Here at Clybiau Plant Cymru Kids' Clubs we are celebrating National Play day (05/08/2020)

and we would love for you to join in with the fun

We have prepared this little box of treats for you to explore and play with. Below are some ideas of what to do with the chalk we have left. Please take a photograph of what you have created and share on social media. Tag us in your posts, and use #everdayfreedomseverydayadventures #showusyourplay #playday

You can scan the QR code below, using the camera on your mobile device to go directly to our social media pages:

Or if you are having difficulties with the codes, visit www.clybiauplantcymru.org for more details.

Chalk Hopscotch

Leave a nice message for people

Trace your shadow

Play snakes and ladders

Scavenger Hunt

Chalk Art

Let your imagination run wild!

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Yma yn Clybiau Plant Cymru KIDS' CLUBS rydym yn dathlu'r **Diwrnod Chwarae Cenedlaethol** (05/08/2020)

a byddem yn falch iawn petaech yn ymuno yn yr hwyl.

Rydym wedi paratoi'r bocs bychan yma o bethau bach arbennig i chi i'w archwilio a chwarae gyda nhw. Isod y mae rhai syniadau ar beth i'w wneud gyda'r sialc sydd gennym ar ôl. Cymerwch ffotograff o'r hyn yr ydych wedi ei greu a rhannwch ef ar y cyfryngau cymdeithasol. Tagiwch ni yn eich postiau a defnyddiwch #everdayfreedomseverydayadventures #showusyourplay #playday

Gallwch sganio'r cod QR isod, gan ddefnyddio'r camera ar eich ffôn symudol i fynd yn syth i'n tudalennau cyfrwng-cymdeithasol:

Neu os ydych yn profi anawsterau gyda'r codau, ewch i www.clybiauplantcymru.org am fwy

Hopscotch sialc

Gadewch neges neis i bobl

Amlinellwch eich cysgod

Chwarae nadroedd ac ysgolion

Helfa Sborion

Celf Sialc

Rhowch rwydd hynt i'ch dychymyg!

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Silly Shadow Challenge

On a sunny day make some silly shadows on the ground.

Move around to make new and interesting and funny shapes

- Can you make letter shapes?
- Work together to make your shadows 'shake hands'
- Take some silly shadow photographs
- Do your shadows change at different times of the day?

Top tips for staying safe

- Always choose a safe spot away from traffic
- Give yourself plenty of space to make sure you don't bump into anyone

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Wildflower Challenge

For this challenge you will need to use the seed heart in your Play day pack. You challenge is to help it grow.

Plant the heart on a nature walk or take it home to your own garden. The Bees, Butterflies and insects will be so grateful!

- prepare some soil either straight in the ground or in a pot.
- Rake the soil over with a small fork
- Sprinkle some water on the soil
- Plant your seeded heart and cover loosely with soil
- Leave to grow and remember to water it regularly

Top tips for staying safe

- Ask an adult to help you choose a place to plant your seed heart
- Never put the seed heart near your mouth.
- Wash your hands thoroughly after planting

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Self-Portrait Challenge

Using only natural materials can you create a life-sized self-portrait?
Try to make it realistic as you can. Look at all the colours and shapes around you.

When you have finished why not try making a picture of an animal or even spell out your name

Top tips for staying safe

- Make sure the materials you use are safe, ask an adult to check them if you are unsure
- Always wash your hands after playing in nature

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Memory Strings Challenge

Choose a stick and tie or wrap a piece of string around one end. (about 1m in length)

Go on a nature walk, this could be your local park or woodland. Collect interesting things along the way and wrap them around your string as you go.
When you have finished your walk, you will have a lovely reminder to take home, hang up and talk about with your friends and family.
Try to remember each item and where you found it, why did you choose it? Can you tell a story with your memory string?

Top tips for staying safe

- Ask an adult before going on your nature walk
- Keep the string to 1m in length and make sure it doesn't get wrapped around any part of the body.
- Always wash your hands

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Her Cysgod Gwirion

Ar ddiwrnod heulog gwnewch ambell i gysgod gwirion ar y ddaear.

Symudwch o gwmpas i wneud siapiau newydd, diddorol a doniol.

- A allwch chi wneud siapiau llythrennau?
- Gweithiwch gyda'ch gilydd i beri i'ch cysgodion 'ysgwyd llaw'?
- Tynnwch ambell i ffotograff o gysgodion gwirion.
- A yw'ch cysgodion yn newid ar wahanol adegau o'r diwrnod?

