

GWEITHIO MEWN
PARTNERIAETH Â
WORKING IN
PARTNERSHIP WITH



**Gweithredu
dros Blant**



Methu Siarad, Ysgrifennwch

Can't Talk, Write

**Gweithgareddau ysgrifennu i'ch helpu i
fynegi sut yr ydych yn teimlo**

Pecyn cymorth i bobl ifanc

**Writing activities to help you express
how you feel**

A toolkit for young people

Croeso

Mae ysgrifennu'n ffordd dda o fynegi eich teimladau. Mae rhoi pethau ar bapur yn gallu eich helpu hefyd i wneud synnwyr o unrhyw broblemau.

Buom yn siarad â rhai pobl ifanc i ganfod sut y gall ysgrifennu helpu.

Dywedodd eu hanner wrthym fod ysgrifennu'n gwneud iddynt deimlo'n well pan fyddant yn drist. Roeddent yn dweud hefyd bod ysgrifennu yn eu tawelu (47%) ac yn eu helpu i wneud synnwyr o'u teimladau (37%).

Mae 10 o weithgareddau yn y llyfryn hwn i'ch helpu i ddechrau ysgrifennu. Gallwch roi cynnig ar bob un neu rai yn unig ohonynt – chi sydd i ddewis. Os hoffech chi, mi allwch eu gwneud fwy nag unwaith. Gallwch hefyd eu rhannu â theulu a ffrindiau.

Sut mae gwneud y gweithgareddau

- Chwiliwch am le lle'r ydych yn teimlo'n gyfforddus i ysgrifennu. Gall y lle hwnnw fod yn ystafell wely, yn yr awyr agored, mewn ystafell ddosbarth, caffi neu lyfrgell.
- Argraffwch daflen waith y gweithgarwch neu chwiliwch am ychydig o bapur. Bydd angen pen i ysgrifennu hefyd.
- Ar ôl i chi orffen gweithgarwch, treuliwch funud neu ddwy yn meddwl sut yr ydych yn teimlo. Beth ydych chi wedi'i ddysgu amdanoch eich hun?

Welcome

Writing is a great way to express your feelings. Getting your thoughts down on paper can really help you make sense of any problems, too.

We spoke to some young people to find out how writing can help.

Half told us that writing makes them feel better when they're sad. They also said that writing made them feel calm (47%) and helped them to make sense of their feelings (37%).

In this booklet you'll find 10 activities to help you get writing. You can try all or some of them – it's completely up to you. If you like, you can do them more than once. You can also share them with family and friends.

How to do the activities

- Find a place where you feel comfortable doing some writing. This could be your bedroom, outdoors, a classroom, café or library.
- Print out the activity worksheet or grab some paper. You'll also need a pen or two.
- After you've done an activity, spend a couple of minutes thinking about how you feel. What have you learnt about yourself?

Gweithgarwch 1

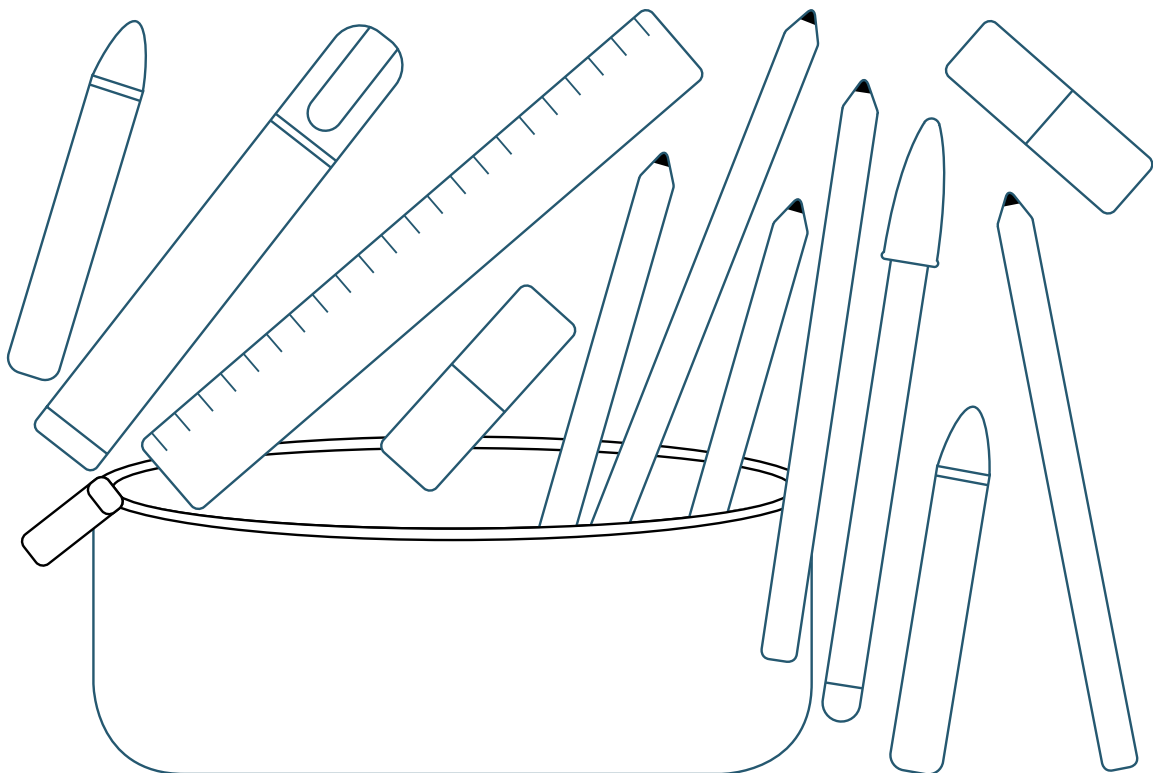
Sut mae ysgrifennu'n gwneud i chi deimlo? Ar ddalen wag o bapur, rhestrwch rai o'r geiriau sy'n dod i'ch meddwl.

Edrychwch ar y daflen weithgarwch *Beth mae ysgrifennu yn ei olygu i mi?*

Addurnwch y câs pensiliau gan ddefnyddio geiriau o'ch rhestr, neu o'r banc geiriau. Gallwch ysgrifennu mewn unrhyw ffurf - er enghraifft, rhestr, cerdd, rap, neges destun ac yn y blaen.

Meddyliwch am wahanol ffurfiau o ysgrifennu a sut maent yn cyfleu eich llesiant, a sut rydych yn teimlo (hapus, trist, dryslyd, positif, dig, gobeithiol, anobeithiol, ac yn y blaen).

Gall ysgrifennu eich helpu i fynegi eich teimladau, i rannu eich emosiynau ag eraill a gwella eich llesiant.



Activity 1

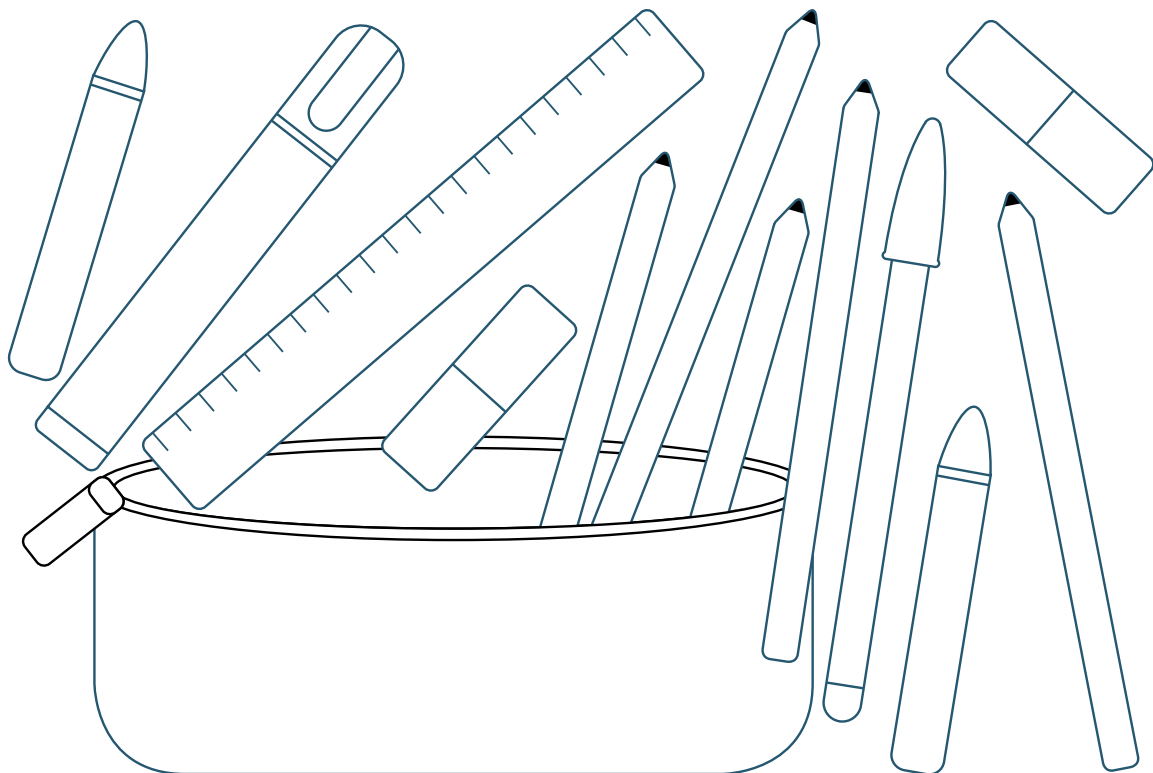
How does writing make you feel? On a blank sheet of paper, list some of the words that come to mind.

