



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Yr Athrofa
Centre *for* Education
Addysg i Gymru | Education for Wales



Partneriaeth Dysgu Proffesiynol **Yr Athrofa**
Yr Athrofa Professional Learning Partnership

Trawsnewid Addysg Gyda'n Gilydd Transforming Teaching Together

ECAD4017

**Iechyd a Lles
Cylchdro 2**

**Health and Well being
Rotation 2**



Partneriaeth Dysgu Proffesiynol **Yr Athrofa**
Yr Athrofa Professional Learning Partnership



[Trosolwg - Cynllunio eich Cwricwlwm: Iechyd a Lles - Adnoddau
- Hwb](#)



[Overview - Curriculum Design: Health and Well-being -
Resources - Hwb](#)



▼ Mae'r ffordd rydym yn prosesu ein profiadau ac yn ymateb iddyn nhw yn effeithio ar ein hiechyd meddwl a'n lles emosiynol.



Cam cynnydd 1

Mae gen i ymwybyddiaeth o'r hyn rwy'n ei ganfod a'i feddwl.

Rwy'n gallu canolbwyntio fy sylw ac yn ymwybodol fy mod yn gallu gwneud hyn.

Rwy'n dechrau dod yn ymwybodol fod meddyliau a theimladau yn newid, ac rwy'n dechrau sylwi pan mae newid yn digwydd.

Rwy'n gallu sylwi sut rwy'n teimlo, a chyfathrebu hyn.

Rwy'n dechrau magu ymwybyddiaeth o sut mae teimladau'n cael eu mynegi trwy weithredoedd.

Cam cynnydd 2

Rwy'n gallu, gyda chefnogaeth, canolbwyntio ar yr hyn rwy'n ei ganfod a'i feddwl.

Rwy'n gallu deall sut a pham mae fy meddyliau, fy nheimladau a'm gweithredoedd yn newid mewn ymateb i wahanol brofiadau.

Rwy'n gallu sylwi ar fy nheimladau, a'u cyfathrebu.

Rwy'n dechrau sylwi pan mae angen cymorth arnaf i reoli fy nheimladau.

Rwy'n gallu myfyrio ar fy mhrofiadau.

Cam cynnydd 3

Rwy'n gallu adnabod manteision fy mod yn gallu canolbwyntio ar yr hyn rwy'n ei ganfod a'i feddwl ac rwy'n gwybod fy mod yn datblygu fy [hunanymwybyddiaeth](#).

Rwy'n gallu hunanreoleiddio fy emosiynau mewn ffordd ddiogel gan ddefnyddio strategaethau rwyf wedi eu datblygu.

Rwy'n gallu gweld manteision cyfathrebu am deimladau fel un o'r ystod o strategaethau sy'n gallu bod o gymorth i hyrwyddo iechyd meddwl cadarnhaol a lles emosiynol.

Rwy'n gallu gofyn am gymorth gan bobl rwy'n ymddiried ynddyn nhw pan rwyf ei angen.

Rwy'n gallu myfyrio ar y ffordd y mae digwyddiadau a phrofiadau yn y gorffennol wedi effeithio ar fy meddyliau, fy nheimladau a'm gweithredoedd.

Rwy'n gallu rhagweld sut y gallai digwyddiadau'r dyfodol wneud i mi ac i eraill deimlo.

Mae gen i ymwybyddiaeth o deimladau pobl eraill.

Rwy'n gallu rhoi sylw i deimladau pobl eraill ac rwy'n dysgu meddwl am y

Rwy'n gallu dangos [empathi](#) tuag at eraill.



▼ How we process and respond to our experiences affects our mental health and emotional well-being.

Progression step 1

I have an awareness of my [perceptions](#) and thoughts.

I can focus my attention and am aware of being able to do this.

I am beginning to have an awareness that thoughts and feelings change, and I am starting to notice when change happens.

I can notice and communicate how I am feeling.

I am beginning to have an awareness of how feelings are communicated through actions.

