

## Gweithgareddau Iechyd a Llesiant i Deuluoedd yn y Cartref

Gweler isod restr o adnoddau ac asiantaethau cymorth a allai helpu staff ysgolion, disgyblion, rhieni a gofalwyr yn ystod y cyfnod hunanynysu gartref ac wrth gadw pellter cymdeithasol.



(Yn seiliedig ar adnodd a ddatblygwyd gan dîm Ysgolion Iach Caerdydd a Chonsortium Canolbarth y De a chyfraniadau gan Dimau Ysgolion Iach Gogledd Cymru a Gwasanaethau Iechyd Meddwl Plant a'r Glasoed)

### Gweithgarwch Corfforol


	<b>Cosmic Kids Yoga</b> <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
	<b>Joe Wicks</b> <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>
	<b>Jump Start Jonny</b> <a href="https://www.jumpstartjonny.co.uk/free-stuff">https://www.jumpstartjonny.co.uk/free-stuff</a>  (Nid yw'r ddolen bob amser yn gweithio, ond gallwch wneud chwiliad ar 'Google' o Jump Start Jonny )
	<b>CBeebies Andy's Wild Workouts</b> <a href="https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player">https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player</a>
	<b>Change 4 Life</b> <a href="https://www.nhs.uk/change4life/activities">https://www.nhs.uk/change4life/activities</a>

<p>www.nhs.uk</p> <p>Pilates video for beginners - NHS Fitness Studio - NHS Choices</p>	<p><b>NHS Exercise Studio</b></p> <p><a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a></p>
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### Cerddoriaeth, Teledu a Symud Cymraeg

	<p><b>Ffa La La</b></p> <p>Tudalen Facebook – <a href="https://www.facebook.com/ffalala/">https://www.facebook.com/ffalala/</a></p> <p>Gwefan:  <a href="https://www.addysg-ffalala-education.com/index.html">https://www.addysg-ffalala-education.com/index.html</a>  <a href="https://www.addysg-ffalala-education.com/hafan.html">https://www.addysg-ffalala-education.com/hafan.html</a></p>
	<p><b>S4C Cyw</b></p> <p>Gwefan:  <a href="https://cyw.cymru/en/">https://cyw.cymru/en/</a>  <a href="https://cyw.cymru/">https://cyw.cymru/</a></p> <p>Facebook:  <a href="https://www.facebook.com/CriwCyw/">https://www.facebook.com/CriwCyw/</a></p>

### Bwyta a Choginio'n Iach

	<p><b>Pob Plentyn Cymru – 10 Cam i Bwysau Iach</b></p> <p><a href="http://everychildwales.co.uk/">http://everychildwales.co.uk/</a></p> <p><a href="http://everychildwales.co.uk/?lang=cy">http://everychildwales.co.uk/?lang=cy</a></p>
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	<p><b>Great Grub Club</b></p> <p><a href="http://greatgrubclub.com/">http://greatgrubclub.com/</a></p>
	<p><b>Food a Fact of Life – British Nutrition Foundation</b></p> <p><a href="https://www.foodafactoflife.org.uk/whole-school/remote-learning/">https://www.foodafactoflife.org.uk/whole-school/remote-learning/</a></p>
	<p><b>Top Marks</b></p> <p><a href="https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating">https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</a></p>
	<p><b>Change for Life</b></p> <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p>
	<p><b>Veg Power</b></p> <p><a href="https://vegpower.org.uk/downloads/">https://vegpower.org.uk/downloads/</a></p>
	<p><b>Coginio 'da'n Gilydd Cymru</b></p> <p><a href="https://www.cookingtogether.co.uk/cook-a-long">https://www.cookingtogether.co.uk/cook-a-long</a></p> <p>Ryseitiau dwyieithog - sgroliwch i lawr am Gymraeg</p> <p><a href="https://www.cookingtogether.co.uk/recipe-hwb">https://www.cookingtogether.co.uk/recipe-hwb</a></p>
	<p><b>The Kids' Kitchen</b></p> <p><a href="https://www.facebook.com/TheKidsKitchen/">https://www.facebook.com/TheKidsKitchen/</a></p>