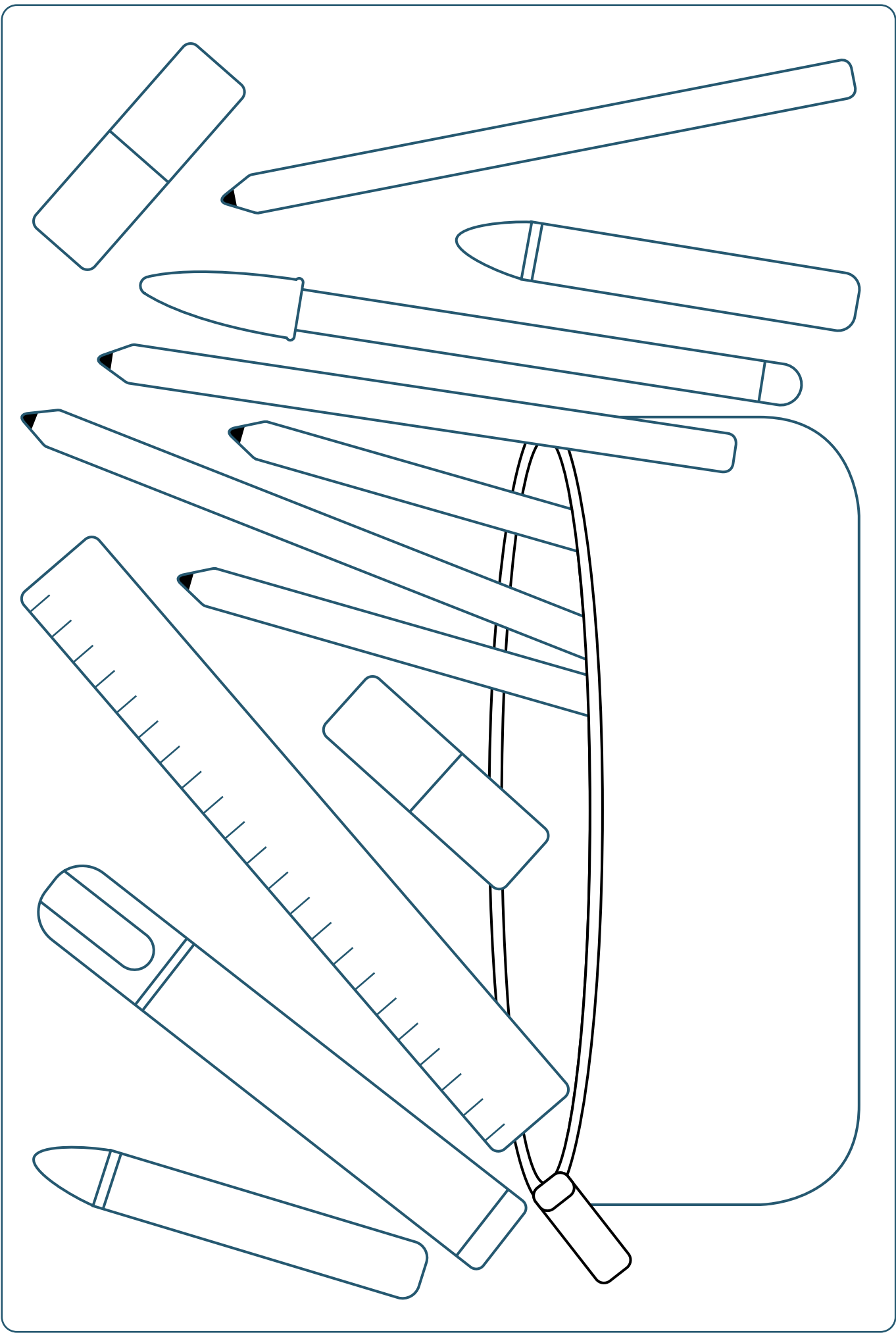
Take a look at the *What does writing mean to me?* activity sheet.

Decorate the pencil case using words from your list, or from the word bank. You can write in any format you like – for example, a list, a poem, a rap, text message, etc.

Think about different formats of writing and how they reflect your wellbeing, and how you are feeling (happy, sad, upset, positive, angry, optimistic, hopeless, etc).

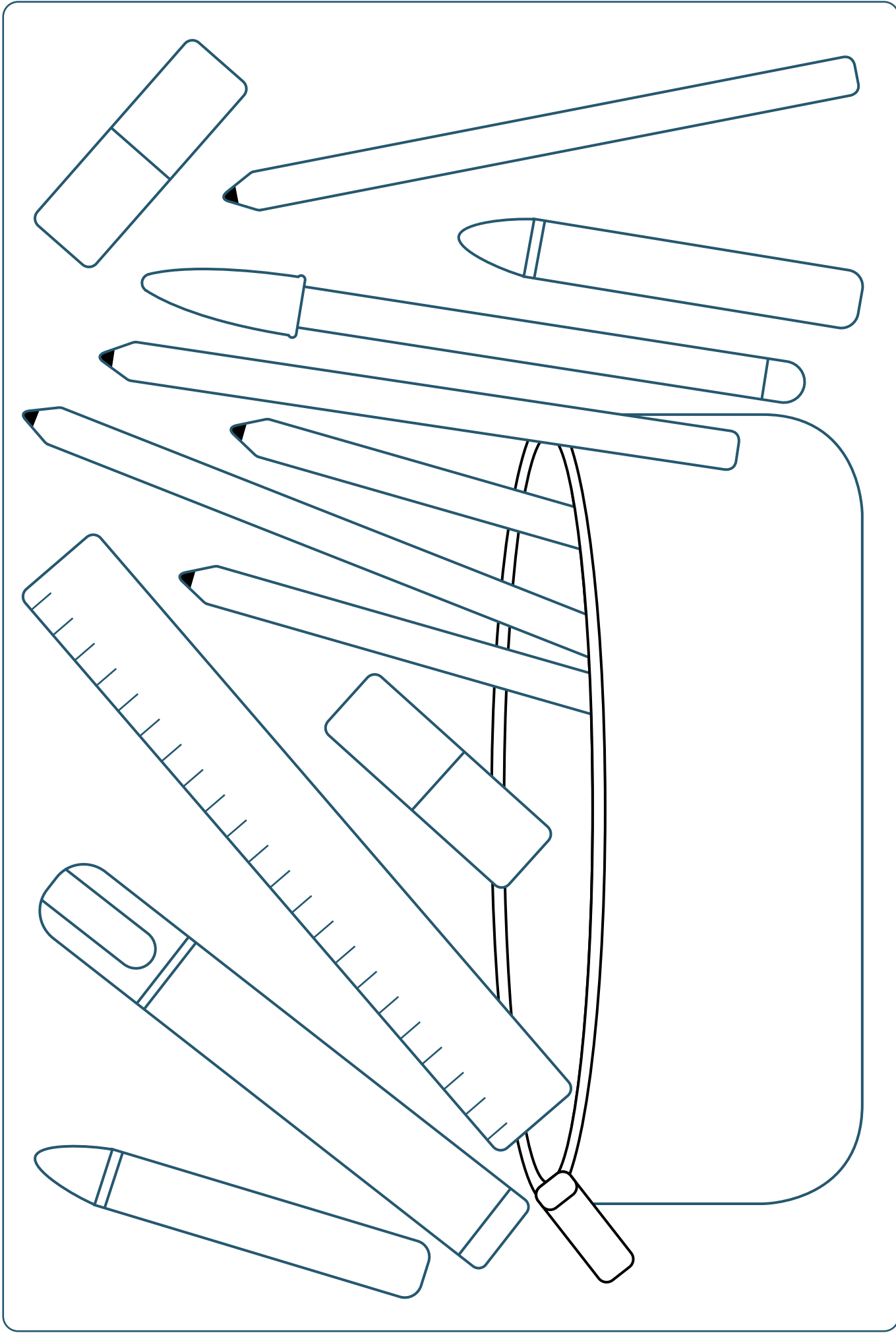
Writing can help you to express your feelings, share your emotions with others and improve your wellbeing.





