

Grwp y Detectifs Meddwl



Julia Perkins-Thomas

Cefndir / Background

- ◉ Incredible Years
 - Carolyn Webster-Stratton
 - Ysgol Dina / Dina School
- ◉ Egwyddorion Grwp Nuture / Nuture Group Principles
- ◉ Meditation
- ◉ PRU - Rhyl

Trefn y Rhaglen / Programme Organisation

- ◉ 10 sesiwn yn para tua 2.5 awr yr un
- ◉ 10 sessions lasting about 2.5 hours each

- ◉ hy.1 sesiwn yr wythnos am 10 wythnos
- ◉ ie.1 session per week for 10 weeks

Pa Blant i Ddewis? / Which Children to Choose?

● 6 – 8 plentyn / 6 – 8 children

- Ysgol i ddewis plant a chymysgedd o phroblemau ymddygiad, cymdeithasol neu emosiynol / School to choose children with a mixture of behavioural, social or emotional problems

● Boxall Profile

- 1- cyn dechrau'r rhaglen/before starting
- 2- ar ol y 10 wythnos/after the 10 weeks
- 3- tymor ar ol gorffen/a term after completion

Beth sydd angen i ddechrau?

What's needed to get started?

- ◉ Oedolyn brwdfrydig a positif i redeg y rhaglen / Enthusiastic and positive adult to run the programme
- ◉ Ystafell addas / Suitable room
- ◉ Pypedau / Puppets
- ◉ Llestri Brecwast a lle i olchi llestri – Breakfast equipment and access to water to wash up
- ◉ Chwaraewr CD – CD Player

Gwersi / Lessons

- ◉ 1 – Rheolau / Rules
- ◉ 2 – Gwneud eich gorau / Doing your best
- ◉ 3 & 4 – Teimladau / Feelings
- ◉ 5 & 6 – Datrys Problemau / Solving Problems
- ◉ 7 & 8 – Rheoli Tymer / Controlling Temper
- ◉ 9 – Bod yn Ffrind Da / Being a Good Friend
- ◉ 10-Dathliadau / celebrations

Cynllun y Gwersi / Lesson Plan

- ◉ Croeso - Welcome
- ◉ Ymlacio - Relaxation
- ◉ Amser Cylch - Circle Time
- ◉ Amser Cymdeithasu - Social Time
- ◉ Amser Chwarae - Play Time
- ◉ Trafod a Chwarae Rhan - Discussion & Role Play
- ◉ Gweithgaredd/Gem - Activity/Game
- ◉ Gwaith Cartref a Sesiwn i Gloi – Homework &