I have an awareness of the feelings of others.

Progression step 2

I can, with support, focus attention on my [perceptions](#) and thoughts.

I can understand how and why my thoughts, feelings and actions change in response to different experiences.

I can notice and communicate my feelings.

I am beginning to notice when I need help to manage my feelings.

I can reflect on my experiences.

I can pay attention to the feelings of others and I am learning to think about why they may feel that way.

Progression step 3

I can recognise the benefits of being able to focus attention on my [perceptions](#) and thoughts and know that I am developing my [self-awareness](#).

I can [self-regulate](#) my emotions in a healthy way using strategies that I have developed.

I can see the benefits of communicating about feelings as one of a range of strategies which can help promote positive mental health and emotional well-being.

I can ask for help when I need it from people I trust.

I can reflect on the way that past events and experiences have affected my thoughts, feelings and actions.

I can anticipate how future events may make me and others feel.

I can empathise with others.

I can understand how and why



[Trosolwg - Mewn glôb: deall a rheoli emosiynau -](#)
[Adnoddau - Hwb](#)

[Overview - In a globe: understanding and managing](#)
[emotions - Resources - Hwb](#)

Llyfrau i sbarduno

Books as a stimulus

Llyfrau iechyd a lles • Health & wellbeing books

IECHYD A LLES

Llyfrau Stori a Llion Dwyieithog Bilingual Picture Books

Prif Themâu Main Themes		
Cefn y Coala Carcus / The Koala Who Could Rachel Bright Addas: Eirig Salisbury	Gwyltwech Wynibu ofnau Resilience Facing our fears	Atebol £6.99 9781910574621
Dannedd Mel Morgwen / Mel Morgwen's Teeth Gordon Jones	Hyeligid Hygiene	Rily £6.99 9781849671804
Dyma Sam / This is Sam Chris Chatterton Addas: Elin Meek	Cyfadawdu Compromising	Dref Wen £5.99 9781784231613
Gormod o Bopeth! / Too Much Stuff! Emily Gravett Addas: Mari George	Dylanwadau cymdeithasol Social influences	Rily £6.99 9781849674874
Gyda'n Gilydd / Together We Can Caryl Hart Addas: Mari George	Cyfeilgarwch Friendship, Working together	Rily £5.99 9781849670982
Mae'n iawn Bod yn Wahanol / It's Okay to Be Different Todd Parr Addas: Gai Saunders Jones	Derbyn ein gilydd, Deallterfaeth Acceptance, Understanding	Atebol £4.99 9781908574480
Milly Mircat Oakley Graham Addas: Megan Lewis	Penderfyniadau, Gonestrydd Decisions, Honesty	Atebol £5.99 9781908574794
Môr ac Awyr / Ocean Meets Sky Y Brodyr Fan Addas: Tudur Dylan Jones	Atgofion teulu, Cydberthnasau Family Memories, Relationships	Rily £6.99 9781849670579
Paid â Phoeni / Don't Worry, Hugless Douglas David Melling Addas: Dafydd Saunders Jones	Pryder/Poeni, Profadau bywyd Worry, Life Experiences	Atebol £5.99 9781908574992
Seren Crau'r Sêr / Super Duper You! Sophy Henn Addas: Ceri Wyn Jones	Bod yn Unigolyn Individuality	Rily £5.99 9781849670968
Sgubo / Sweep Louise Grogg Addas: Eirig Salisbury	Teimladau, Rheoli Dictor Feelings, Controlling anger	Atebol £7.99 9781912261314
Y Llew Tu Mewn / The Lion Inside Rachel Bright Addas: Eirig Salisbury	Gwyltwech, Wynibu ofnau Resilience, Facing our fears	Atebol £6.99 9781910574294

#carudarlleu #loveadrian

CYNGOR LLYFRAU CYMRU

Llyfrau Stori a Llion Cymraeg a Saesneg Welsh Language and English Language Picture Books