Activity 1

What does writing mean to me?



Banc geiriau

Ryseitiaus

Llawenydd

Rhestrau o bethau

i'w gwneud

Pryderus

Anfon negeseuon testun

Rhyddhad

Dyddiaduron

Poen

Graffiti

Tristwch

Dyddlyfrau

Llythyrau

Cylchgronau

Gwaith cartref

Ymlacio

Hwy

Barddoniaeth

Rhannu

Dianc

Geiriau caneuon

Rap

Cardiau

Baich

Ffuglen

Activity 1

What does writing mean to me?

Word bank

Recipes

Joy

Diaries

Pain

Journals

Letters

Fun

Relaxing

To-do lists

Anxious

Texting

Graffiti

Magazines

Release

Sadness

Homework

Poetry

Sharing

Escape

Music lyrics

Chore

Cards

Rap

Fiction

Gweithgarwch 2

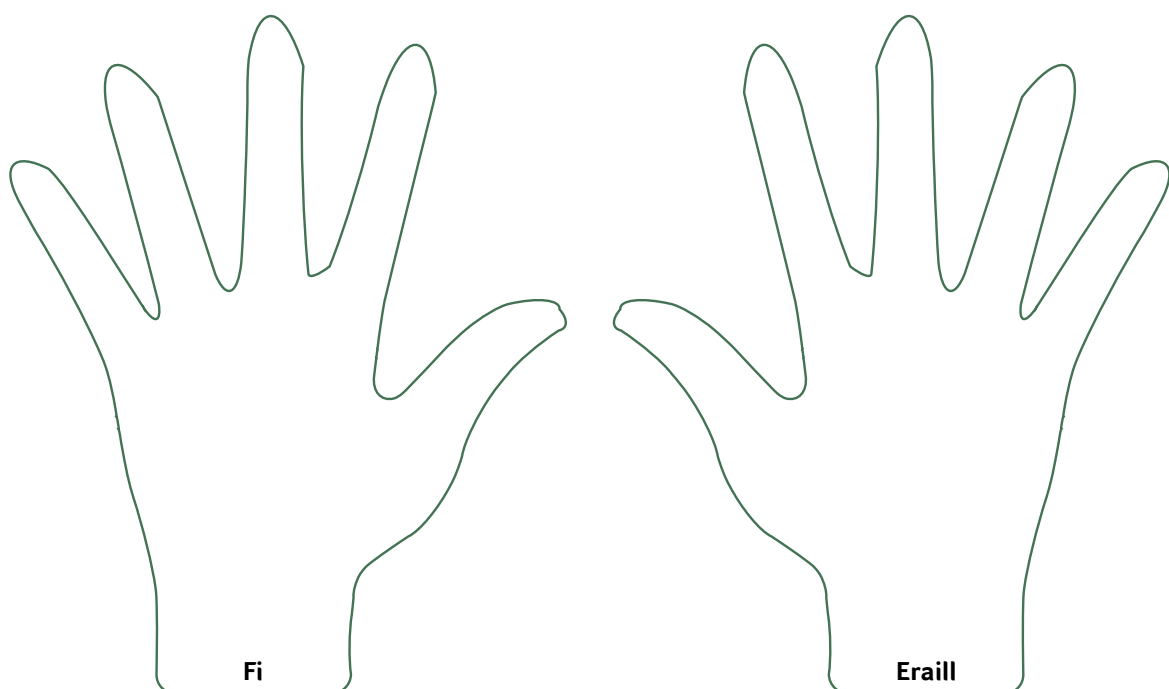
Meddyliwch am berson rydych yn ei edmygu. Gall fod yn unrhyw un! Beth yw eu nodweddion, eu cryfderau a'u gwerthoedd? Ysgrifennwch restr o dan dri phennawd.

Edrychwch ar y daflen waith Beth ydw i'n ei hoffi amdanaf fy hun? Beth mae eraill yn ei hoffi amdanaf i?

Ysgrifennwch eich nodweddion, eich cryfderau a'ch gwerthoedd yn yr ochr chwith. Yna, yn yr ochr dde, ysgrifennwch y nodweddion, y cryfderau a'r gwerthoedd mae eraill yn eu gweld ynoch chi. Beth fyddai ffrind yn ei ddweud amdanoch?

Os ydych yn cael trafferth meddwl am eiriau, defnyddiwch y banc geiriau i'ch helpu.

Beth yw'r gwahaniaeth rhwng sut yr ydych yn gweld eich hun a'r hyn mae pobl eraill yn ei weld ynoch chi?



Activity 2

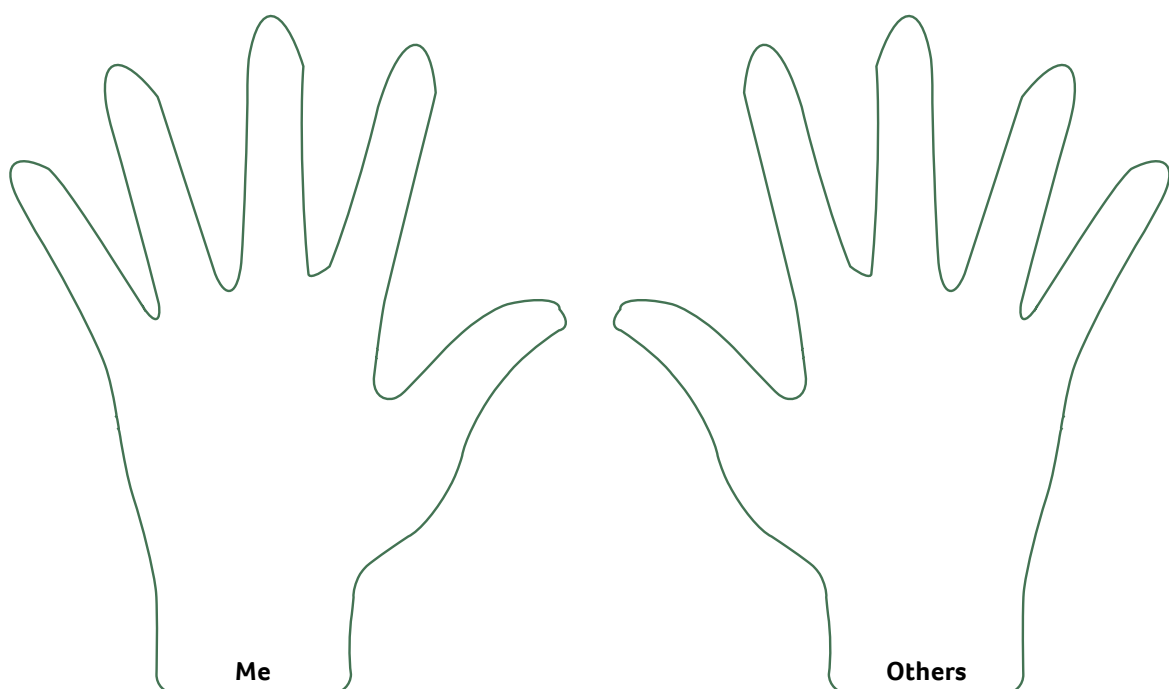
Think of a person you admire. It could be anyone! What are their qualities, strengths and values? Write a list under three headings.

Take a look at the *What do I like about me? What do others like about me?* worksheet.

Write down your qualities, strengths and values on the left hand. Then, on the right hand, write down the qualities, strengths and values other people see in you. What would a friend say about you?

