

# Syniadau o Weithgareddau allanol

Gwnewch sgwâr allan o frigau

Gwnewch gylch allan o gonau pinwydd

Gwnewch gelf natur

Cuddiwch du ôl coeden

Cydbwyswch ar foncyff

Neidiwch lawr o fonyn coeden

Gwylwch frigyn yn arnofio o dan bont

Gwnewch ffrindiau gyda bwystfil bach

Daliwch ddwylo'r teulu i roi cwtsh i goeden

Neidiwch mewn i bwll ddŵr

Rholiwch lawr rhiw

Ysgrifennwch eich enw gyda natur

Cuddiwch eich traed mewn dail

Gwnewch freichled natur

Gwnewch gartref i anifail

Gwnewch seren allan o frigyn

Adeiladwch dŵr allan o gerrig neu frigau

Chwaraewch gylchoedd a choesau gyda natur

Cerddwch ar hyd coeden wedi cwmpo

Cropiwch o dan gangen

Aroglwch 5 peth gwahanol

Gwnewch ffrindiau gyda choeden

Adeiladwch ffau

Ewch yn droednoeth

Caewch eich llygaid a beth allwch glywed?



# Outdoor Activities Ideas

Make a square using sticks

Make a circle using pine cones

Make a nature art

Hide behind a tree

Balance on a log

Jump off a tree stump

Watch a stick float under the bridge

Make friends with a bug

Hold your families hands to hug trees

Splash in a puddle

Roll down a hill

Write you name or initial with nature

Hide your feet in leaves

Make a nature bracelet

Make a house for an animal

Make a star using a twig

Build a tower from stones or twigs

Play noughts and crosses with nature

Walk along a fallen tree

Crawl under a branch

Find 5 natural items that smell differently

Get to know a tree

Build a den

Go barefoot

Close your eyes, what can you hear?





## Grant Siwt Gwrth-ddŵr Ceredigion Puddle Suit Grant



Rydym yn byw yng Nghymru ac weithiau mae'n bwrw glaw!  
Ond mae'n dal yn bwysig mynd allan a neidio mewn pyllau mwdlyd.

Os oes gennych blentyn 0-5 oed ac yn ffeindio hi'n anodd prynu dillad priodol i fynd allan yr haf hwn, cysylltwch â Cathryn Morgan, Cyngor Sir Ceredigion a gofynnwch am y grant Siwtiau Pwdlo.

We live in Wales and sometimes it rains!

But it's still important to get out and jump in muddy puddles.

If you have a child aged 0-5 years and are struggling to buy appropriate clothing to get out and about this summer, get in touch with Cathryn Morgan, Ceredigion County Council and ask about the Puddle Suits grant.

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