

Pecyn Lles 3

Cymorth ag Ymwybyddiaeth Ofalgar ac Ymlacio i Blant tra bod ysgolion ar gau

Rydyn ni'n gwybod pa mor anodd yw hi i bawb ar hyn o bryd, a'r pryder mae hyn yn ei achosi. Mae'n siŵr bod llawer ohonon ni'n teimlo'n bryderus wrth i ni geisio ymdrin â'r ansicrwydd sy'n gysylltiedig â Covid-19.

Dyna pam rydyn ni'n dymuno darparu gwybodaeth, cyngor a chanllawiau defnyddiol i gefnogi'ch lles seicolegol chi a'ch plant.

Yn y pecyn yma mae rhai dolenni defnyddiol (Saesneg yn unig) i'ch helpu chi i gefnogi'ch plentyn i ymlacio a rheoli emosiynau cymysg tra bod yr ysgol ar gau.

Mindful Schools

Am yr wythnosau nesaf (dydd Mawrth, Mercher, Iau), bydd Mindful Schools yn cynnig **dosbarthiadau ymwybyddiaeth ofalgar am ddim i blant**. Ymunwch â nhw ar-lein ar gyfer gweithgareddau ac ymarfer corff ymwybyddiaeth ofalgar a sesiynau darllen yn uchel.

Cwricwlwm MindUp

Mae cwricwlwm MindUp yn cynnig nifer o fideos am ddim sy'n edrych ar wahanol agweddau ar ymwybyddiaeth ofalgar a seicoleg. Maen nhw'n cynnwys:

- [Sut mae ein hymennydd yn gweithio](#)
- [Ymwybyddiaeth ofalgar](#)
- [Gwranddo'n ofalus](#)
- Mae rhagor o fideos ar gael yn [Llyfrgell Mindup](#)

Cosmic Kids

Mae Cosmic Kids yn cynnig ystod o ymarferion ioga, ymwybyddiaeth ofalgar ac ymlacio am ddim i blant. Gallwch chi lawrlwytho eu [pecynnau adnoddau am ddim](#) neu wyllo eu fideos am ddim ar eu [sianel YouTube](#) . Hefyd, mae gyda nhw ap heb hysbysebion.

Smiling Mind

Mae gwefan Smiling Mind yn cynnig [ystod o adnoddau](#) sy'n edrych ar sut y gall ymwybyddiaeth ofalgar fod yn ddefnyddiol i reoli pryder am y Coronafeirws. Maen nhw hefyd yn cynnig amryw o ymarferion myfyrio i blant a phobl ifainc. Maen nhw'n cynnwys:

- [Sylwi ar emosiynau](#)
- [Anadlu a Chyfri i Bump](#)

Puppy Mind

Mae Puppy Mind yn llyfr hyfryd i blant. Mae'n edrych ar ymwybyddiaeth ofalgar a sut mae'n meddyliau ni'n newid o hyd. Mae modd gwyllo'r stori am ddim ar YouTube.

Calm.com

Mae Calm.com yn wefan wych sy'n cynnig ystod o adnoddau ac ymarferion ymwybyddiaeth ofalgar ac ymlacio am ddim.

Ymwybyddiaeth Ofalgar mewn Ysgolion

Mae yna nifer o ymarferion o'r cwricwlwm Ymwybyddiaeth Ofalgar mewn Ysgolion a allai fod o gymorth i blant ar yr adeg ansicr yma.

FOFBOC

Playing Attention

Beditation

Relax Kids

Mae gwefan Relax Kids yn darparu **Pecyn 'Tawelu'r Meddwl' am ddim ac ystod o weithgareddau y mae modd eu lawrlwytho** a'u cwblhau gyda'ch plentyn i hyrwyddo ymlacio a thawelu'r meddwl.

Educational Psychology For Everyone

Mae Educational Psychology For Everyone yn cynnig **fideo am ddim ar Facebook** ar ystod o bynciau amrywiol i gefnogi teuluoedd a phlant dros yr 21 diwrnod nesaf

Mae'n werth ystyried apiau eraill fel:

- Stop Think Breathe
- Headspace for Kids
- Smilng Mind

Her Lles

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

1. Creu camau dawnsio doniol
2. Dysgu ystyr 3 gair newydd
3. Anfon neges o anogaeth i 3 o bobl heddiw
4. Trafod â'ch plentyn “sut maen nhw'n dysgu orau”
5. Dod o hyd i 3 o bobl enwog sydd wedi cael trafferth wrth ddysgu

Wellbeing Pack Three

Mindfulness and Relaxation support for Children during School Closures

We know how worrying and difficult this time is for us all. I am sure, many of us are feeling anxious as we navigate the uncertainty of Covid 19. That is why we want to provide you with helpful information, advice and guidance to support you and your children's psychological wellbeing.

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

Mindful Schools

For the next few weeks (tues, wed, thurs), Mindful Schools will be offering **free mindfulness classes for kids**. Join them online – for mindful activities, mindful movement and read-alouds.

MindUp Curriculum

The MindUp curriculum offers a number of free videos exploring different aspects of mindfulness and psychology. These include;

- **Lesson How our brains work**
- **Mindful Awareness**
- **Mindful Listening**
- See the **Mindup library** for more videos.

Cosmic Kids

Cosmic Kids offers a range of free yoga, mindfulness and relaxation exercises for children. You can download their **free resource packs** or watch their free video content on their **youtube channel** . They also have a advertisement free Application.

Smiling mind

The Smiling Mind website offers a **range of resources** exploring ways mindfulness can be helpful to manage the anxiety of the coronavirus. They also offer various guided meditations for children and young people. They include;

- **Noticing emotions**
- **Five Count Breath**

Puppy Mind

Puppy mind is an lovely book for children exploring mindfulness and the fluctuating nature of our minds. The story is free to access on youtube.

Calm.com

Calm.com is a great website offering a range of **free mindfulness and relaxation resources and exercises.**

Mindfulness in Schools

There are a number of exercises from the Mindfulness in Schools curriculum that may be helpful for children during these uncertain times.

FOFBOC

Playing Attention

Beditation

Relax Kids

The Relax Kids website provides a **free** **Calm Pack** and various **Downloadable activities** to complete with your child to promote relaxation and calm.

Educational Psychology For Everyone

The team at Educational Psychology for Everyone are offering a **free facebook video** on various topics to support families and children over the next 21 days

Other Applications to consider Include;

- Stop Think Breathe App
- Headspace for Kids
- Smilng Mind

Wellbeing Challenge

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

- 1. Make up a Funny Dance Routine.**
- 2. Learn the meaning of 3 new words.**
- 3. Send a message of encouragement to 3 people today.**
- 4. Discuss with your child “how they learn best”.**

Find out about 3 famous people that have struggled in their learning