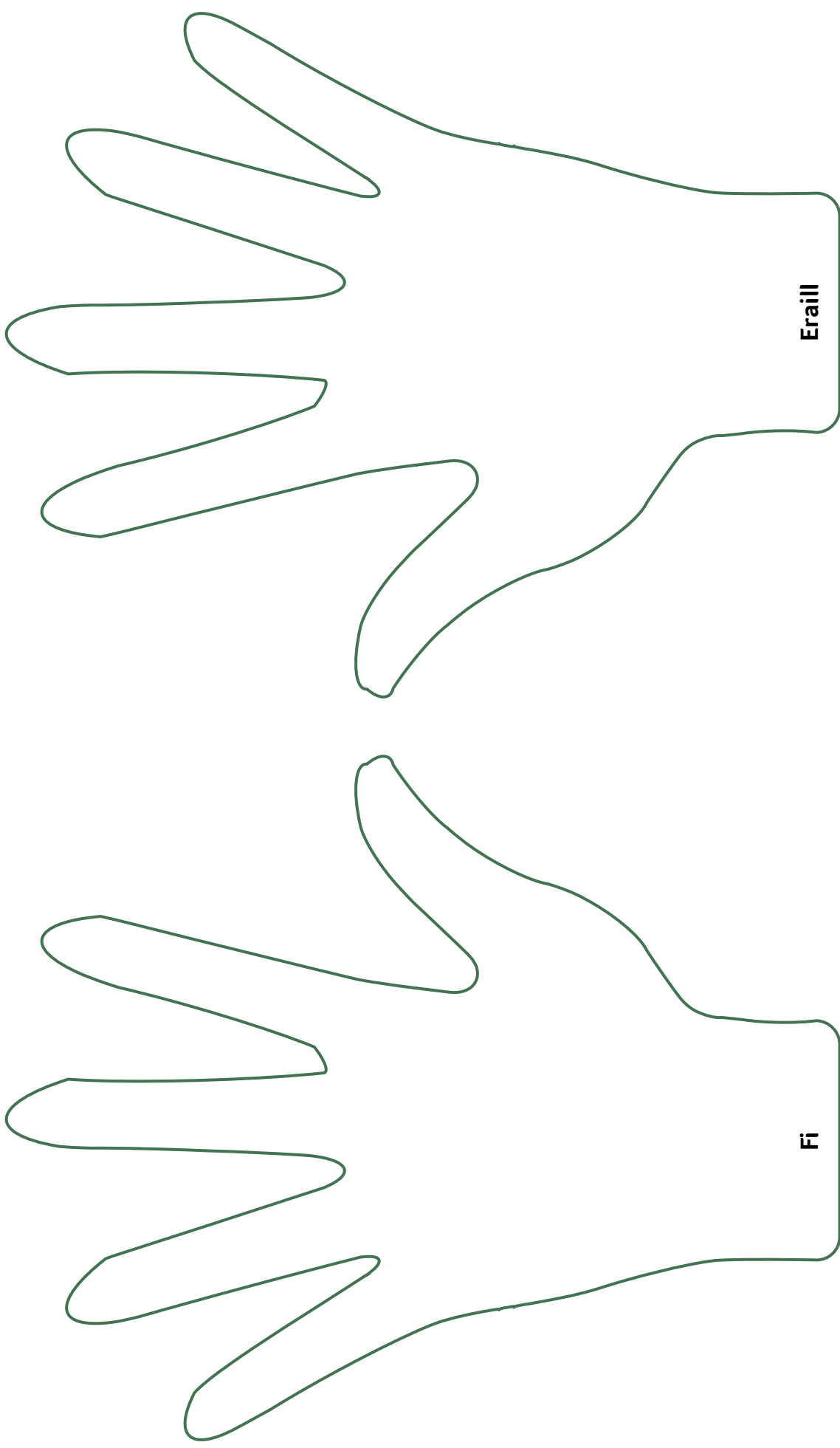
If you get stuck, use the word bank to help you.

What's the difference between how you see yourself and what others see in you?



Gweithgarwch 2

Beth ydw i'n ei hoffi amdanaf fy hun? Beth mae eraill yn ei hoffi amdanaf i?

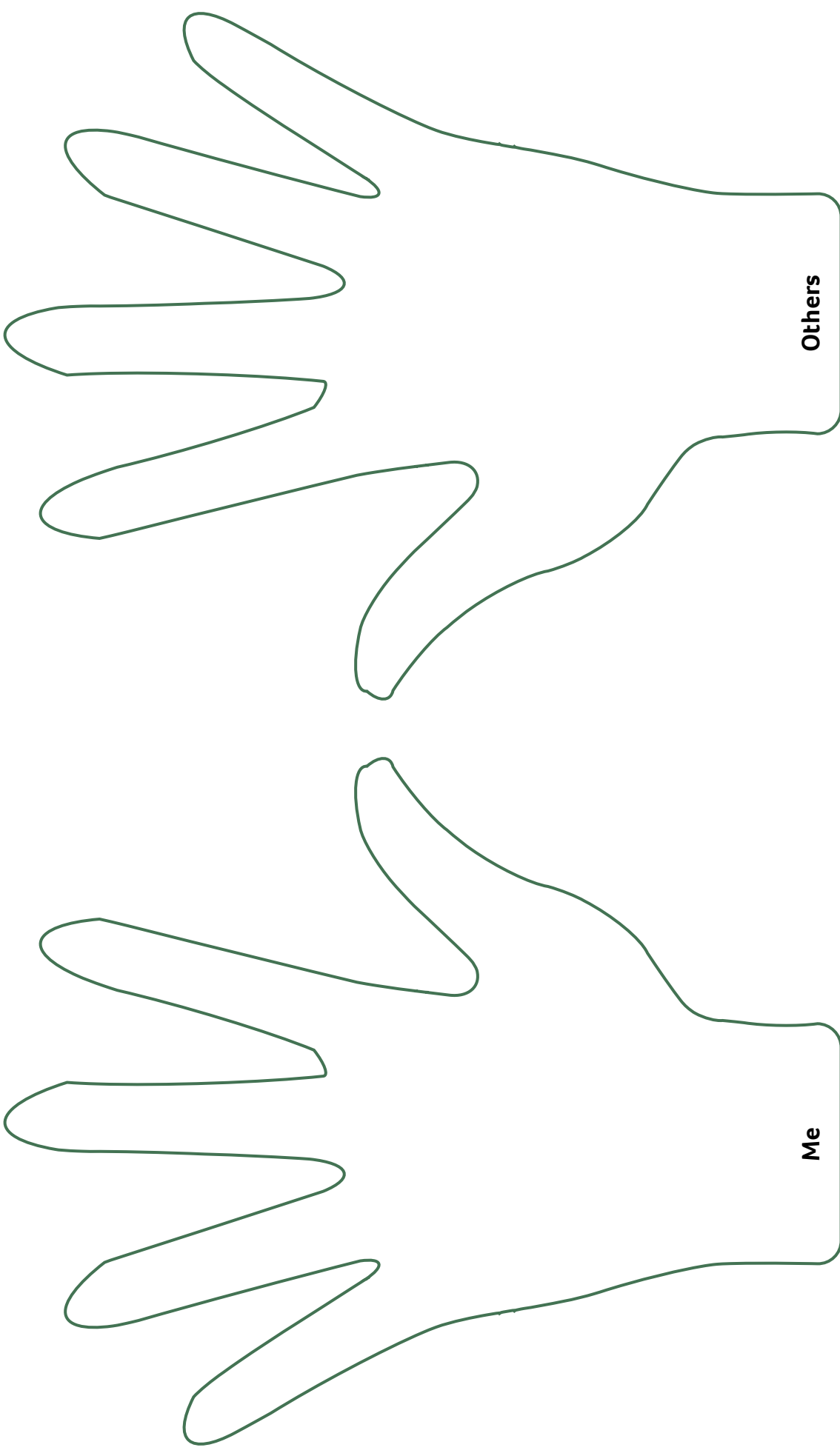


Banc geiriau

- Cyfeillgarwch - Cartref - Teulu - Cymheiriaid - Ysgol - Perthnasoedd - Cymuned - Clybiau
- Personoliaeth - Cymeriad - Agweddau - Arweinyddion - Chwaraeon - Hoffterau - Hoffterau - Emosïynau
- unigryw

Activity 2

What do I like about me? What do others like about me?



