

**RHO GYNNIG ARNI!
GIVE IT A GO!**

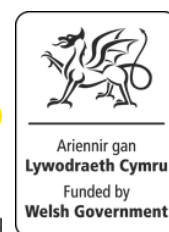
DIWRNOD
**SHWMAE
SU'MAE**
DAY

**HYDREF 15
OCTOBER 15**

PECYN HYRWYDDO PROMOTION PACK 2026



MENTRAU IAITH



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Beth yw Diwrnod Shwmae Su' mae?

- Diwrnod arbennig, ar 15 Hydref, i annog pawb i ddechrau pob sgwrs gyda Shwmae neu Su' mae.
- Cyfle i ddathlu'r Gymraeg yn eich cymuned, gweithle, ysgol neu goleg.
- Mae'n agored i bawb, o bob oedran, o bob cwr o Gymru.
- Does dim rhaid i chi siarad Cymraeg yn rhugl i gymryd rhan!

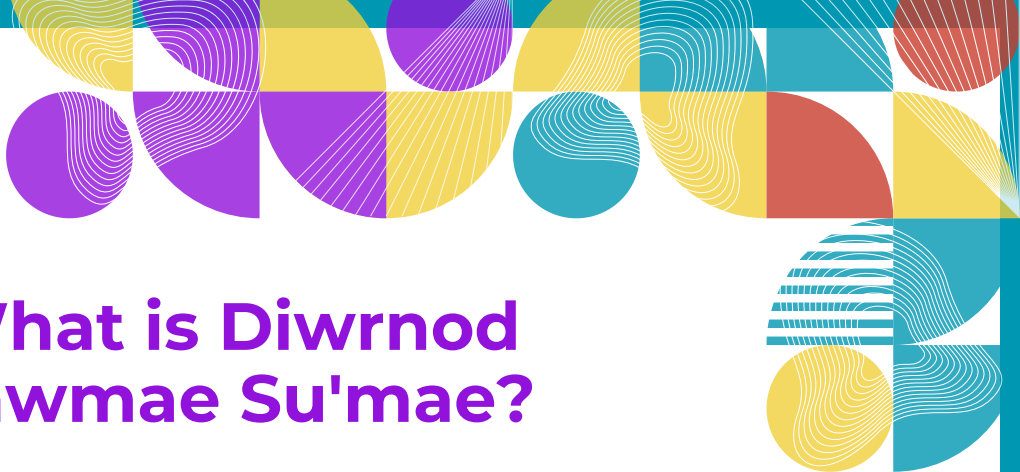
Ble a sut mae cymryd rhan?

- Yn eich ysgol, swyddfa neu glwb. Mewn siop, yn y parc, ar y stryd. Ble bynnag sy'n gyfleus i chi!
- Beth am gynnal eich digwyddiad eich hun - bore coffi, cyngerdd neu sesiwn celf a chrefft?
- Rhedeg busnes? Beth am gynnig gostyngiad i gwsmeriaid sy'n sgwrsio gyda chi yn Gymraeg?
- Sefydlwch grŵp i drefnu gweithgareddau yn lleol.



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What is Diwrnod Shwmae Su'mae?

- A special day, on 15 October, to encourage people to start every conversation with Shwmae or Su'mae.
- An opportunity to celebrate the Welsh language in your community, workplace, school or college.
- It's open to everyone, wherever you are, whatever your age!
- You don't need to be able to speak Welsh fluently to take part!

How and where do I take part?

- At school, at work or at an event. In the park, on the street or at the shops. Wherever is convenient for you!
- Why not hold your own event - a coffee morning, concert or craft session?
- Running a business? Why not offer a discount to customers who chat with you in Welsh?
- Set up a group to organise more events locally in Welsh.



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Thema 2026!

Eleni, thema Diwrnod Shwmae Su' mae yw:

“Pwy Sy’n Dweud Shwmae?”

Eleni, rydyn ni wir eisiau dathlu **chi**.

Rydyn ni eisiau clywed gan bobl o bob cefndir a dangos yr amrywiaeth anhygoel o bobl sy’n defnyddio’r Gymraeg. Boed yn siaradwr Cymraeg neu’n ddysgwr, yn ifanc neu’n hŷn, o ddinas neu o gymuned wledig, rydyn ni eisiau clywed pwy ydych chi, o ble rydych chi’n dod a’ch stori.

