

SENARIO 1

Mae Sam yn cyrraedd yr ysgol yn drist ac yn emosiynol iawn. Mae ei gi bach, Bisto wedi marw neithiwr.

Sut fydddech chi'n cefnogi Sam i reoli ei emosiynau?

SCENARIO 1

Sam has arrived in school and is very sad and emotional. His pet dog, Bisto died last night.

How would you support Sam in managing his emotions?

SENARIO 2

Mae Hassan yn eistedd yn y gornel ar ei ben ei hun. Mae'n gwrthod siarad gyda'r athrawes ddosbarth. Does neb yn gwybod beth sy'n bod.

Sut fydddech chi'n cefnogi Hassan i reoli ei emosiynau?

SCENARIO 2

Hassan is sitting in the corner on his own. He refuses to speak to his class teacher. Nobody knows what's wrong with him.

How would you support Hassan in managing his emotions?

SENARIO 3

Cyrhaeddodd Gwen yr ysgol wedi blino'n lân ac mewn tymer ddrwg. Pam tybed?

Sut fydddech chi'n cefnogi Gwen i reoli ei hemosiynau?

SCENARIO 3

Gwen arrived at school very tired and in a bad mood. What could possibly be wrong?

How would you support Gwen in managing her emotions?

SENARIO 4

Mae Alia wedi bod bant o'r ysgol am ddeufis. Ar ôl dychwelyd, mae'n gwrthod chwarae gyda'i ffrindiau.

Sut fydddech chi'n cefnogi Alia i reoli ei hemosiynau?

SCENARIO 4

Alia has been away from school for two months. After returning, she refuses to play with her friends.

How would you support Alia in managing her emotions?

SENARIO 5

Bore heddiw, roedd Meg yn dawel iawn ac yn gwrthod siarad gydag unrhywun. Mae Dad-cu Meg wedi mynd i'r ysbyty ac mae hi'n poeni amdano.

Sut fydddech chi'n cefnogi Meg i reoli ei hemosiynau?

SCENARIO 5

This morning, Meg was very quiet and refused to speak to anyone. Meg's grandad has been admitted to hospital and she's worried about him.

How would you support Meg in managing her emotions?

SENARIO 6

Mae rhieni Sol wedi gwahanu ac nid yw Sol bellach yn cael gweld ei fam ac mae'n byw nawr gyda'i dad a'i ddau frawd mawr.

Sut fydddech chi'n cefnogi Sol i reoli ei emosiynau?

SCENARIO 6

Sol's parents have separated and Sol is no longer allowed to see his mother and he now lives with his father and two older brothers.

How would you support Sol in managing his emotions?

SENARIO 7

Cyrhaeddodd Dafydd yr ysgol yn gyffro ac yn swm i gyd am ei fod yn mynd ar wyliau i Sbaen y noson honno. Gwrthododd yn llwyr â chanolbwyntio ar ei waith.

Sut fydddech chi'n cefnogi Dafydd i reoli ei emosiynau?

SCENARIO 7

Dafydd arrived in school very excited and at the top of his voice because he was going on holiday to Spain that evening.

How would you support Dafydd in managing his emotions?

SENARIO 8

Mae Huw a Mari wedi ffraeo ar yr iard amser egwyl ac yn dychwelyd i'r dosbarth mewn tymer ddrwg.

Sut fydddech chi'n cefnogi'r ddau i reoli eu emosiynau?

SCENARIO 8

Huw and Mari have quarrelled out on the yard during breaktime and have returned to the classroom in a bad mood.

How would you support them in managing their emotions?

SENARIO 9

Cafodd Cerys ateb anghywir yn ei gwaith mathemateg ac mae'n siomedig dros ben.

Sut fydddech chi'n cefnogi Cerys i reoli ei hemosiynau?

SCENARIO 9

Cerys wrote down the wrong answer in her maths task and was so disappointed.

How would you support Cerys in managing her emotions?

SENARIO 10

Dyma ddiwrnod olaf Mrs Williams yn y dosbarth heddiw cyn mynd bant ar gyfnod mamolaeth. Mae nifer o'r plant yn ofnus ac yn drist.

Sut fydddech chi'n eu cefnogi i reoli eu emosiynau?

SCENARIO 10

This is Mrs Williams' last day in class today before she goes on maternity leave. Many of the children are sad and scared.

How would you support them in managing their emotions?