Word bank

- Friendship
- Home
- Family
- Peers
- School
- Relationships
- Community
- Clubs
- Personality
- Character
- Uniqueness
- Leaders
- Sport
- Likes
- Emotions

Gweithgarwch 3

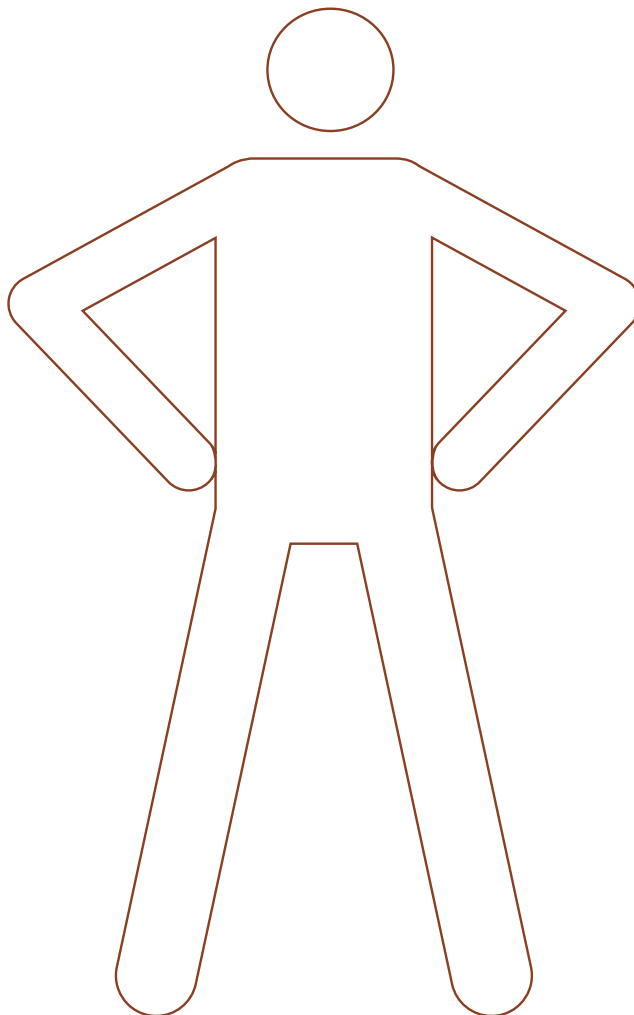
Edrychwch ar y daflen weithgarwch *Beth sy'n fy ngwneud i yn fi?*.

Ysgrifennwch rai geiriau sy'n disgrifio pwy ydych chi neu'r hyn rydych eisiau bod. Gallai enghreifftiau gynnwys: teulu, cartref, cryf, penderfynol, pryderus, ffrindiau, ysgol, dyfodol, ac yn y blaen.

Defnyddiwch y geiriau hyn – neu rai o'r banc geiriau – i lenwi'r templed corff.

Meddyliwch am y pethau yn eich bywyd sy'n cael effaith bositif ar eich llesiant. Beth sy'n gwneud i chi deimlo'n hapus?

Sut deimlad oedd ysgrifennu rhai geiriau sy'n disgrifio pwy ydych chi? A gawsoch eich synnu am eich bod wedi ysgrifennu cymaint?



Activity 3

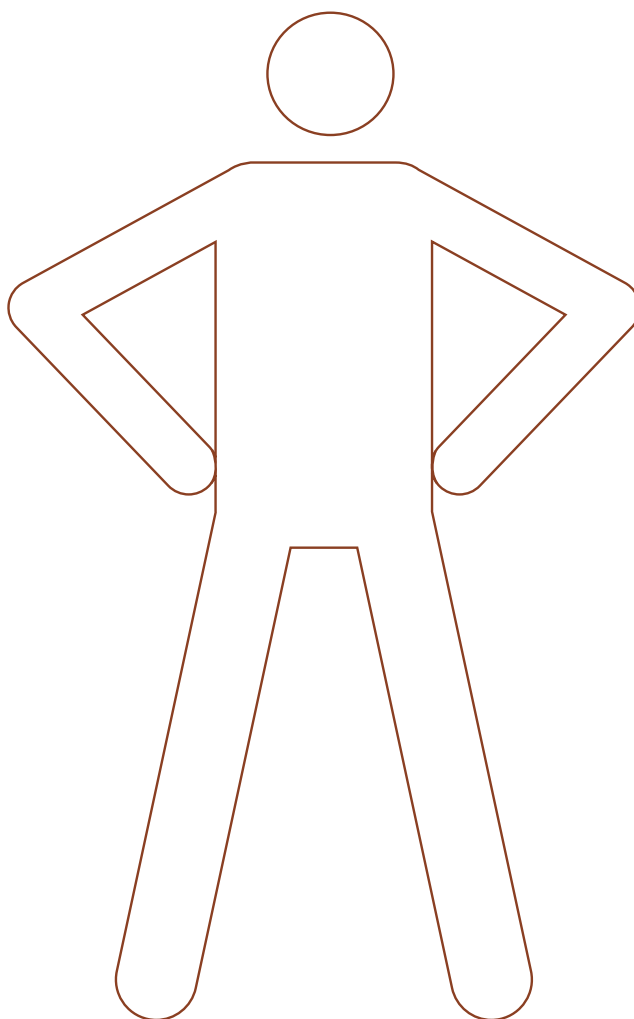
Take a look at the *What makes me, me?* activity sheet.

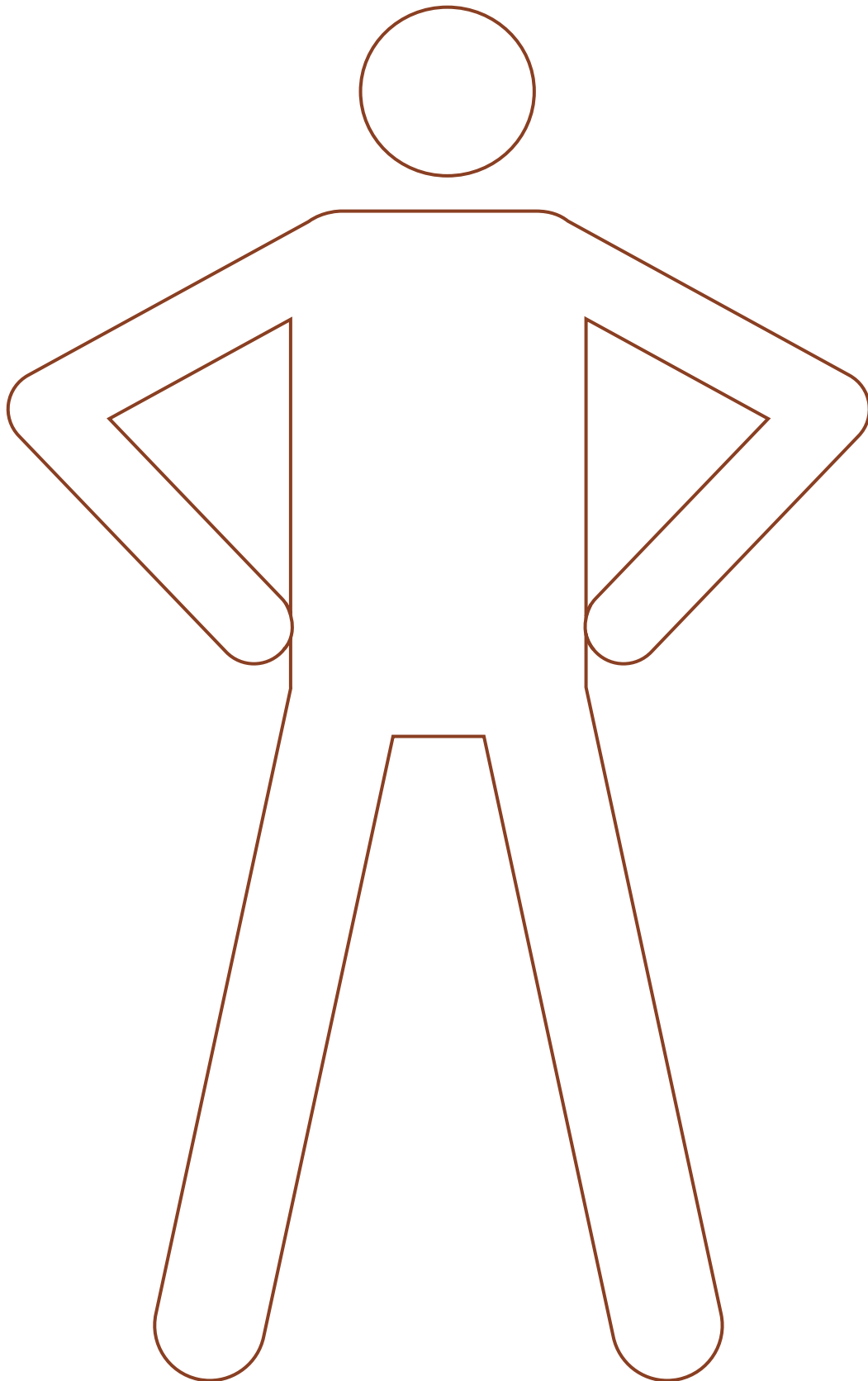
Write down some words that describe who you are or what you want to be. Examples could be: family, home, strong, determined, anxious, friends, school, future, etc.