O ffermwr yng nghefn gwlad Ceredigion i ddisgybl mewn ysgol, cerddor yng Nghaerdydd, perchennog busnes yng Nghasnewydd neu chwaraewr chwaraeon yn eich cymuned leol, mae gan bawb stori i’w hadrodd.

Ffilmiwch fideo!

Gall eich fideo fod yn gyflwyniad i chi eich hun, yn ffordd o rannu ychydig am eich bywyd, eich gwaith, eich cymuned neu sut mae’r Gymraeg yn rhan o’ch bywyd bob dydd. Gall fod yn ddoniol, yn greadigol, yn bersonol neu’n syml. Does dim ffordd benodol o gymryd rhan. Rydyn ni eisiau eich gweld chi’n bod ynoch chi eich hun.

Rydyn ni eisiau dathlu hunaniaeth, cefndir, cymunedau a’r gwahanol ffyrdd mae pobl yn defnyddio’r Gymraeg, gan ddangos bod croeso i bawb.

Ac yn bwysicaf oll, rydyn ni eisiau pasio’r Shwmae ymlaen.

Ar ddiwedd eich fideo, gofynnwch: **“Pwy sy’n dweud Shwmae nesaf?”**

Neu

Beth am enwebu person, ysgol, grŵp neu sefydliad arall i greu eu fideo eu hunain a pharhau â’r gadwyn?





Theme for 2026!

This year, our theme for Diwrnod Shwmae Su'mae is:

“Who is saying Shwmae?”

This year, we really want to celebrate **you**.

We want to hear from people from all walks of life and show the amazing variety of people who use Welsh. Whether you're a Welsh speaker or learner, young or old, from a city or a rural community, we want to hear who you are, where you're from and your story.

From a farmer in rural Ceredigion to a pupil in a school, a musician in Cardiff, a business owner in Newport or a sports player in your local community, everyone has a story to tell.

Film a video!

Your video could introduce yourself, tell us a little about your life, your work, your community or how Welsh is part of your everyday life. You could make it funny, creative, personal or simple. There's no set way to take part. We want to see you being you.

We want to celebrate people's identities, backgrounds, communities and the different ways they use Welsh, while showing that everyone is welcome.

And, most importantly, we want to pass the Shwmae on.

At the end of your video, ask: **“Who is saying Shwmae next?”**

Or

Why not nominate another person, school, group or organisation to make their own video and continue the chain?



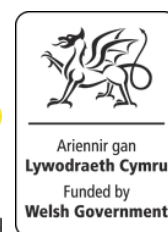


Syniadau i Ddathlu'r Diwrnod

- Creu fideo “Pwy Sy’n Dweud Shwmae?”
- Chwarae cerddoriaeth Gymraeg yn yr ysgol gan ddefnyddio rhestr Spotify Shwmae Su’ mae / Rhestr Chwarae y Siarter Iaith.
- Cynnal bore coffi ar gyfer rhieni.
- Cynnal cwis yn Gymraeg!
- Gwahodd siaradwyr Cymraeg i’r ysgol i gwrdd â’r plant.
- Gosod her ‘Siarad Cymraeg’ a gwobrwyo’r enillydd!
- Coginio cacennau a’u haddurno gyda’r geiriau, ‘Shwmae’ neu ‘Su’ mae’.
- Creu gwaith celf gan ddefnyddio ‘Shwmae’ neu ‘Su’ mae’ fel sbardun - ee, murlun, graffiti, bathodynau, baneri.
- Darllen stori neu gerdd yn y dosbarth.
- Cynnal diwrnod o “Shwmae!” – heriwch bawb yn eich ysgol neu sefydliad i gyfarch ei gilydd yn Gymraeg drwy gydol y dydd.
- Creu wal “Pwy Sy’n Dweud Shwmae?” – gofynnwch i bobl ysgrifennu eu henw, o ble maen nhw, beth maen nhw’n ei wneud neu beth mae’r Gymraeg yn ei olygu iddyn nhw.
- Cynnal “Shwmae am 10:00!” – dewiswch amser penodol i bawb stopio a dweud Shwmae wrth rywun arall.
- Cynnal diwrnod cyfnewid sgiliau – dysgwch air, ymadrodd neu sgil Cymraeg i rywun arall a gofynnwch iddyn nhw ddysgu rhywbeth i chi.
- Creu “Beth yw eich stori?” – recordiwch neu casglwch straeon byr gan bobl yn eich ysgol neu’ch cymuned am eu cysylltiad â’r Gymraeg.
- Gwahodd aelodau o’r gymuned i rannu eu stori – gallai fod yn rhiant, nain neu daid, ffermwr, busnes lleol, artist, athletwr neu unrhyw un arall sy’n defnyddio’r Gymraeg.



