

ECCE4002C

Ffynnu trwy'r blynyddoedd: Datblygiad dynol a lles

ECCE4002

Thriving through the years: Human development and wellbeing

Thema 4: Gweithdy lyfr llofion digidol

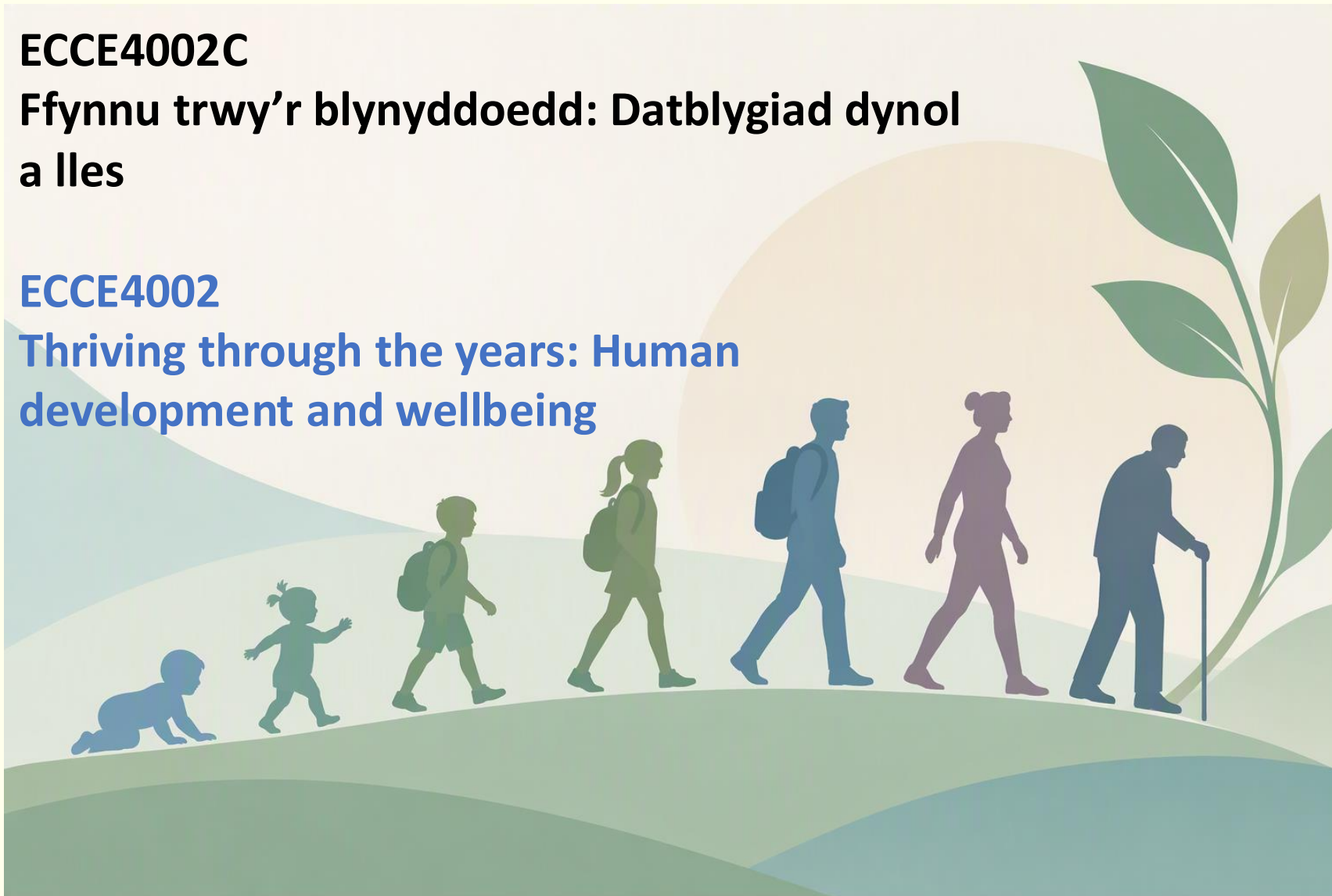
Theme 4: A digital scrapbook workshop

ECCE4002C

**Ffynnu trwy'r blynyddoedd: Datblygiad dynol
a lles**

ECCE4002

**Thriving through the years: Human
development and wellbeing**



Deilliannau Dysgu

Learning outcomes

Erbyn diwedd y sesiwn byddwch yn gallu:

- Deall beth yw llyfr lloffion digidol
- Adnabod gwahanol ffyrdd o gyflwyno gwybodaeth yn ddigidol
- Archwilio beth i'w gynnwys (a beth i'w osgoi)
- Datblygu syniadau ar gyfer eich llyfr lloffion eich hun

By the end of this session, you will:

- Understand what a digital scrapbook is
- Identify different ways to present information digitally
- Explore what to include (and what to avoid)
- Develop ideas for your own scrapbook

Beth yw llyfr llofion?

What is a digital scrapbook?

Mae llyfr llofion digidol yn bortffolio academaidd creadigol sy'n cyfuno:

- Ymchwil, Damcaniaeth, Myfyrio, Delweddau a chyfryngau, Taith ddysgu bersonol
- Yn wahanol i draethawd traddodiadol, mae llyfr llofion yn caniatáu i chi gyflwyno gwybodaeth mewn ffyrdd gwahanol tra'n dangos dealltwriaeth academaidd.

A digital scrapbook is a creative academic portfolio that combines:

- Research, Theory, Reflection, Images and media, Personal learning journey
- Unlike a traditional essay, a scrapbook allows you to present information in different ways while still demonstrating academic understanding.

Trafodwch: Beth gall llyfr llofion cynnwys?
Discuss: What might we include?

Beth gall llyfr llofion cynnwys?

What might we include?

- Ffotograffau
 - Diagramau
 - Mapiau meddwl
 - Infograffeg
 - Crynodebau ymchwil
 - Myfyrdodau beirniadol
 - Damcaniaethau datblygiadol
 - Erthyglau papur newydd
 - Astudiaethau achos
 - Fideos neu godau QR
 - Lluniadau neu ddarluniau
 - Mentrau a gwasanaethau llesiant
- Photographs
 - Diagrams
 - Mind maps
 - Infographics
 - Research summaries
 - Critical reflections
 - Developmental theories
 - Newspaper articles
 - Case studies
 - Videos or QR codes
 - Drawings or illustrations
 - Wellbeing initiatives and services