Closing

session

Croeso / Welcome



Ymlacio / Relaxation









Amser Cylch / Circle Time



Amser Cymdeithasu / Social Time











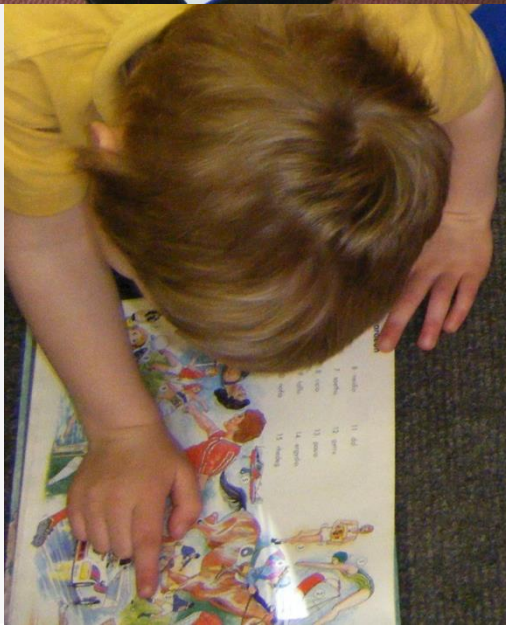
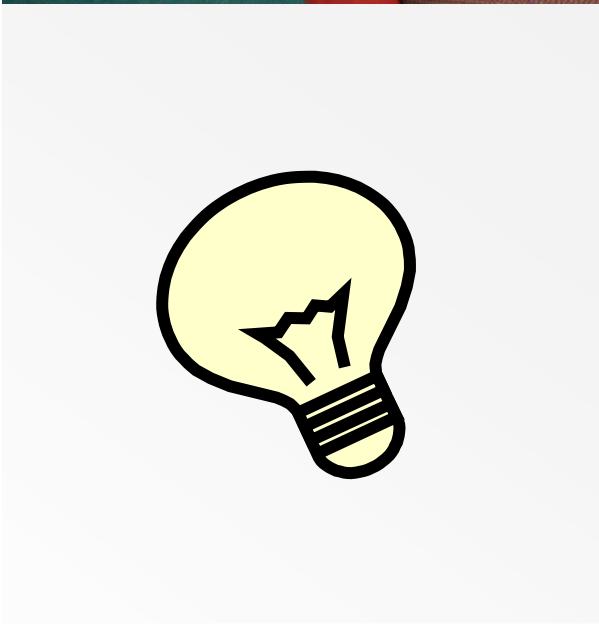
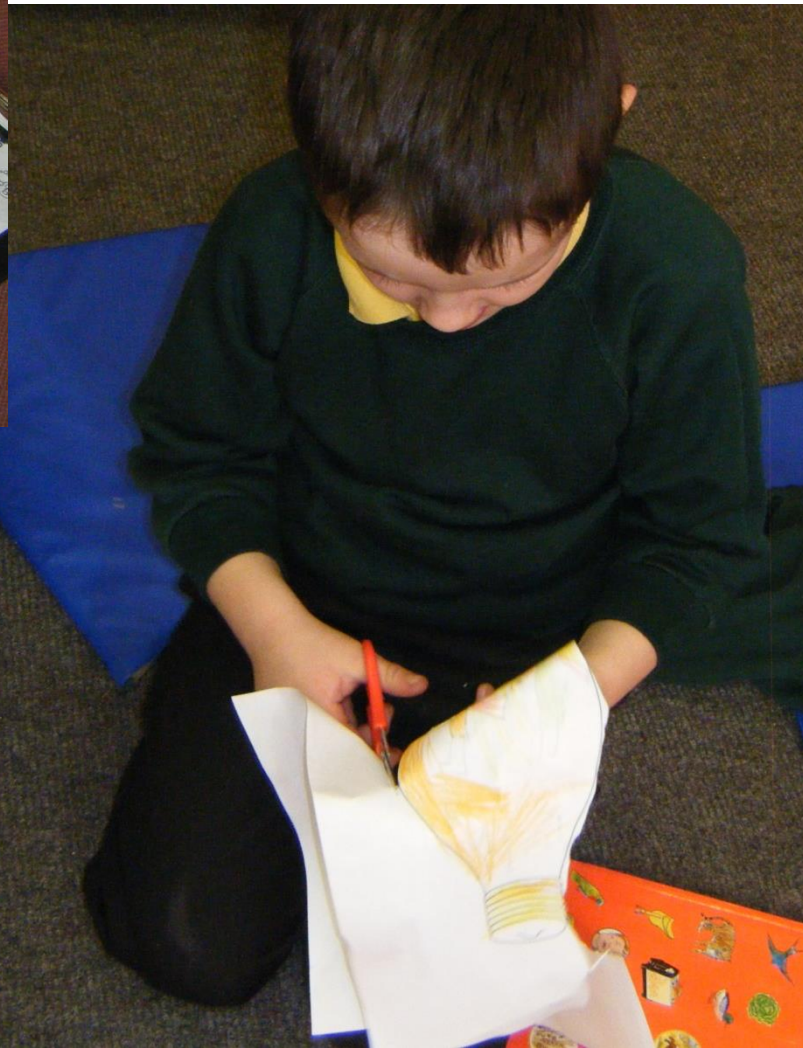


