

Pecyn Lles Rhif Pump

Chwarae yn Seiliedig ar Berthynas

Yn y pecyn yma rydyn ni wedi llunio rhai gweithgareddau, gemau ac wedi cynnwys dolenni defnyddiol i'ch helpu chi i gefnogi'ch plentyn wrth chwarae, ymlacio a rheoli emosiynau yn ystod y cyfnod pan mae ysgolion ar gau.

Beth yw Chwarae yn Seiliedig ar Berthynas?

Yn hytrach na chanolbwyntio ar yr elfen addysgol, mae Chwarae yn seiliedig ar berthynas yn canolbwyntio ar wella perthynas. Efallai bydd y gemau a'r gweithgareddau yma'n ddefnyddiol tra bod ysgolion ar gau gan eu bod nhw'n ceisio cysuro'ch plentyn a gwneud iddo deimlo'n ddiogel ac yn dawel ei feddwl. Mae hunan-barch plant hefyd yn gwella ac maen nhw'n

magu hyder. Mae Chwarae yn Seiliedig ar Berthynas yn ffordd dda o gefnogi lles meddyliol a chorfforol plentyn. Dyma ddull chwareus a rhyngweithiol sy'n canolbwyntio ar fod gyda'n gilydd.

Mae chwarae hefyd o bosib yn gwella lles emosïynol oedolion ac mae modd ei ddefnyddio fel modd o ymlacio.

Cliciwch yma i ddysgu rhagor am y manteision sy'n gysylltiedig â Chwarae. Hefyd, mae modd i chi **glicio yma** i gael mynediad i 35 o weithgareddau dan do y mae modd i chi'u chwarae gyda'ch plant.

Gêm Un: Hoci Pêl Cotwm

Eisteddwch naill ochr y bwrdd a marcio gôl ar bob pen. Neu mae modd gorwedd ar eich boliau ar y llawr hefyd. Chwythwch beli cotwm yn ôl ac ymlaen, gan ddefnyddio gwelltyn, i geisio cael y bêl gotwm heibio amddiffyniad eich partner. Mae modd ei

gwneud hi'n anoddach trwy bennu sawl gwaith mae hawl chwythu'r bêl yn ei blaen, neu fod y ddau ohonoch chi'n trio chwythu'r bêl ar yr un pryd. (Os does dim peli cotwm neu wellt gyda chi, mae modd defnyddio eitemau eraill, fel; pêl ping pong, papur wedi'i rollo i greu tiwb). **Dyma fideo sy'n dangos i chi sut i chwarae.**

Gêm Dau: Cadw'r balwân yn yr Awyr!

Cadwch falwân yn yr awyr gan ddefnyddio rhannau penodol o'r corff, er enghraifft; y pen yn unig, dim dwylo, yr ysgwyddau ac ati. Os dewiswch draed, mae pawb yn gorwedd ar y llawr ac yn cadw'r balwân yn yr awyr trwy ei gicio'n ysgafn. **Cliciwch yma i weld sut i chwarae.**

Gêm Tri: Ysgydwad Llaw Arbennig

Gyda'ch gilydd, ewch ati i greu ffordd arbennig o ysgwyd llaw. Yn eich tro, ychwanegwch

ystumiau newydd, e.e. pawen lawen, dal dwylo, symud bysedd, ac ati. Mae modd i chi ddatblygu hyn dros nifer o ddyddiau, gan ychwanegu ato neu gynnwys pobl eraill yn eich tŷ. Beth am osod heriau, pa mor gyflym y gallwch chi ei wneud? Oes modd i chi ei wneud gyda'ch llygaid wedi'u cau?

Gêm Pedwar: Her Cadw Wyneb Syth

Mae'n rhaid i'r plentyn gadw wyneb syth wrth i chi geisio gwneud iddo chwerthin naill trwy wneud wynebau doniol, gwneud symudiadau neu gyffwrdd/gogleisio. Mae modd i blant geisio gwneud i'r oedolion chwerthin hefyd. Mae modd gwneud hyn trwy ddangos fideos doniol hefyd ('heriau ceisiwch beidio â chwerthin'). [Am ragor o wybodaeth, cliciwch yma.](#)

Gêm Pump: Gweithgareddau Cydbwysu

Mae'r plentyn neu'r oedolyn yn gorwedd ar ei gefn ar y llawr gyda'i draed i fyny yn yr awyr. Rhowch un glustog ar draed y person a'i helpu i gydbwysu'r glustog. Ychwanegwch ragor o glustogau fesul un cyhyd â bod modd eu cydbwysu. Mae modd hefyd gydbwysu llyfrau, clustogau neu hetiau ar eich pen a cherdded ar draws yr ystafell. **Cliciwch yma i weld rhagor**

Gêm Chwech: Pwy Ydw i?

Mae pob chwaraewr yn ysgrifennu enw person ar bapur gludiog, fel arfer bydd hyn yn rhywun enwog neu mae modd hefyd dewis cymeriad ffuglennol o lyfr neu ffilm. Mae chwaraewyr yn cyfnewid papur gludiog ac yn eu rhoi nhw ar eu talcennau. Mae chwaraewyr yn gofyn cwestiynau fesul un nes bod modd iddyn nhw ddyfalu pwy yw'r

person. Ceisiwch ddewis rhywun y bydd eich chwaraewr yn ei adnabod gan ei fod yn helpu'r gêm i symud yn ei blaen. Mae modd gwneud y gêm yn haws neu'n anoddach trwy ofyn cwestiynau agored er enghraifft 'oes gen i wallt hir neu fyr?' neu osod terfyn ar nifer y cwestiynau y mae modd eu gofyn cyn dyfalu. **Cliciwch yma** i weld enghraifft.