Beth I osgoi

What to avoid

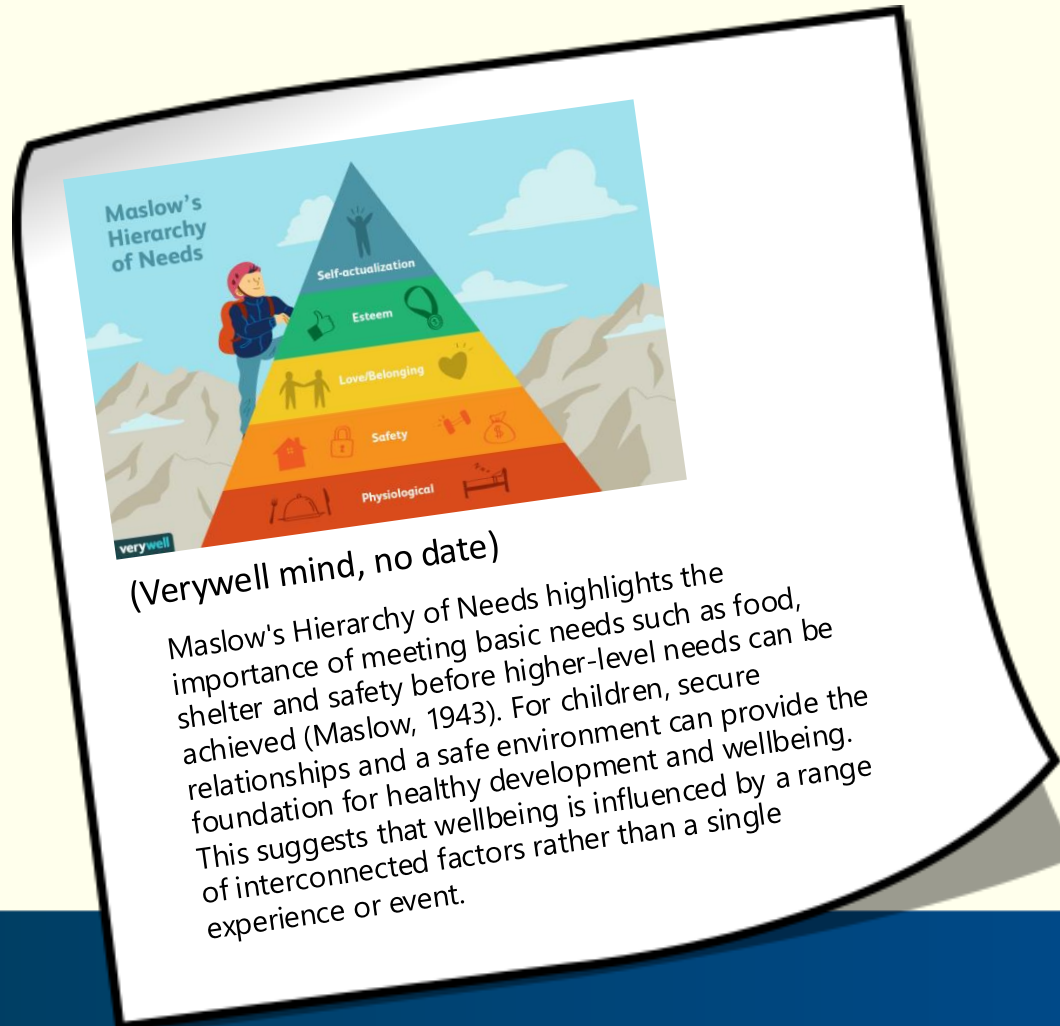
- Blociau mawr o destun
- Copïo a gludo gwybodaeth
- Gormod o ffontiau a lliwiau
- Delweddau heb esboniad
- Diffyg cyfeiriadau
- Disgrifio yn hytrach na dadansoddi
- Large blocks of text
- Copying and pasting information
- Too many fonts and colours
- Images without explanation
- Lack of references
- Describing rather than analysing

Llyfr llofion neu bentwr sbwriel? Scrapbook o'r scrapheap?



Llyfr llofion neu bentwr sbwriel?

Scrapbook o'r scrapheap?