Use these words – or some from the word bank – to fill in the body template.

Think about the things in your life that have a positive impact on your wellbeing. What makes you feel happy?

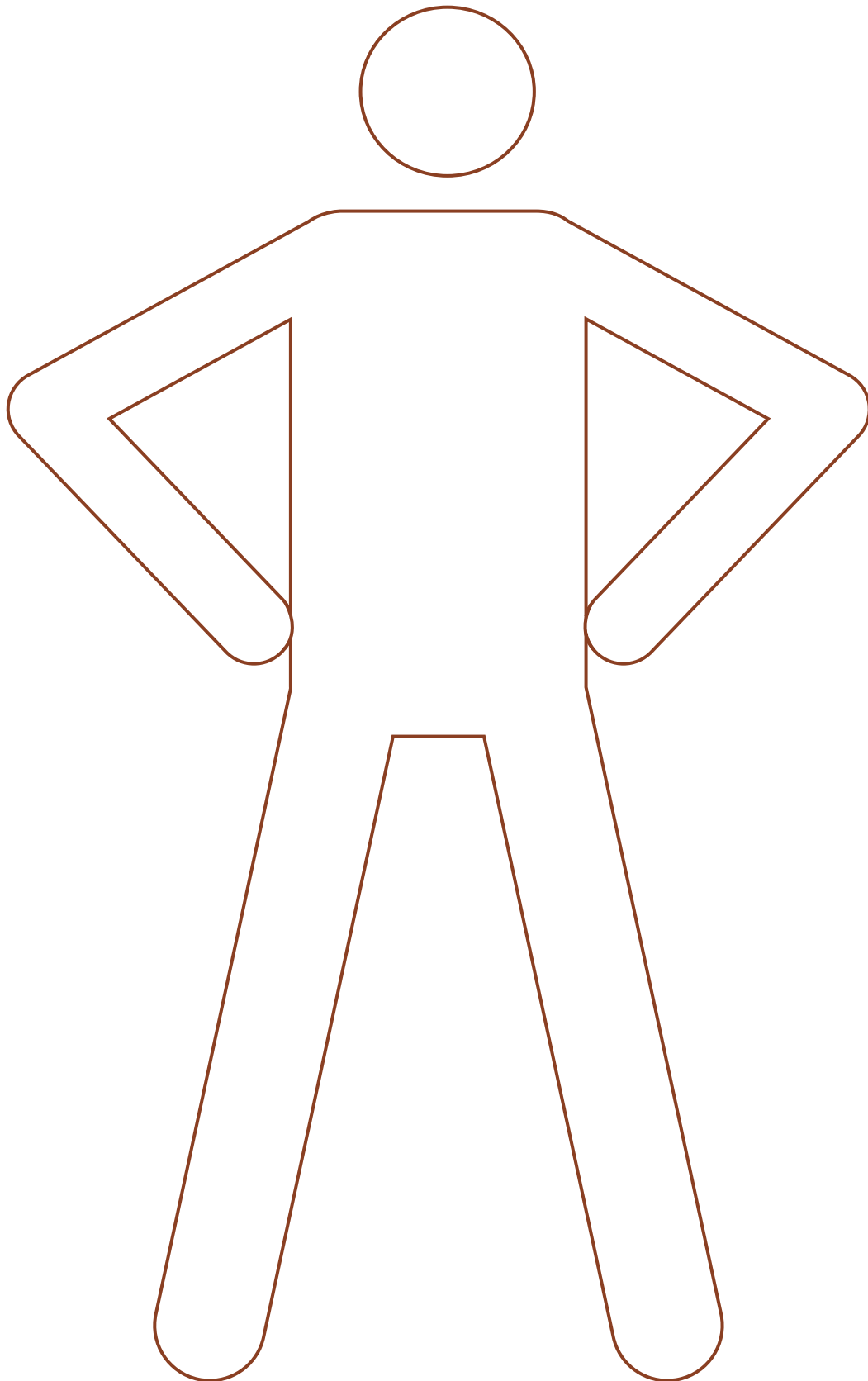
How did it feel to write down some words that describe who you are? Are you surprised by how many things you wrote?





Banc geiriau

- | | | | |
|----------------|----------------|-------------|---------------|
| - Teulu | - Teyrngar | - Emosiwn | - Cydbwysedd |
| - Gobaith | - Penderfyniad | - Negyddol | - Caredig |
| - Ysbrydoledig | - Pencampwrn | - Ffrindiau | - Cydnerthedd |
| - Positif | - Cryf | - Rhoi | - Athrawon |



Word bank

- Family
- Hope
- Inspiring
- Positive
- Loyal
- Determination
- Champion
- Strong
- Emotion
- Negative
- Friends
- Giving
- Balance
- Kind
- Resilience
- Teachers

Gweithgarwch 4

Mae arwr yn rhywun sydd â nodweddion rhyfeddol. Pwy yw eich arwr chi? Gall fod yn seren ffilm neu deledu, seren o fyd chwaraeon, aelod o'ch teulu neu gymeriad dychmygol.

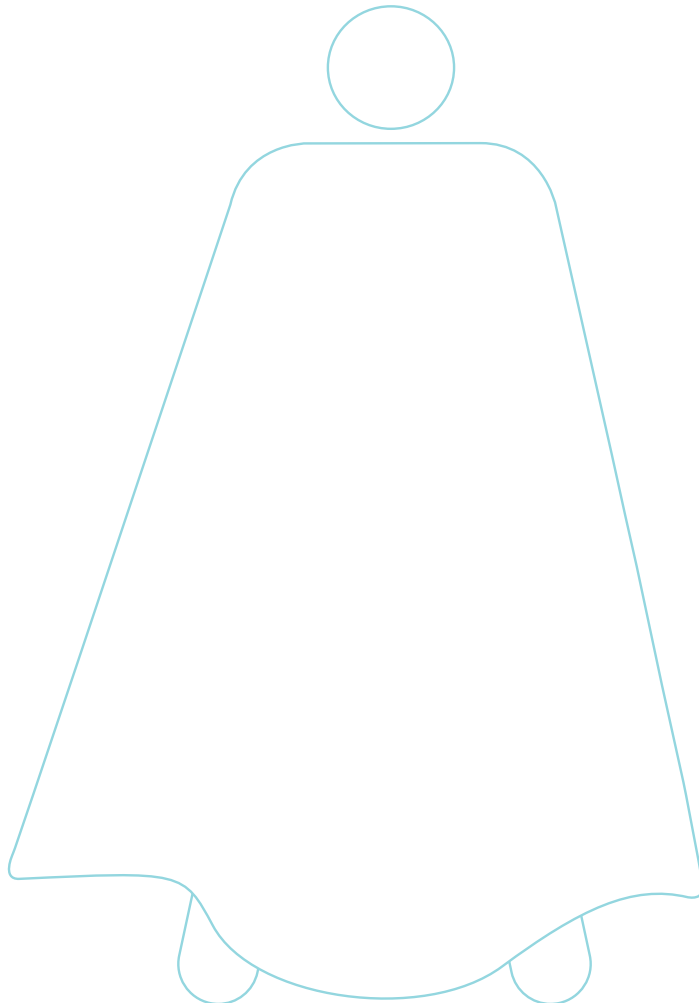
Gwnewch restr o nodweddion arwr – er enghraifft, dewr, gofalgar, cryf, penderfynol.

Meddylwch am gydnerthedd a beth mae'n ei olygu i chi. Sut mae eich arwr yn dangos cydnerthedd? Er enghraifft, bydd peldroediwr yn dal i geisio sgorio er bod eu tîm yn colli. Bydd aelod o'r teulu'n edrych ar ôl eraill hyd yn oed pan fyddant wedi blino. Mae'r bobl hyn yn dal ati pan fydd pethau'n anodd.

Addurnwch y clogyn â geiriau sy'n gysylltiedig â chydnerthedd. Pam wnaethoch chi ddewis y geiriau hyn?

Ystyriwch sut mae cydnerthedd yn helpu pan fydd pethau'n mynd yn anodd, yn union fel y peldroediwr sy'n dal i fynd tan y chwiban olaf.

Beth yw eich nodweddion arwrol chi? A ydych chi'n gryf, trist, hapus, penderfynol, ac ati? Ysgrifennwch y geiriau.



Activity 4

A superhero is someone who has amazing qualities. Who is your superhero? It might be a celebrity, a sports person, a family member or a made-up character.