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- Cynnal “Sgyrsiau cyflym ‘Shwmae’” – rhowch gyfle i bobl gwrdd â rhywun newydd a chael sgwrs fer yn Gymraeg.
- Trefnu picnic neu ginio Shwmae – dewch â phawb at ei gilydd i fwyta a chymdeithasu drwy gyfrwng y Gymraeg.
- Creu helfa drysor Gymraeg – cuddio geiriau, cliwiau neu dasgau Cymraeg o gwmpas yr ysgol neu’r gweithle.
- Cynnal cystadleuaeth “Y Shwmae mwyaf creadigol” – gall unigolion neu dimau greu eu ffordd eu hunain o ddweud Shwmae.
- Cynnal diwrnod gwisg neu liwiau – gofynnwch i bobl wisgo rhywbeth sy’n cynrychioli eu hunaniaeth, eu cymuned neu eu hoff beth am Gymru.
- Creu baner neu arwydd newydd “Shwmae” i’w arddangos yn eich ysgol, busnes neu gymuned.
- Creu fideo “Shwmae o...” – dangoswch eich lleoliad a dweud Shwmae o’ch ysgol, eich busnes, eich pentref, eich tref neu’ch cymuned.
- Cynnal sesiwn chwaraeon drwy gyfrwng y Gymraeg – pêl-droed, rygbi,awns, yoga, rhedeg neu unrhyw weithgaredd arall.
- Trefnu gweithgaredd cerddorol – canu cân Gymraeg gyda’ch gilydd, cynnal sesiwn offerynnau neu wahodd cerddor lleol i berfformio.
- Creu podlediad neu gyfweliad byr – cyfwelwch â rhywun am eu gwaith, eu diddordebau neu eu cysylltiad â’r Gymraeg.
- Cynnal bore neu brynhawn gemau Cymraeg – bingo, charades, Pictionary, gemau bwrdd neu gemau tîm.
- Dysgu “5 gair newydd” – heriwch bawb i ddysgu pum gair neu ymadrodd Cymraeg newydd yn ystod y dydd.
- Trefnu teithiau lleol yn Gymraeg – ewch am dro, ymweld â lle lleol neu ddysgu am hanes a straeon eich ardal.
- Cysylltu â sefydliad arall – trefnwch alwad fideo neu weithgaredd ar y cyd gyda rhywun mewn ysgol, busnes neu gymuned arall.



Ideas to celebrate the day

- Create a “Who is saying Shwmae?” video
- Play Welsh music at school using the Shwmae Su’mae Playlist on Spotify or the Welsh Language Charter Playlist.
- Hold a coffee morning for parents.
- Hold a quiz in Welsh!
- Invite Welsh speakers to school to chat to pupils.
- Set a ‘Siarad Cymraeg’ challenge and give a prize to the winner.
- Bake cakes and decorate them with the words, ‘Shwmae’ or ‘Su’mae’.
- Create an artwork using ‘Shwmae’ or ‘Su’mae’ as a starting point - eg, mural, graffiti, badges or flags.
- Read a Welsh story or poem in class.
- Have a day of “Shwmae!” – challenge everyone in your school or organisation to greet each other in Welsh throughout the day.
- Create a “Who Says Shwmae?” wall – ask people to write their name, where they’re from, what they do or what Welsh means to them.
- Have a “Shwmae at 10:00!” moment – choose a time for everyone to stop and say Shwmae to someone else.
- Hold a skills swap – teach someone a Welsh word, phrase or skill and ask them to teach you something in return.
- Share “What’s your story?” – record or collect short stories from people in your school or community about their connection with Welsh.
- Invite members of your community to share their story – this could be a parent, grandparent, farmer, local business owner, artist, athlete or anyone else who uses Welsh.