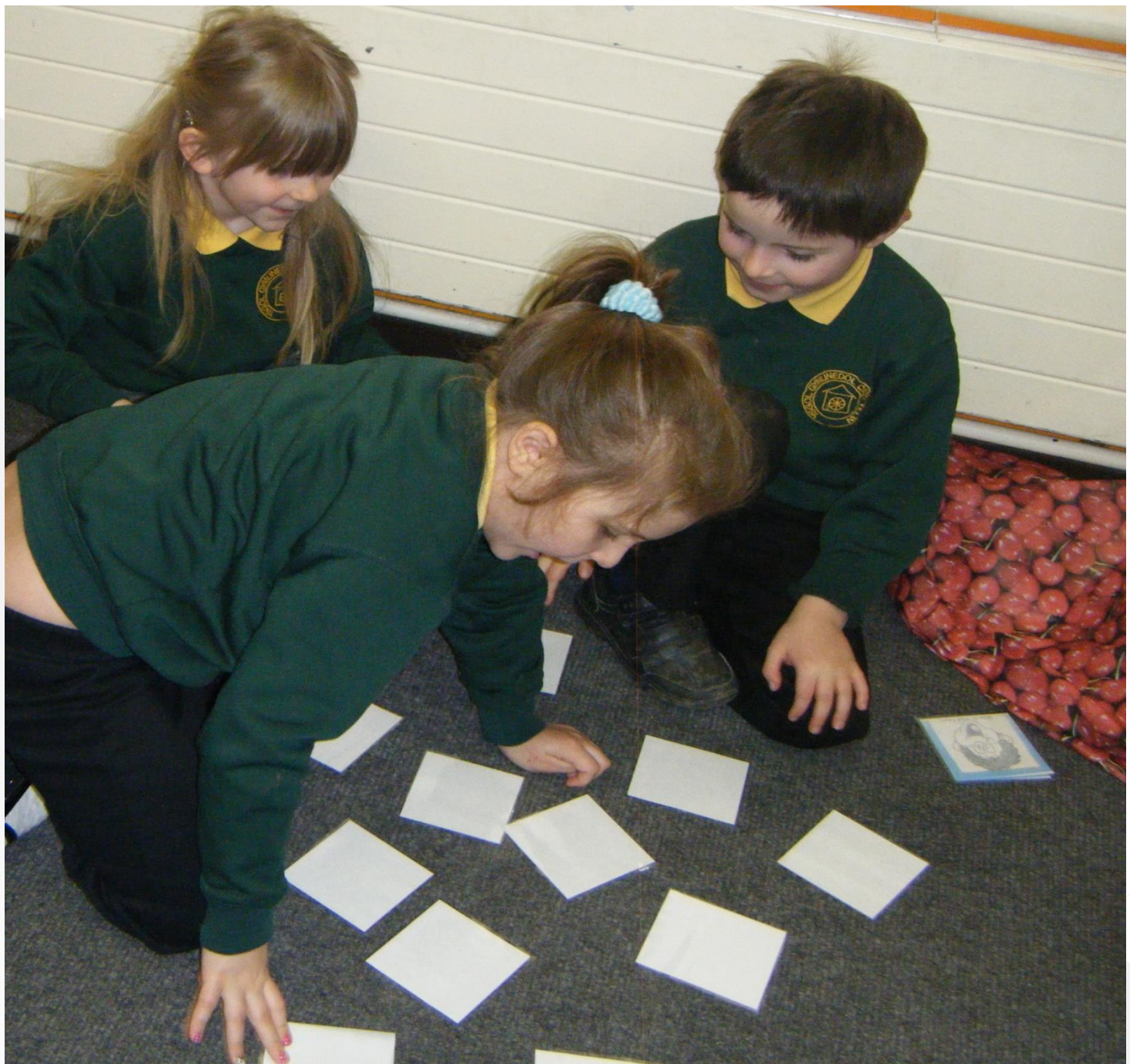
Trafod a Chwarae Rhan / Discussion & Role Play



Gweithgaredd/Gem - Activity/Game









Gwaith Cartref a Sesiwn i Gloi / Homework & Closing Session



Beth ni'n disgwyl o'r Ysgol / What we expect from the school?