Cynghorion campus ar gadw'n ddiogel

- Dewiswch fan diogel i ffwrdd o draffig bob tro.
- Rhowch ddigon o le i chi eich hun i wneud yn siŵr nad ydych yn taro yn erbyn unrhyw un arall.

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Her Blodau Gwyllt

Ar gyfer yr her hon bydd angen i chi ddefnyddio'r galon hedyn yn eich pecyn Diwrnod Chwarae. Eich her yw ei helpu i dyfu.

Plannwch y galon pan fyddwch ym mynd am dro natur, neu ewch ag ef adre i'ch gardd eich hun. Bydd y Gwenyn, Y Pili Palod a'r trychfilod yn hynod ddiolchgar!

- Paratowch bridd naill ai yn syth yn y ddaear neu mewn potyn.
- Defnyddiwch fforch fechan i fynd drwy'r pridd fel rhaca
- Taenwch rywfaint o ddŵr ar y pridd.
- Plannwch eich calon hedyn a'i orchuddio'n rhydd â phridd.
- Gadewch hi i dyfu a chofiwch i'w dyfrio'n rheolaidd.

Cynghorion campus ar gadw'n ddiogel

- Gofynnwch i oedolyn eich helpu i ddewis lle i blannu'ch calon hedyn.
- Peidiwch byth â rhoi'r galon hedyn yn agos i'ch ceg.
- Golchwch eich dwylo'n drwyadl wedi plannu.

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Her Hunan-Bortread

Gan ddefnyddio defnyddiau naturiol yn unig a allwch chi greu hunan-bortread gwir-faint? Ceisiwch ei wneud mor realistig ag y gallwch. Edrychwch ar yr holl liwiau a siapiau o'ch cwmpas.

Pan fyddwch wedi gorffen, beth am geisio tynnu llun o anifail, neu hyd yn oed sillafu eich enw.

Cynghorion campus i gadw'n ddiogel

- Gwnewch yn siŵr fod y defnyddiau yr ydych yn eu defnyddio yn ddiogel; gofynnwch i oedolyn eu gwirio os ydych yn ansicr.
- Golchwch eich dwylo bob tro wedi chwarae ym myd natur.

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Her Llinynnau Cof

Ddewiswch ffon fach a chlymwch neu lapiwch ddarn o linyn o gwmpas un pen (tua 1m hyd)

Ewch am dro natur, gallai hyn fod yn eich parc neu goedlan leol. Casglwch bethau diddorol ar hyd y ffordd a lapiwch nhw o gwmpas eich llinyn wrth fynd yn eich blaen.
Pan fyddwch wedi gorffen eich tro, bydd gennych atgoffiad hyfryd i'w gymryd adref gyda chi, i'w hongian a siarad amdano gyda'ch ffrindiau a'ch teulu.
Ceisiwch gofio pob eitem a'r man y daethoch o hyd iddo; pam wnaethoch chi ei dewis? A allwch chi ddweud stori gyda'ch llinyn cof?

Cynghorion campus i gadw'n ddiogel

- Gofynnwch i oedolyn cyn mynd ar eich tro natur
- Cadwch y llinyn yn 1m o hyd a gwnewch yn siŵr nad yw'n cael ei ddirwyn o gwmpas unrhyw ran o'r corff.
- Daliwch i olchi'ch dwylo.

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Climb a tree Challenge

One of the best ways to challenge yourself in the outdoors is to find a tree and climb it.

There are a few rules you must follow to keep yourself safe and avoid serious injuries

- Always check with an adult before you climb
- Make sure the tree you choose has no 'dead' branches that could snap easily when stepped on
- Always wear sensible flat footwear and never flip flops
- Check the branches for moss and plants that can be slippery especially when it is a wet day
- Do not climb too high (no higher than 2m to begin with) You can climb a bit higher when you are more confident
- Remember it is good to challenge yourself but you should always feel safe
- Take care climbing down and choose the same branches if you can.

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Triangle Challenge

Take a walk and find 9 sticks which are the same length.

You challenge is to make as many triangles as you can using the sticks

The record is 20 triangles!

There are only 2 rules to the challenge

- You must not break the sticks
- Each triangle must have 3 sides

When you have finished, why not challenge your friends and family to make different shapes?

