

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



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

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

	<p>Ffa La La</p> <p>Tudalen Facebook – https://www.facebook.com/ffalala/</p> <p>Gwefan: https://www.addysg-ffalala-education.com/hafan.html</p>
	<p>S4C Cyw</p> <p>Gwefan: https://cyw.cymru/</p> <p>Facebook: https://www.facebook.com/CriwCyw/</p>

Bwyta a Choginio'n Iach

	<p>Pob Plentyn Cymru – 10 Cam i Bwysau Iach</p> <p>http://everychildwales.co.uk/?lang=cy</p>
	<p>Great Grub Club</p> <p>http://greatgrubclub.com/</p>

	<p>Food a Fact of Life – British Nutrition Foundation</p> <p>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>
	<p>Top Marks</p> <p>https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating</p>
	<p>Change for Life</p> <p>https://www.nhs.uk/change4life</p>
	<p>Veg Power</p> <p>https://vegpower.org.uk/downloads/</p>
	<p>Coginio ‘da’n Gilydd Cymru</p> <p>https://www.cookingtogether.co.uk/cook-a-long</p>
	<p>The Kids’ Kitchen</p> <p>https://www.facebook.com/TheKidsKitchen/</p>

Llesiant Meddyliol ac Emosiynol

	<p>Pum ffordd at les – Her Teulu Iachus https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/5-ways-resources/healthy-family-challenge-phw-bilingual-download-pdf/</p> <p>Cerdyn Addewid https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/5-ways-resources/pledgecard-pdf/</p>
	<p>Prosiect Ymwybyddiaeth Ofalgar Mewn Ysgolion (MiSP) – Sit Together https://mindfulnessinschools.org/misp-sit-together/</p>
	<p>New Horizon https://www.youtube.com/channel/UCjW-3doUmNsY5aLQHliNXg</p>
	<p>Heartfulness https://www.heartfulness.uk/primaryschools/ https://www.heartfulness.uk/secondaryschools/</p>
	<p>Action for Happiness https://www.actionforhappiness.org/calendars</p>
	<p>Ap Myfyrdod Cyfrwng Cymraeg: Ap Cwtsh https://apps.apple.com/us/app/ap-cwtsh/id1373007452 i-phone https://play.google.com/store/apps/details?id=co.moilin.apcwtsh&hl=en android phone</p>

Diogelwch / Diogelwch Ar-lein

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



Rheol Dillad Isaf PANTS NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

Am adnoddau Cymraeg, sgroliwch i lawr y dudalen.

Fideo Pantosorws Cymraeg ar Youtube:

<https://www.youtube.com/watch?v=2-GBXPKVUeY>

Eco / Natur



Ysgolion Eco

Dilynwch @EcoSchoolsWales ar Twitter i weld eu thema #EcoSgolionAdref wythnosol.

<https://www.facebook.com/Eco-Schools-Wales-Eco-Sgolion-Cymru-126253670720592/>



Academi'r Traeth

<https://www.beachacademywales.com/learningresources>



RSPB

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>



Wildlife Trust

<https://www.wildlifetrusts.org/kids-and-families>



Scouts

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



Wythnos Genedlaethol Garddio i Blant

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