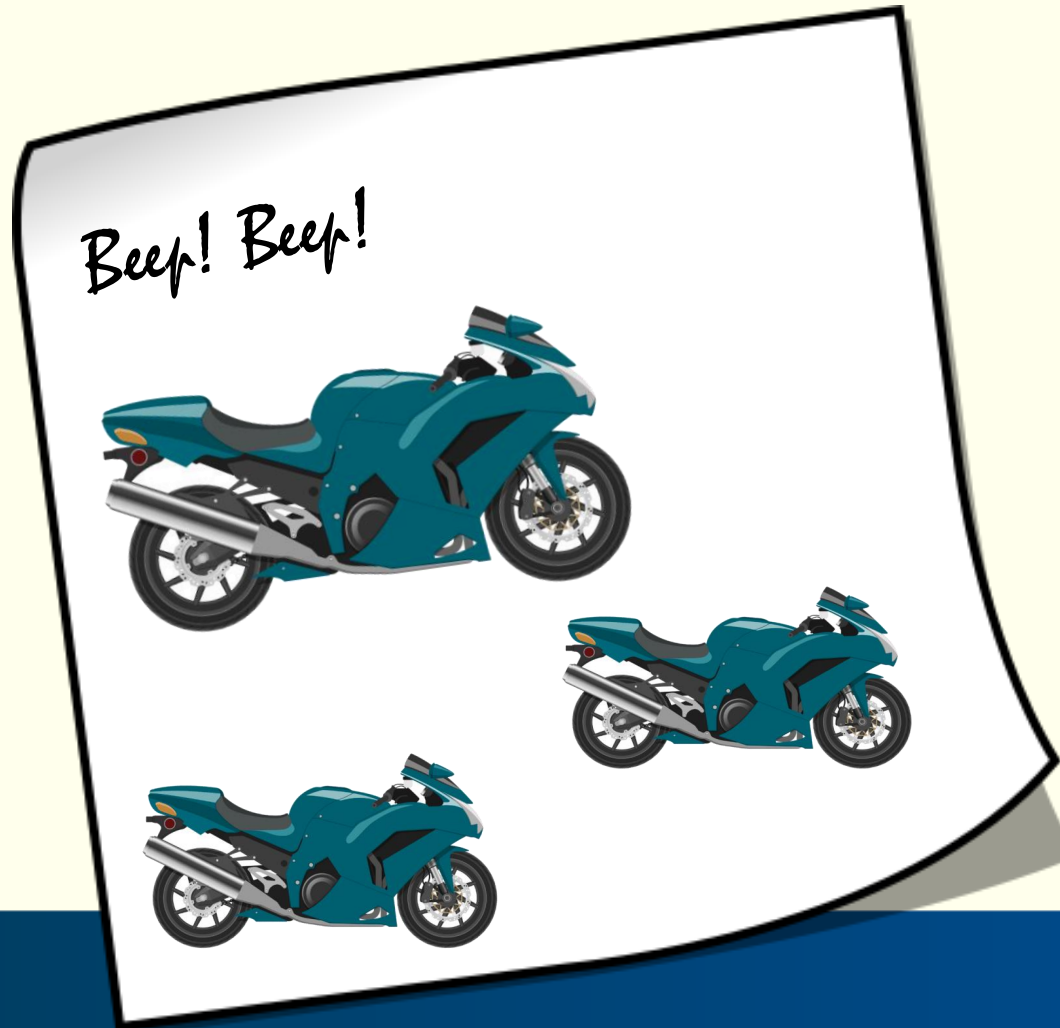
Llyfr llofion neu bentwr sbwriel?

Scrapbook o'r scrapheap?

The first 1000 Days

The first 1,000 days, spanning from conception to a child's second birthday, are widely recognised as a crucial period for development. This stage is characterised by rapid brain development and provides the foundation for physical health, cognitive development, emotional wellbeing, and future life outcomes. Positive early experiences and supportive relationships during this period can promote healthy development and lifelong wellbeing (The First 1000 Days Movement, n.d.).

Llyfr llofion neu bentwr sbwriel?
Scrapbook o'r scrapheap?



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(The first 1000 days movement, no date)

I creu eich llyfr lloffion gallwch defnyddio:

To create your scrapbook you can use:

- Pwerbwynt
 - Word
 - Canva
 - Sway
- Powerpoint
 - Word
 - Canva
 - Sway

Rhestr cyfeirnod

Reference list

- The First 1000 Days Movement (n.d.) *First 1000 Days*. Available at: <https://www.first1000days.ie> (Accessed: 9 October 2026).
- The First 1000 Days Movement (n.d.) *Why the First 1000 Days Matter*. Available at: <https://www.first1000days.ie> (Accessed: 9 October 2026).
- Maslow, A.H. (1943) *A theory of human motivation*. *Psychological Review*, 50(4), pp. 370-396.
- Verywell Mind (n.d.) *Maslow's Hierarchy of Needs*. Available at: <https://www.verywellmind.com/what-is-maslows-hierarchy-of-needs-4136760> (Accessed: 9 October 2026).