Top tips for staying safe

- Sticks can have sharp edges and may cause injuries.
- Take care around the face and eyes when playing with sticks

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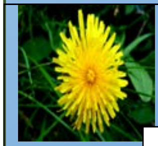
Hunt for Nature Challenge

Tick the box when you spot each item

			
Dandelion	Bee	Fern	Butterfly
Daisy	Spiderweb	Tree Bark	Woodlouse
Slug	Clover	Spider	Worm

Top tips for staying safe

- Always wash your hands
- Some insects can sting and bite. Check with an adult before handling anything.

Leaf rubbing Challenge

You can find some wonderful patterns and textures in the natural world around you. A good way to capture these patterns is by leaf rubbing. All you need is;

- Plain paper (white works best)
- Colourful crayons
- A collection of leaves of all shapes and sizes. Why not take the paper and crayons on your walk with you?

Place the leaf under the paper. Using the side of the crayon rub over the paper

Top tips for staying safe

- Always wash your hands after touching the leaves
- Ask an adult if you are unsure which leaves to pick

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Her
Dringo Coeden

Un o'r ffyrdd gorau o herio'ch hun yn yr awyr agored yw dod o hyd i goeden a'i dringo.

Y mae ychydig reolau y mae'n rhaid i chi eu dilyn i gadw'ch hunain yn ddiogel ac osgoi anafiadau difrifol.

- Gwiriwch bob tro gydag oedolyn cyn dringo.
- Gwnewch yn siŵr nad oes gan y goeden o'ch dewis ganghennau 'marw' a allai dorri'n glec wrth i chi gamu arnynt.
- Gwisgwch esgidiau synhwyrol, fflat bob tro a byth fflip fflops.
- Gwiriwch y canghennau am fwsogl a phlanhigion a allai fod yn llithrig, yn enwedig pan yw'n ddiwrnod gwlyb.
- Peidiwch â dringo'n rhy uchel (dim uwch na 2m i ddechrau). Gallwch ddringo ychydig yn uwch pan fyddwch yn fwy hyderus.
  Cofiwch ei bod yn beth da i herio'ch hun, ond dylech bob tro deimlo'n ddiogel.
- Cymerwch ofal wrth ddringo i lawr, a dewiswch yr un canghennau os gallwch.

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Her
Triongl

Ewch am dro a dowch o hyd i 9 brigyn o'r un hyd.

Eich her yw gwneud cymaint o drionglau ag y gallwch gan ddefnyddio'r brigau.

Y record yw 20 triongl!

Dim ond 2 reol sydd i'r her:

- Rhaid i chi beidio â thorri'r brigau.
- Rhaid i bob triongl fod â 3 ochr.

Pan fyddwch wedi gorffen, beth am herio'ch ffrindiau a'ch teulu i wneud gwahanol siapiau?

Cynghorion campus am gadw'n ddiogel

- Gall brigau fod ag ymylon miniog a gallent achosi anafiadau.
- Cymerwch ofal o gwmpas yr wyneb a'r llygaid wrth chwarae â brigau.

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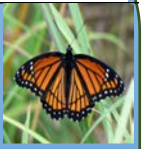
Helfa Natur

Ticiwch y bocs pan welwch bob eitem.

			
Dant y llew ☐	Gwenynen ☐	Rhedyn ☐	Pili Pala ☐
Llygad y dydd ☐	Gwe pry cop ☐	Rhisgl Coeden ☐	Mochyn y Coed ☐
Gwlithyn ☐	Meill-ionen ☐	Corryn ☐	Pry genwair ☐

Cynghorion campus ar gadw'n ddiogel

- Daliwch i olchi'ch dwylo.
- Gall rhai trychfilod bigo a chnoi. Gwiriwch gydag oedolyn cyn cyffwrdd ag unrhyw beth.

Her rhwbio dail

Gallwch ddod o hyd i batrymau a gweadau rhyfeddol yn y byd naturiol o'ch cwmpas. Ffordd dda o gael cofnod o'r patrymau hyn yw drwy rwbio dail. Y cyfan sydd eu hangen arnoch yw:

- Papur plaen (gwyn sy'n gweithio orau)
- Creonau lliwgar
- Casgliad o ddail o bob siâp a maint. Beth am gymryd y papur a'r creonau gyda chi wrth fynd am dro?

Gosodwch y ddeilen o dan y papur. Defnyddiwch ochr y creon i rwbio dros y papur.

Cynghorion campus ar gadw'n ddiogel

- Golchwch eich dwylo bob tro wedi cyffwrdd â'r dail.
- Gofynnwch i oedolyn os ydych yn ansicr ynghylch pa ddail i'w casglu.