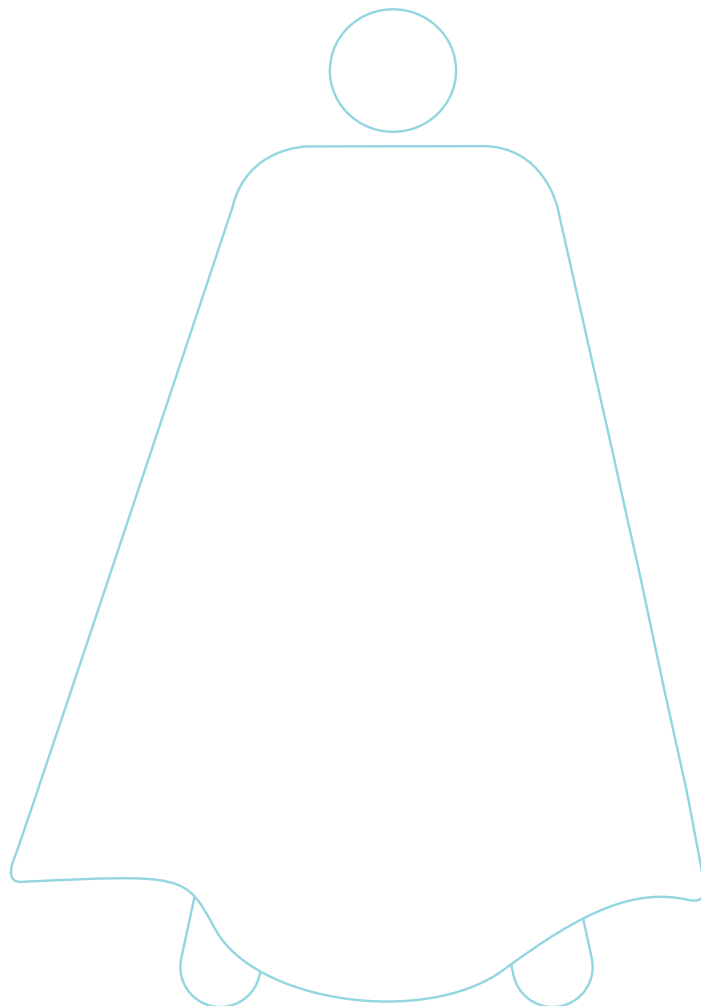
Create a list of superhero characteristics – for example, brave, caring, strong, determined.

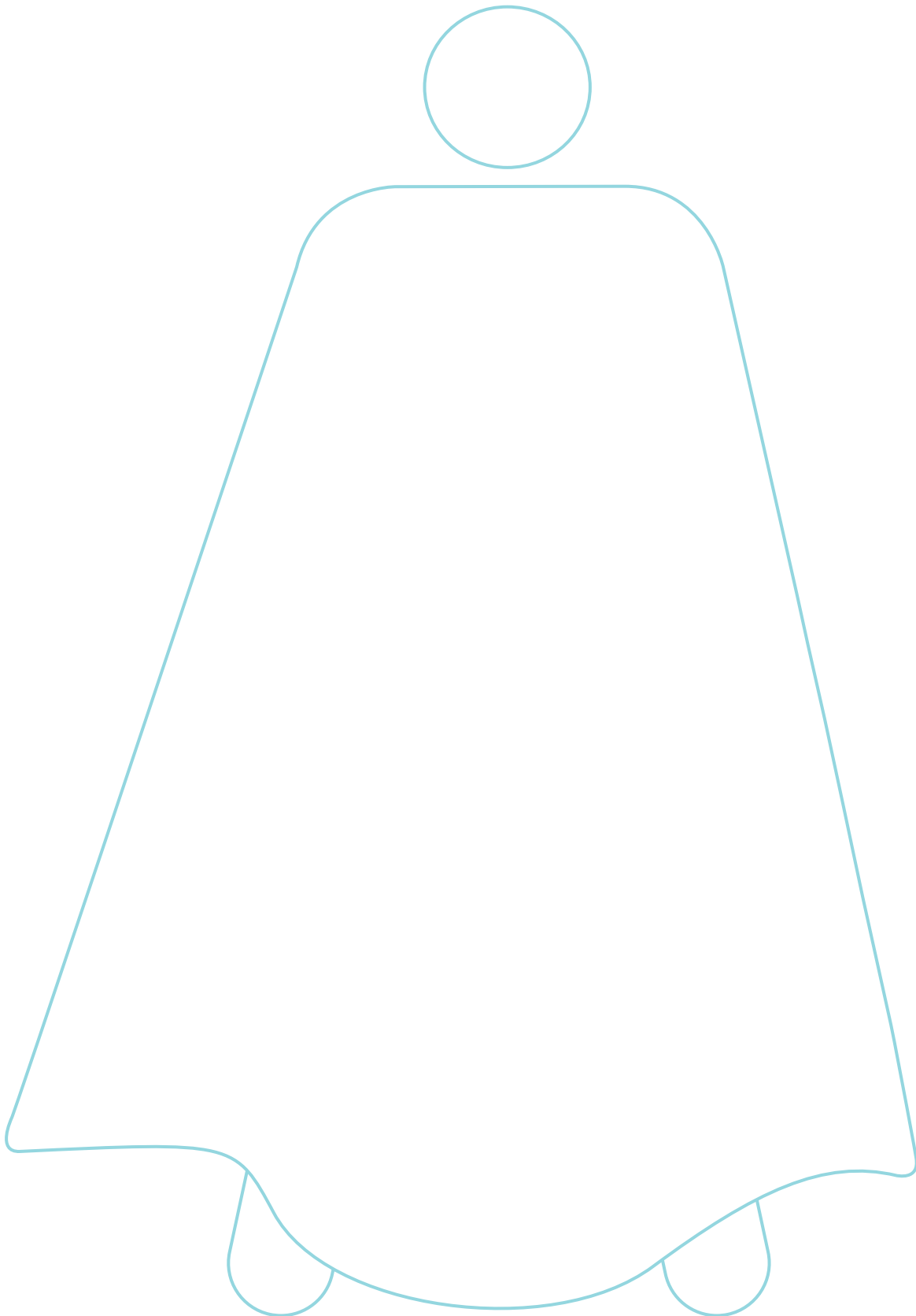
Think about resilience and what it means to you. How does your superhero demonstrate resilience? For example, a footballer will keep trying to score a goal even when their team is losing. A family member will look after others even when they're tired. These people carry on when things are tough.

Decorate the cape with words that are linked to resilience. Why did you choose these words?

Think about how resilience helps us when things get tough, just like the footballer who keeps going 'til the final whistle.

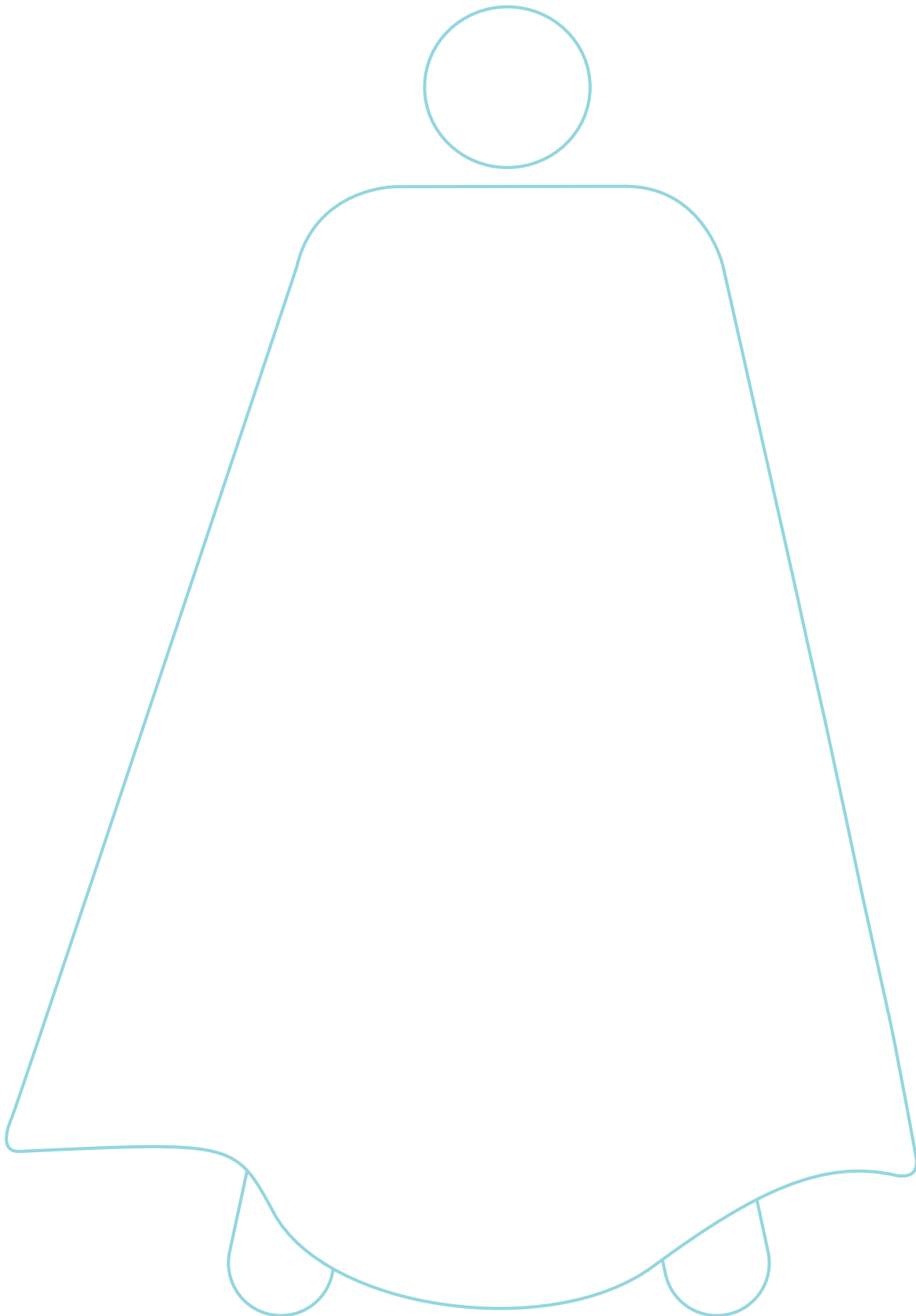
What are your superhero qualities? Are you strong, sad, happy, determined, etc.? Write them down.