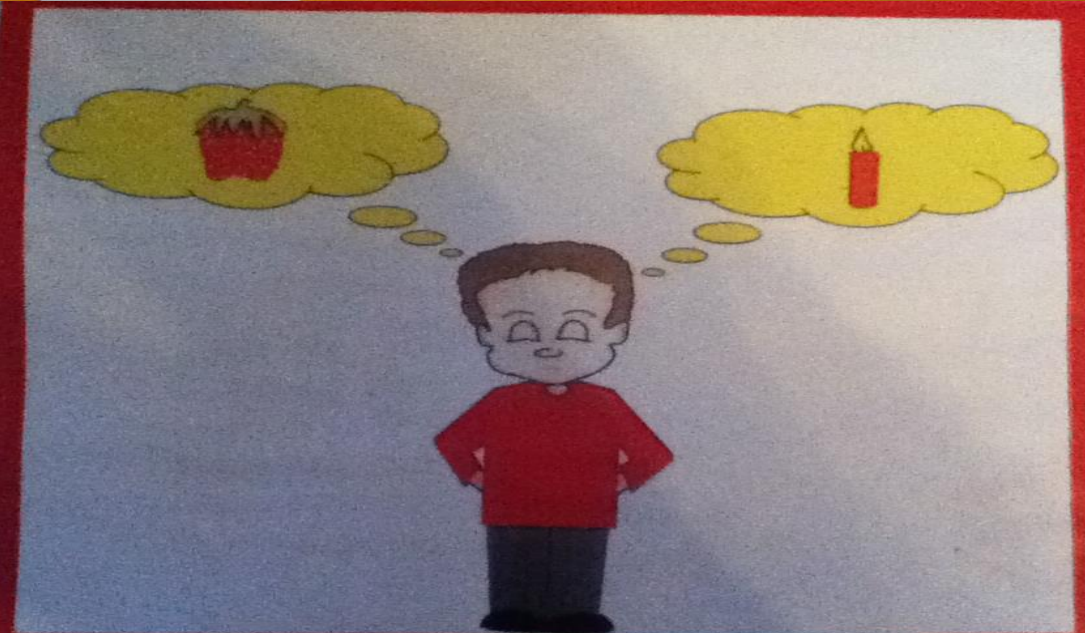
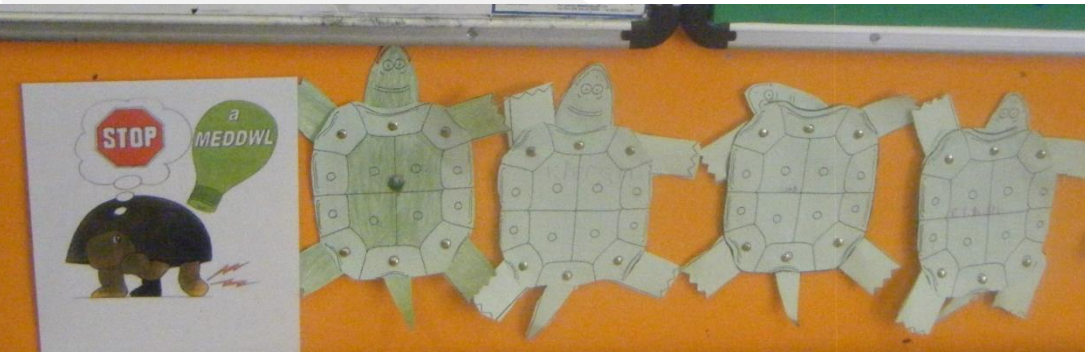
- 1 – Pob dosbarth
i gael Cadair/
Cwtch/Cornel
neu Bwrdd Meddwl.
- 1 - Every class to have
A Thinking Chair/
Cwtch/Corner or
Table.
a 'Braich Anwybyddu'
And 'Ignore Muscle.'



Gwasanaeth Ysgol ar Datrys Problemau / School Assembly on Problem Solving



Pob Dosbarth i drafod 'Rheoli Tymer' / Each Class to discuss 'Controlling Temper.'



Hwyl o Penboyr / Bye from Penboyr

Hmwl o Hapurall / Bye from Hapurall



Hwyl o Betws - Bye from Betws

Hmxi o Betws - Bye from Betws



Hwyl o Cae'r Felin / Bye from Cae'r Felin