Gêm Saith: Zip Zap Boing

Gofynnwch i bawb sefyll mewn cylch yn dal dwylo. Ymestynnwch eich dwylo allan o'ch blaen. Pasiwch 'zip' o amgylch y cylch trwy bwyntio ar rywun sy'n sefyll ar eich ochr dde neu chwith a gweiddi 'zip'. Pasiwch 'Zap' trwy bwyntio ar y person gyferbyn â chi a gweiddi 'zap'. Mae modd i chi daflu'ch 'zip' yn ôl trwy daflu'ch breichiau allan, wynebu'r person wnaeth eich 'zapio' chi a gweiddi 'boing'. Os ydych chi'n dweud y gair anghywir neu'n ei ddweud yn rhy araf rydych chi allan o'r gêm. **Cliciwch yma** i weld sut i chwarae.

Heriau Lles

Efallai bydd yr heriau canlynol yn helpu i gefnogi eich lles seicolegol chi a'ch teulu ar yr adeg yma. Rhowch gynnig arnyn nhw ...

1. Cael sgwrs dda gyda ffrind
2. Gwneud logo/bathodyn i gynrychioli'ch prif gryfderau
3. Darllen llyfr gyda rhywun sy'n agos atoch chi
4. Darlunio'ch dyfodol delfrydol

Cytuno â'ch rhiant/cynhaliwr ar fwyd newydd rydych chi am roi cynnig arno.

Wellbeing Pack Five

Relationship Based Play

In this pack we have put together some useful activities, games and links to help you support your child to play, relax and manage difficult emotions during school closures.

What is Relationship Based Play?

Rather than having an educational focus, Relationship-Based Play focuses on enhancing relationships. These games and activities may be useful during school closures as they aim to make your child feel safe, calm and comforted. They also enhance self-esteem and build confidence. Relationship Based Play is a good way to support a child's mental and physical wellbeing. It is playful and interactive and focuses on being together.

Play can also improve the emotional wellbeing of adults and be used as a form of relaxation.

Click here to find out more about the benefits of Play. You can also **Click here** to access 35 indoor play activities you can do with your children.

Game One: Cotton Ball Hockey

Sit at either side of a table or lie on your tummies on the floor, mark out a goal at each end. Blow cotton balls back and forth, using a straw, trying to get the cotton ball past your partner's defence. You can make it harder by saying how many blows can be used to get the ball across, or by both trying to blow at the same time. (If you don't have cotton balls, or straws you can use other items, such as; a ping pong ball, rolled up paper to create a tube. **Here is a video to show you how to play.**

Game Two: Keep It Up!

Keep balloon in air using specific body parts, for example; just heads, no hands, shoulders and so forth. If you choose feet, everyone lies on the floor and keeps the balloon in the air by kicking it gently. **Click [here](#) to see how to play.**

Game Three: Special Handshake

Make up a special handshake together, taking turns adding new gestures, e.g. high five, clasp hands, wiggle fingers, and so on. You can develop this over a number of days, adding bits or involving other people in your house hold. Set challenges, see how fast you can do it, can you do it with your eyes closed?

Game Four: Straight Face Challenge

Child has to keep a straight face while you try to make him laugh either by facial

expressions, gestures and touch/tickling. Children can try and make adults laugh also. You can also do this through funny videos ('try not to laugh challenges'). [Click here](#) to find out more.

Game Five: Balancing Activities

The child or adult lies on their back on the floor with their feet up in the air. Place one pillow on the persons feet and help them balance it. Add additional pillows one at a time as long as they are successful. You can also balance books, pillows or hats on your head and walk across the room. [Click here to see](#)

Game Six: Post It Note Who Am I

Each player writes the name of a person on a post it note, usually this is a celebrity however, you can choose a fictional character from a book or a film. Players swap post its and stick them on their foreheads.

Players take it in turn asking yes or no questions until they think they can guess who they are. Try to choose someone who your player will know as it helps the game move along. You can make this easier or harder by allowing open questions for example 'do I have long or short hair?' or having a fixed number of questions before guessing. [Click here](#) for an example.

Game Seven: Zip Zap Boing

Get everyone to stand in a circle, place your hands together, palm to palm, and stretch them out in front of you. You can pass a 'zip' around the circle by pointing to someone to the left or right of you and shout 'zip'. You can pass a 'Zap' by pointing to the person opposite you shouting 'zap'. You can deflect a 'zip' by throwing your arms out, facing the person who 'zapped' you and shout 'boing'.

If you say the wrong word or say it too slow you are out. [Click here](#) to see how to play.

Wellbeing Challenges

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see...

- 1. Have a good chat with a friend**
- 2. Make a logo/badge to represent your main strengths**
- 3. Read a book with someone close to you**
- 4. Draw your ideal future**
- 5. Agree with your parent/carer a new food you could try**