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- Hold “Shwmae speed chats” – give people the opportunity to meet someone new and have a short conversation in Welsh.
 - Organise a Shwmae picnic or lunch – bring everyone together to eat, chat and socialise through the medium of Welsh.
 - Create a Welsh-language treasure hunt – hide Welsh words, clues or challenges around your school or workplace.
 - Run a “Most Creative Shwmae” competition – individuals or teams can come up with their own creative way of saying Shwmae.
 - Have a dress-up or colours day – ask people to wear something that represents their identity, community or something they love about Wales.
 - Create a new “Shwmae” banner or sign to display at your school, workplace or in your community.
 - Create a “Shwmae from...” video – show us where you are and say Shwmae from your school, business, village, town or community.
 - Hold a Welsh-language sports session – football, rugby, dance, yoga, running or any other activity.
 - Get musical – sing a Welsh song together, hold a music session or invite a local musician to perform.
 - Create a podcast or short interview – interview someone about their work, interests or connection with Welsh.
 - Hold a Welsh games session – bingo, charades, Pictionary, board games or team games.
 - Learn “5 new words” – challenge everyone to learn five new Welsh words or phrases during the day.
 - Organise a local walk or trip through the medium of Welsh – explore a local place or learn about the history and stories of your area.
 - Connect with another organisation – arrange a video call or joint activity with another school, business or community.
- 

HYRWYDDO'R DATHLU

Rhannwch ein postiadau ar y cyfryngau cymdeithasol dros yr wythnosau nesaf.

Rhannwch luniau o'ch digwyddiadau chi gan ddefnyddio'r hashtag, #shwmae26 a thagio @diwrnodshwmaesumae ar Facebook neu @diwrnodshwmaesumae ar Instagram a TikTok.

Mae adnoddau ar gael am ddim ar wefan shwmae.cymru neu gallwch ddefnyddio'r poster yn y pecyn yma i hyrwyddo eich digwyddiad.



Mae rhestr chwarae o ganeuon Cymraeg ar Spotify yn arbennig ar gyfer y diwrnod eleni.

[Diwrnod Shwmae Su'mae 2026](#)



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PROMOTING THE CELEBRATIONS

Share our social media posts over the coming weeks.

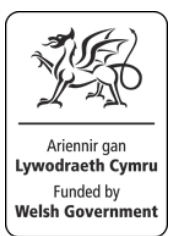
Post photos of your own events. Use the hashtag, #shwmae26 and tag @diwrnodshwmaesumae on Facebook or @diwrnodshwmaesumae on Instagram a TikTok.

Download resources from the shwmae.cymru website for printing and decorating - they're free! Or use the poster in this pack to advertise your events.



There's a playlist of Welsh songs on Spotify created to celebrate the day this year.

Diwrnod Shwmae Su'mae
2026



TEMPLEDI AR GYFER POSTIADAU CYFRYNGAU CYMDEITHASOL

Pwy sy'n dweud Shwmae? 🙌

Eleni, rydyn ni'n ymuno ag ymgyrch Pwy Sy'n Dweud Shwmae? i ddathlu'r bobl, y cymunedau a'r straeon sy'n gwneud Cymru mor amrywiol.

Dyma [ENW/PERSON/GRŴP] yn dweud Shwmae o [LLEOLIAD]!

Pwy fydd yn dweud Shwmae nesaf? 👁️

@mentrauaithcymru @diwrnodshwmaesumae
#shwmae26

Shwmae! 🙌

Rydyn ni'n dathlu Diwrnod Shwmae Su' mae eleni drwy [DISGRIFIO EICH GWEITHGAREDD].

Mae'r diwrnod yn gyfle i ddathlu'r Gymraeg a'r holl bobl sy'n ei defnyddio mewn gwahanol ffyrdd, mewn gwahanol leoedd ac o bob math o gefndiroedd. Rhowch gynnig ar ddechrau eich sgwrs yn y Gymraeg! Beth fyddwch chi'n ei wneud i ddathlu?

