pictures with us via info@clybiauplantcymru.org to help promote play, wherever you are.

Fun Facts

- Outdoor play gives children the opportunity to develop resilience, test their physical capabilities, express themselves and build their self confidence, all of which contributes to their physical and emotional wellbeing.
- Play is not just all about the fun! Play has been found to make brains bigger. Stuart Brown (2009) reports, play helps sculpt the brain and supercharge its growth.
- General Comment 17 reinforces the vital need for children to be given, time, space and permission to play. The International Play Association developed a useful summary of General Comment 17.

Top Tips

- *Give plenty of time in the lead up to your event/Playday. You can leave it up all year around and children can keep adding to their play memories.
- *Use fairy lights to emphasise your bunting/wall of play.

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As long as
you're
having fun!



Easy



the first
Wednesday
of August
every year



Be careful when
using scissors and
punchers.





Wal Chwarae / Bynting

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Mor hir ag
y bydd yr
hwyl yn
para!



Hawdd



Ddydd
Mercher
cynaf mis
Awst bob
blwydyn.



Byddwch yn ofalus
wrth ddefnyddio
siswrn a dyrnwr.



Beth sydd ei angen arnoch:

- Papur
- Deunyddiau celf a phensiliau lliwio y gellir eu defnyddio ar gyfer amrywiaeth o arlliwiau croen
- Siswrn
- Rhuban/gwlân/llinyn

Beth sydd angen i chi ei wneud

1. Gwahoddwch blant ac oedolion fel ei gilydd i dynnu llun ohonynt eu hunain yn chwarae i ddatlu a hyrwyddo chwarae, hawl plant i chwarae a'i rôl hanfodol yn gwella iechyd, hapusrwydd a chreadigrwydd. Gall plant annog ffrindiau, rhieni, neiniau a theidiau, brodyr a chwiorydd a chymdogion i dynnu llun ohonynt hefyd.
2. Adeiladu 'wal chwarae' â'ch celf neu os ydych chi'n defnyddio papur trwchus wedi'i dorri'n betryalau neu drionglau, gallwch dwll pob llun a llinyn gyda gwlân / llinyn / rhuban i greu bynting.
3. Arddangos yn eich lleoliad, eich cymuned a'ch gweithle - y mwyaf o leoedd gorau - yn y cyfnod cyn Diwrnod Chwarae fel y gallwn i gyd dynnu sylw at chwarae a'i werth.
4. Tagiwch Clybiau Plant Cymru Kids' Clubs ar y cyfryngau cymdeithasol (#dangoswchinnichchwarae) eu rhannwch eich lluniau â ni drwy info@clybiauplantcymru.org i helpu i hyrwyddo chwarae ble bynnag yr ydych. Byddem wrth ein bodd pe baech yn rhannu lluniau o'ch lluniadau, arddangosiadau neu bynting gyda ni ar gyfryngau cymdeithasol i helpu i hyrwyddo chwarae, ble bynnag yr ydym.



Ffeithiau Hwyllog

- Mae chwarae yn yr awyr agored yn rhoi i blant y cyfle i ddatblygu gwytnwch, profi eu galluoedd corfforol, mynegi eu hunain ac adeiladu eu hunan-hyder, a'r cyfan yn cyfrannu at eu lles corfforol ac emosiynol.
- Mae yna fwy i chwarae na chael hwyl yn unig! Gwelwyd bod chwarae yn gwneud ymennydd yn fwy. Mae Stuart Brown (2009) yn adrodd, mae chwarae'n helpu ffurfio'r ymennydd ac yn tanio tyfiant yr ymennydd.
- Mae Sylw Cyffredinol 17 yn atgyfnerthu'r angen hollbwysig i blant gael amser, lle a chaniatâd i chwarae. Datblygodd y gymdeithas chwarae rhyngwladol – The International Play Association – grynoded defnyddiol o Sylw Cyffredinol 17, i'w weld.

Awgrymiadau ardderchog

- *Rhowch ddigon o amser i hyn wrth agosáu at Ddiwrnod Chwarae.
- *Defnyddiwch oleuadau tylwyth teg i bwysleisio eich bynting / wal chwarae.

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