Prif Themâu Main Themes		
Drewy fy Llygaid i Jon Roberts Addas: Mary Jones	Awtistiaeth	Grafteg £7.99 9781910205079
Through the Eyes of Me	Autism	Grafteg £6.99 9781912213009
Het Gynnes Tad-Cu Malachy Doyle Addas: Siân Lewis	Cydberthnasau, Cofio	Gomer £5.99 9781848518803
Tad-cu's Bobble Hat	Relationships, Remembering	Pont Books £5.99 9781848518261
Mall a'r Goleudy Malachy Doyle Addas: Anwen Pierce	Dewerder, Caredigrwydd	Grafteg £12.99 9781913634179
Molly and the Lighthouse	Bravery, Kindness	Grafteg £12.99 9781913134914
Mall a'r Morfil Malachy Doyle Addas: Mary Jones	Cydberthnasau, Gofalu am eraill	Grafteg £12.99 9781913134327
Molly and the Whale	Relationships, Caring for others	Grafteg £12.99 9781913134044
Mam-Gu a Fi Jessica Shepherd Addas: Mary Jones	Dementia	CAA Cymru £5.99 9781845216924
Perfect	Dementia	Child's Play International £6.99 9781846435973
Perffail Nicola Davies Addas: Mary Jones	Teulu, Disgwyliadau	Grafteg £7.99 97819102050093
Perfect	Family, Expectations	Grafteg £7.99 97819102050093
Pobol Dros Nesa Marian Sheffan Ross Addas: Elin Meek	Cynhwysiant	Y Lolfa £3.99 9781784617233
Those People Next Door	Inclusion	Y Lolfa £3.99 9781800990098
Y Cwilt Valerienne Leblond Addas: Elin Meek	Gobaith, Mudo	Y Lolfa £6.99 9781784617974
The Quilt	Hope, Emigration	Y Lolfa £6.99 9781784618087
Y Ddinas Uchel Huw Aaron Addas: Elin Meek	Penderfyniadau, Dylanwadau cymdeithasol Decisions, Social influences	Atebol £6.99 9781913245047
Y Ddinas Uchel / The Builders	Decisions, Social influences	Atebol £6.99 9781801060189
Y Pell Nicola Davies Addas: Mary Jones	Marwolaeth, Galar	Grafteg £7.99 97819102050086
The Pond	Death, Grief	Grafteg £7.99 9781912213504
Y Goedden Gofio Britta Teckentrup Addas: Ceri Wyn Jones	Galar, Cydberthnasau	Gomer £4.99 9781848517011
The Memory Tree	Grief, Relationships	Orchard Books £6.99 9781408326343

Llyfrau Stori a Llion Cymraeg Welsh Language Picture Books

Prif Themâu Main Themes		
Cwmwl Cai Nia Parry	Teimladau, Meddygarwch Feelings, Mindfulness	Gomer £6.99 9781785622977
Haf ac Oslan Maele Paradise Shearning Addas: Elin Meek	Cynhwysiant Inclusion	Dref Wen £5.99 9781784231132
Morfil y Storm yn y Gaeaf Benji Davies Addas: Elin Meek	Unigrywdd Loneliness	Dref Wen £5.99 9781784230876
Tedi Bêr y Sâr Dawn Coulter-Cruttenden Addas: Non Tudur	Teimladau, Colled, Awtistiaeth Feelings, Loss, Autism	Rily £6.99 9781849674515
Ti a Ffrin Gwenedd Tim Siri Halls Addas: Gwynne Williams	Frindiau, Cyfeilgarwch Friends, Friendship	Dref Wen £5.99 9781784231453
Y Goedden Ioga Leisa Merend	Meddygarwch Mindfulness	Gomer £5.99 9781785622199
Y Lloches Celine Claire Addas: Anerin Karadog	Cydberthynas Relationship	Rily £6.99 9781849674904

Llyfrau Ffethliadol Darluniadol Cymraeg Welsh Language Illustrated Non-fiction Books