@mentrauaithcymru @diwrnodshwmaesumae
#shwmae26

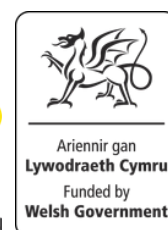
Rydyn ni wedi dweud Shwmae! 🙌

Nawr, pwy sy'n dweud Shwmae nesaf?

Rydyn ni'n enwebu [ENW PERSON/SEFYDLIAD] i ymuno â ni i rannu sut maen nhw'n dathlu Diwrnod Shwmae Su' mae.

Eich tro chi nawr! 👁️

@mentrauaithcymru @diwrnodshwmaesumae
#shwmae26





TEMPLATES FOR SOCIAL MEDIA POSTS

Who's saying Shwmae? 🙌

This year, we're joining the Pwy Sy'n Dweud Shwmae? / Who's Saying Shwmae? campaign to celebrate the people, communities and stories that make Wales so diverse.

Here's [NAME/PERSON/GROUP] saying Shwmae from [LOCATION]!

Who will say Shwmae next? 👀

**@mentrauiathcymru @diwrnodshwmaesumae
#shwmae26**

Shwmae! 🙌

We're celebrating Diwrnod Shwmae Su'mae this year by [DESCRIBE YOUR ACTIVITY].

The day is an opportunity to celebrate Welsh and all the different people who use it in different ways, in different places and from all kinds of backgrounds. Have a go at starting your conversation in Welsh!

How will you be celebrating?

**@mentrauiathcymru @diwrnodshwmaesumae
#shwmae26**

We've said Shwmae! 🙌

Now, who's saying Shwmae next?

We're nominating [NAME/PERSON/ORGANISATION] to join us and create their own way of celebrating Diwrnod Shwmae Su'mae.

Over to you! 👀

**@mentrauiathcymru @diwrnodshwmaesumae
#shwmae26**



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Torrwch hwn allan a'i lamineiddio i'w ddefnyddio mewn lluniau.
Print, cut and laminate for use in photos!

SHWMAE



Torrwch hwn allan a'i lamineiddio i'w ddefnyddio mewn lluniau.
Print, cut and laminate for use in photos!

SU' MAE

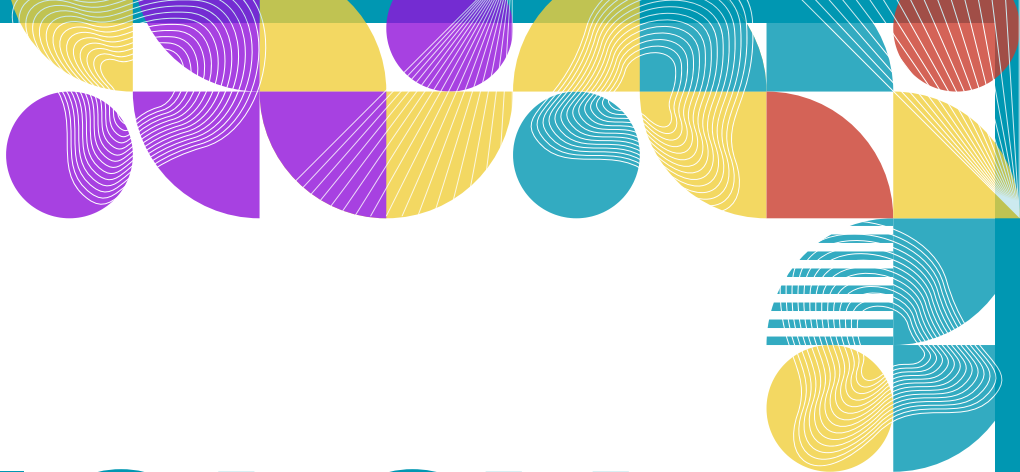
DIWRNOD
**SHWMAE
SU'MAE**
DAY

HYDREF 15
OCTOBER 15



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DIOLCH THANK YOU

#SHWMAE26



www.shwmae.cymru



diwrnodshwmae@gmail.com



[@diwrnodshwmaesumae](https://www.instagram.com/diwrnodshwmaesumae)



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[@diwrnodshwmaesumae](https://www.tiktok.com/@diwrnodshwmaesumae)



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