

## **WYTHNOS IECHYD MEDDWL PLANT CHILDREN'S MENTAL HEALTH WEEK**

O'r cyntaf i'r 7fed o Ionawr byddwn yn cymryd rhan yn Wythnos Iechyd Meddwl Plant. Y thema eleni yw "Mynegwch eich hun" ac rydym yn annog disgyblion (ac oedolion) i ymchwilio i wahanol ffyrdd o fynegi ein hunain, a'r ffyrdd creadigol y gallwn rhannu ein teimladau , meddyliau a syniadau.

*From 1-7 February we're taking part in Children's Mental Health Week. This year's theme is EXPRESS YOURSELF and we're encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.*

Yn y sefyllfa rydym ynddi, gydag ysgolion ar gau a llawer o newidiadau, mae Lles ac Iechyd Meddwl plant a phobol ifanc yn bwysigach nawr nag erioed.

*With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.*

Wrth fynegi ein hunain nid oes angen fod yn artist neu'n ddawnsiwr arbennig. Nid yw fod y gorau yn rhywbeth neu greu perfformiad yn bwysig o gwbl. Felly, dewch i ni gyd annog ein gilydd i ddod o hyd i nifer o ffyrdd i fod yn greadigol wrth fynegi ein hunain.

*When we express ourselves we don't have to be a great artist or a wonderful dancer. It's not about being the very best at something or putting on a performance. Let's encourage each other to find lots of different ways to get creative and express ourselves.*

Isod mae nifer o adnoddau o Place2Be y gallwch eu defnyddio adre gyda'ch plant.

*There are many resources linked below suggested by Place2Be that can be used with children at home including activity ideas and stories.*

**Gem sgwigl**  
**1 minute Squiggle Game:**

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

**Animeiddiad o Beautiful OOps**  
**Animated version of Beautiful Oops by Barney**  
**Saltzberg:** <https://www.youtube.com/watch?v=2fZjMYdQjGM>

**Origami**  
**Origami dog:**  
<https://www.youtube.com/watch?v=dD4Gv3s3QH8>

**Ioga i Blant**  
**Free children's yoga:**  
<https://cosmickids.com/>