

Profi

DY LES DI
DROS AMSER Y PASG GWNA'N
SIŴR DY FOD YN:



YMLACIO

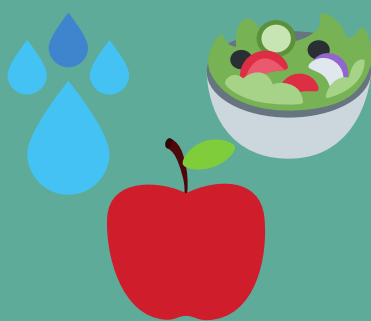
Trwy wneud rhywbeth wyt ti'n ei fwynhau.
Gwranda ar gerddoriaeth ti'n ei hoffi
Gwranda ar bodlediad
Gwna rhywbeth creadigol
Darllen llyfr
Gwna sesiwn ioga ar-lein






CREU RHESTR O BETHAU WYT TI AM EU GWNEUD I GADW'N IACH



GWYLIO BACH O GOMEDI I GODI GWÊN



ÛF DIGON O DDŴR A BWYTA'N IACH

Mae yna sesiynau coginio gan Lisa Fearn ar  a 
neu  YouTube y Fenter i ti ddysgu sgiliau coginio.



YMARFER CORFF

- Creu sesiwn ymarfer cylchol a gosod her i dy hun.
- Ymuna gyda sesiynau fel Joe Wicks:
<https://www.youtube.com/watch?v=IEWeBlvqjDk>
- Sian Spencer gyda 
<https://www.youtube.com/watch?v=CmrdV8P75Fc>
- Ffit Cymru bob bore am 9
<https://www.youtube.com/channel/UCLbGTL7EteW35D35TWqAzJQ>
- Sesiwn dawns - mae Diversity yn cynnig sesiynau am ddim tan Mai
<https://20dv.co.uk/>

NEWYDDION



Mae yna lawer o anwiredd am Covid-19 ar wefannau cymdeithasol felly mae'n well dy fod yn edrych ar wefannau fel y rhain i ddarganfod sut i gadw'n saff:
<https://golwg360.cymru/> <https://www.bbc.co.uk/cymrufyw>
Mae'r wefan isod yn cyflwyno newyddion mewn ffordd haws i ddeall:
<https://www.bbc.co.uk/newsround>
Mae cyngor da ar wefan:
<https://www.meiccymru.org/cym/>
Cofia gael saib o'r newyddion a sicrhau dy fod ond yn cael newyddion tua unwaith y dydd. Edrych mas a rhanna storïau sydd yn codi gwên.



Os oes rhywun yn gwneud i ti deimlo'n drist ar , ,  neu TikTok jyst dileu nhw o dy gyfrif.



Mae yna nifer o sesiynau gan gynnwys 'Dim Salon, Dim problem' a 'Addasu i fod adre' gyda tips defnyddiol ar ,  a  YouTube y Fenter.

Profi

**YOUR WELL-BEING
OVER EASTER MAKE SURE THAT
YOU:**



RELAX

- By doing something you enjoy.
- Listen to music that you like
- Listen to a podcast
- Do something creative
- Read a book
- Do an online yoga session



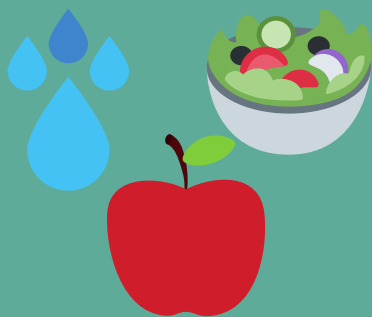
MAKE A LIST OF THINGS TO DO TO KEEP HEALTHY

WATCH A BIT OF COMEDY TO MAKE YOU SMILE




DRINK PLENTY OF WATER AND EAT HEALTHY

There are cooking sessions by Lisa Fearn on Menter's  ,  and  YouTube .



EXERCISE

- Create a circuit exercise session and set yourself a challenge.
- Join sessions like Joe Wicks:
<https://www.youtube.com/watch?v=IEWeBlvqjDk>
- Sian Spencer for 
<https://www.youtube.com/watch?v=CmtdV8Pr5Fc>
- Ffit Cymru every morning at 9
<https://www.youtube.com/channel/UCLbGTL7EteW35D35TWqAzJQ>
- Dance session – Diversity are offering free sessions until May
<https://20dv.co.uk/>



NEWS

There are a lot of incorrect information about Covid-19 on social media so it is best to look at websites like these to find out how to stay safe:

<https://golwg360.cymru/> <https://www.bbc.co.uk/cymrufyw>

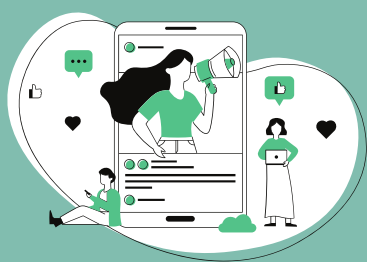
This website presents the news in a way that's easier to understand:
<https://www.bbc.co.uk/newsround>

There's good advice on the following website:
<https://www.meiccymru.org/cym/>

Remember to take a break from the news and ensure that you only follow the news about once a day. Look out for and share news stories that make you smile.



**If someone makes you feel sad
on  ,  ,  or TikTok, just delete
them from your account.**



**There are lots of sessions that
include 'Dim Salon, Dim problem'
and 'Addasu i fod adre' with useful
tips on Menter's  ,  and  YouTube**