## Llesiant Meddyliol ac Emosiynol

	<p><b>Prosiect Ymwybyddiaeth Ofalgar Mewn Ysgolion (MiSP) – Sit Together</b></p> <p><a href="https://mindfulnessinschools.org/misp-sit-together/">https://mindfulnessinschools.org/misp-sit-together/</a></p>
	<p><b>New Horizon</b></p> <p><a href="https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg">https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg</a></p>
	<p><b>Heartfulness</b></p> <p><a href="https://www.heartfulness.uk/primaryschools/">https://www.heartfulness.uk/primaryschools/</a> <a href="https://www.heartfulness.uk/secondaryschools/">https://www.heartfulness.uk/secondaryschools/</a></p>
	<p><b>Go Noodle</b></p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>
	<p><b>Action for Happiness</b></p> <p><a href="https://www.actionforhappiness.org/calendars">https://www.actionforhappiness.org/calendars</a></p>
	<p><b>Ap Myfyrdod Cyfrwng Cymraeg: Ap Cwtsh</b></p> <p><a href="https://apps.apple.com/us/app/ap-cwtsh/id1373007452">https://apps.apple.com/us/app/ap-cwtsh/id1373007452</a> i-phone</p> <p><a href="https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en">https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&amp;hl=en</a> android phone</p>

## Diogelwch / Diogelwch Ar-lein

	<p><b>CEOP (Child Exploitation and Online Protection)</b></p> <p><a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a></p> <p><b>Canolfan Ddiogelwch CEOP</b></p> <p><a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p>
	<p><b>UK Safer Internet Centre</b></p> <p><a href="https://www.saferinternet.org.uk/">https://www.saferinternet.org.uk/</a></p>
	<p><b>Childnet</b></p> <p><a href="https://www.childnet.com/resources/supporting-young-people-online">https://www.childnet.com/resources/supporting-young-people-online</a></p>
	<p><b>Ap Own It BBC</b></p>
	<p><b>School Beat</b></p> <p><a href="https://schoolbeat.cymru/en/">https://schoolbeat.cymru/en/</a></p> <p><a href="https://schoolbeat.cymru/cy/">https://schoolbeat.cymru/cy/</a></p>
	<p><b>E-bug</b></p> <p><a href="https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html">https://www.e-bug.eu/antibiotic-guardian-youth-badge/index.html</a></p> <p><a href="https://e-bug.eu/">https://e-bug.eu/</a></p>

	<p><b>Rheol Dillad Isaf PANTS NSPCC</b></p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/</a></p> <p>Am adnoddau Cymraeg, sgroliwch i lawr y dudalen. Fideo Pantosorws Cymraeg ar Youtube: <a href="https://www.youtube.com/watch?v=2-GBXPKVUeY">https://www.youtube.com/watch?v=2-GBXPKVUeY</a></p>
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## Eco / Natur

	<p><b>Ysgolion Eco</b> Dilynwch @EcoSchoolsWales ar Twitter i weld eu thema #EcoSgolionAdref wythnosol.</p> <p><a href="https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/">https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/</a></p>
	<p><b>Academi'r Traeth</b></p> <p><a href="https://www.beachacademywales.com/learningresources">https://www.beachacademywales.com/learningresources</a></p>
	<p><b>RSPB</b></p> <p><a href="https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/">https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/</a></p>
	<p><b>Wildlife Trust</b></p> <p><a href="https://www.wildlifetrusts.org/kids-and-families">https://www.wildlifetrusts.org/kids-and-families</a></p>



**Scouts**

<https://www.scouts.org.uk/the-great-indoors/>



**Wythnos Genedlaethol Garddio i Blant**

<https://www.childrensgardeningweek.co.uk/fun-things-to-do/>