Cawson Ni i Gyd eidd Geni'n Rhydd Amnesty International Addas: Elin Meek	Hawliau dynol Human Rights	Rily £6.99 9781849670302
Sut Dwy'n Teimlo - Dywyl i Garu dy Deimladau Elmor Greenwood Addas: Elin Meek	Emosiynau Emotions	Rily £6.99 9781849674218

Llyfrau Stori a Llion Saesneg English Language Picture Books

#Goldilocks a Cautionary Tale Joseph Coelho Addas: Elin Meek	Gwneud Penderfyniadau, Ymddygiad Ar-leen Decision making, Online behaviour	Andersen Press £6.99 9781783447176
If All The World Were Michael Rosen Addas: Elin Meek	Proffediolaeth, Atgofion Bereavement, Memories	Frances Lincoln £6.99 9781786036513
Michael Rosen's Sad Book Michael Rosen Addas: Elin Meek	Tristwch, Galar Sadness, Grief	Walker £6.99 9781406371848
Ruby's Worries Tom Percival Addas: Elin Meek	Pryderon Worries	Bloomsbury £6.99 9781408892152
The New Girl Nicola Davies Addas: Elin Meek	Cydberthnasau, Derbyn pobl Relationships, Acceptance	Grafteg £7.99 9781913634223
Up and Down Mum	Athwylder deubwngw, Teulu Bipolar disorder, Family	Child's Play International £6.99 9781786283399

Nofelau Cymraeg a Saesneg Welsh Language and English Language Novels

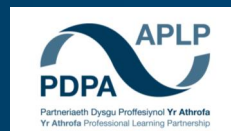
Cwmwl Dros y Cwm Gareth F. Williams Addas: Elin Meek	Dylanwadau cymdeithasol Social influences	Gwasg Carreg Gwalch £5.99 9781845274405
The Darkest of Days		Gwasg Carreg Gwalch £5.99 9781845275877

Taflen Llyfrau Iechyd a Lles.pdf



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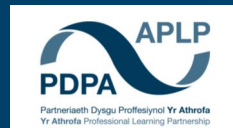


Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives



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Calm Bottle (aka Glitter Jar)

By creativesocialworker in Craft > Mason Jars  418,859  90  7



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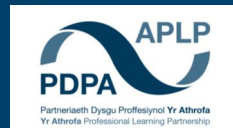


[Calm Bottle \(aka Glitter Jar\) : 3 Steps - Instructables](#)



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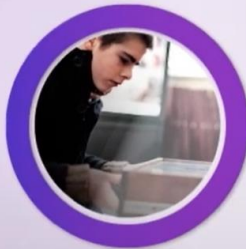
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Y Celfyddydau
Mynegiannol



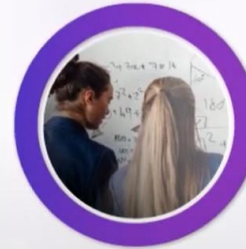
Iechyd a Lles



Y Dyniaethau



Ieithoedd,
Llythrennedd
a Chyfathrebu



Mathemateg
a Rhifedd

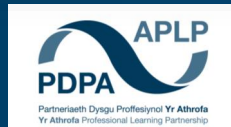


Gwyddoniaeth
a Thechnoleg



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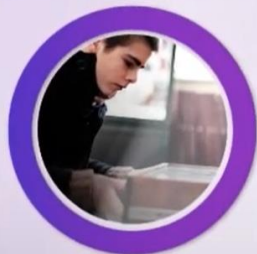
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Expressive Arts



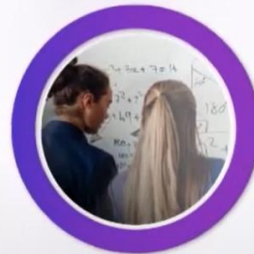
Health and
Well-being



Humanities



Languages,
Literacy and
Communication



Mathematics
and Numeracy



Science and
Technology



Ideas?

Syniadau?



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