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Make a game Challenge

The challenge is to make your own version of noughts and crosses using items you find in nature. (2 player game)

You will need;

- 4 large sticks of equal length
- String or grassy reeds that bend easily
- Scissors
- Items to represent the noughts and crosses (you will need 9 of each) e.g. leaves, pebbles or shells

Set your materials up like this

- Decide who will be 'noughts'and who will be 'crosses'.
- Each player takes it in turns to place their piece into a square
- The first player to get 3 in a row either vertically, horizontally or diagonally is the winner.

Remember this is a game of strategy, try to outsmart your opponent by guessing their next move!

Top tips for staying safe

- Take care not to cut fingers using scissors
- Make sure the sticks you choose have no sharp edges

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Pond Dipping Challenge

Get ready to discover the unseen world of amazing wildlife beneath the surface of your local pond

You will need

- A net
- A tray to put the creatures you find in
- Camera /Pens & Pencils

What you need to do

- Approach the water quietly. Crouch down and have a look into the water, what do you see?
- Fill your tray with pond water
- When you are safely set up on a steady surface, lower your net into the water and gently move it around in a figure of eight motion.
- After a few loops place the net inside out into your tray
- Its time to find out what you have caught!
- Take pictures of your catch or sketch what you find
- When you have finished, carefully place the contents of the tray back into the water

Top tips for staying safe

- Always stay alert around water, always have an adult present
- Be very careful around a pond, the edge can be very slippery

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Her creu gêm

Yr her yw creu eich fersiwn eich hun o gylchoedd a chroesau gan ddefnyddio’r eitemau y dowch o hyd iddynt ym myd natur. (gêm i 2 chwaraewr)

Byddwch angen;

- 4 ffon fawr o’r un hyd â’i gilydd
- Llinyn neu frwyn glaswelltog sy’n plygu’n hawdd
- Siswrn
- Eitemau i gynrychioli’r cylchoedd. (byddwch angen 9 o’r rhain) e.e. dail, cerrig mân, neu gregyn.

Gosodwch eich deunydd fel hyn

- Penderfynwch pwy fydd y ‘cylc d y ‘croesau’.
- Pob chwaraewr i gymryd ei dro i roi ei ddarn mewn sgwâr.
- Y chwaraewr cyntaf i gael 3 mewn un rhes, naill ai’n fertigol, yn llorweddol neu’n lletraws, yw’r enillydd.

Cofiwch fod hon yn gêm strategol, ceisiwch gael y gorau ar eich gwrthwynebydd drwy ddyfalu eu symudiad nesaf!

Cynghorion campus ar gadw’n ddiogel

- Cymerwch ofal i beidio â thorri’ch bysedd drwy ddefnyddio sisyrnau.
- Gwnewch yn siŵr nad oes gan y ffyn y byddwch yn eu dewis ymylon miniog.

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T / Ffôn: 029 2074 1000 F / Ffacs: 029 2074 1047 Email / Ebost: info@clybiauplantcymru.org
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Her Pwlldrochi

Paratowch at ddarganfod y byd anweladwy o fywyd gwyllt rhyfeddol o dan arwyneb eich pwll lleol. Bydd arnoch angen

- Rhwyd
- Dysgl i gario’r creaduriaid y dowch hyd iddynt
- Camera /Peniau a Phenseli

Beth sydd angen i chi ei wneud

- Ewch at y dŵr yn ddistaw. Ewch i lawr ar eich cwrcwd ac edrych i’r dŵr, beth welwch chi??
- Llenwch eich dysgl â dŵr y pwll.
- Pan fyddwch wedi’ch gosod eich hun yn ddiogel ar arwyneb diogel, gostyngwch eich rhwyd i’r dŵr a symudwch hi’n dyner ar ffurf ffigur wyth.
- Wedi rhai cylchynnau, rhowch y rhwyd y tu mewn allan yn eich dysgl.
- Mae’n bryd gweld beth wnaethoch chi ei ddal!
- Cymerwch luniau o’ch dalfa neu gwnewch frasluniau o’r pethau y daethoch o hyd iddynt.
- Wedi gorffen rhowch cynnwys y ddysgl yn ofalus yn ôl i’r dŵr.

Cynghorion campus ar gadw’n ddiogel

Cadwch yn effro bob tro o gwmpas dŵr; byddwch ag oedolyn yn bresennol gydol yr adeg.

- Byddwch yn ofalus iawn o gwmpas pwll o ddŵr, gall yr ymyl fod yn llithrig iawn.

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