Banc geiriau

- | | | | |
|-------------|---------------|-------------|-----------------|
| - Meddylgar | - Cryf | - Hwyl | - Dewr |
| - Cyson | - Penderfynol | - Ymroddgar | - Dyfeisgar |
| - Gofalgar | - Positif | - Cadarn | - Yno bob amser |



Word bank

- Thoughtful
- Consistent
- Caring
- Strong
- Determined
- Positive
- Fun
- Committed
- Solid
- Brave
- Resourceful
- Available

Gweithgarwch 5

Meddyliwch am y cynhwysion y byddai eu hangen arnoch i greu eich diwrnod perffaith.
Gwnewch restr – er enghraifft;

- Mymryn o haf.
- Cwpanaid o'r traeth.
- Litr o Nadolig.
- Pinsiad o wyliau.
- Llund llwy o ffrindiau.
- Kilo o gariad.

Gwnewch lun o bowlen gymysgu fawr ar eich taflen waith. Ysgrifennwch y cynhwysion rydych wedi'u dewis, gan ddefnyddio geiriau naill ai o'ch rhestr neu'r banc geiriau i greu 'fy niwrnod gorau'.

Beth wnaeth i chi ddewis y cynhwysion hyn?

Sut oedd ysgrifennu am eich 'diwrnod gorau' yn gwneud i chi deimlo? Er enghraifft, a oedd yn gwneud i chi deimlo'n dda, yn hiraethus, trist, hapus, cyffrous?

Cynhwysion

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Dull

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Activity 5

Think about the ingredients you'd need to create your perfect day.

Create a list – for example:

- A sprinkling of summer.
- A cup of the beach.
- A litre of Christmas.
- A pinch of holiday.
- A tablespoon of friends.
- A kilo of love.

Draw a large mixing bowl on your worksheet. Write down the ingredients you've chosen, either using words from your list or the word bank to create a 'my best day' recipe.

What made you pick these ingredients?

How did it feel to write about your 'best day'? For example, did you feel good, nostalgic, sad, happy, excited, etc.?

Ingredients

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Method

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Cynhwysion

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Dull

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Banc geiriau

- Ffrindiau
- Pryd
- Lle
- Man
- Tymor
- Gweithgareddau
- Digwyddiadau
- Cynhwysion
- Lluniau
- Bowlenni Cymysgu
- Llwyau
- Cacennau
- Teimpladau
- Dathlu
- Pwy

Ingredients

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Method

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Word bank

- Friends
- Where
- Season
- Events
- Pictures
- Spoons
- Who
- When
- Place
- Activities
- Ingredients
- Mixing Bowls
- Cakes
- Celebration

Gweithgarwch 6

A ydych chi wedi darllen drwy'r dyfyniadau ysbrydoledig ar y daflen waith *Fi wedi fy nghymell*? A ydych yn teimlo eich bod wedi eich cymell?

Beth yw cymhelliad?* Ysgrifennwch rai geiriau sy'n cymell – neu eich dyfyniad byr eich hun – yn y manau gwag.

Sut deimlad yw ysgrifennu'r geiriau hyn? Er enghraifft, positif, penderfynol, ysgogol, calonogol, ac yn blaen.

Pam mae cymhelliad yn bwysig i ni a sut mae'n effeithio ar hunan barch?***

Meddylwch sut yr ydych yn teimlo pan fyddwch heb gymhelliad. Er enghraifft, efallai y byddwch yn cael meddyliau a theimladau negyddol, yn barod i roi i fyny yn hawdd, neu'n colli diddordeb yn y pethau rydych yn arfer eu mwynhau.

Mae cymhelliad yn ein helpu i gyflawni ein nodau, i ddysgu pethau newydd, ac i fwynhau bywyd.

*Cymhelliad yw'r hyn sy'n ein gyrru i gyflawni'r hyn rydym eisiau ei gyflawni.

***Mae teimlo wedi'n cymell yn ein helpu i deimlo'n positif.

Roeddwn bob amser yn edrych y tu allan i fy hun am gryfder a hyder, ond mae'n dod o'r tu mewn. Mae yno drwy'r amser.

Anna Freud

Nid yw dewrder yn rhoi bob amser. Weithiau dewrder yw'r llais tawel ar ddiwedd y dydd sy'n dweud 'Mi wnâi drïo eto fory'.

Mary Anne Radmacher

Efallai mai dyma pan fyddwch yn anadlu'n ddwfn ac yn neidio.

Morgan Harper Nicholls

Ni ddaw newid os ydym yn aros am rywun arall neu ryw adeg arall. Ni yw'r sawl rydym wedi bod yn aros amdanynt. Ni yw'r newid rydym yn chwilio amdano.

Barack Obama

Rydych yn ddewr. Hyd yn oed pan nad yw'n teimlo felly. Ac mae eich dewrder i'w weld yn eich dewis i gadw i fynd bob dydd.

Morgan Harper Nicholls

Activity 6

Have a read through the inspirational quotes on the *Motivated me* worksheet. Do you feel motivated?

What is motivation? * Write down some motivational words – or your own short quote – in the blank spaces.

How does it feel to write these words down? For example, positive, determined, driven, encouraged, etc.

Why is motivation important and how does it affect self-esteem? **

Think about how you feel when you're de-motivated. For example, you might have negative thoughts and feelings, want to give up easily, or lose interest in doing things you enjoy.

Motivation helps us achieve our goals, be successful, learn new things, and enjoy life.

*Motivation is the driving force that helps us achieve what we want.

**Feeling motivated helps us to feel positive.



Roeddwn bob amser yn edrych y tu allan i fy hun am gryfder a hyder, ond mae'n dod o'r tu mewn. Mae yno drwy'r amser.

Anna Freud

Nid yw dewrder yn rhoio bob amser. Weithiau dewrder yw'r llais tawel ar ddiwedd y dydd sy'n dweud 'Mi wnâi drïo eto fory'.

Mary Anne Radmacher

Efallai mai dyma pan fyddwch yn anadlu'n ddwfn ac yn neidio.

Morgan Harper Nicholls

Ni ddaw newid os ydym yn aros am rywun arall neu ryw adeg arall. Ni yw'r sawl rydym wedi bod yn aros amdanynt. Ni yw'r newid rydym yn chwilio amdano.

Barack Obama

Rydych yn ddewr. Hyd yn oed pan nad yw'n teimlo felly. Ac mae eich dewrder i'w weld yn eich dewis i gadw i fynd bob dydd.

Morgan Harper Nicholls

Banc geiriau

- Ysbrydoli - Cred - Angerdd - Cydnherthedd - Dyfalbarhad - Breuddwyd - Dychymyg
- Cymhellad - Cryfder - Anogaeth - Cyfle - Cyflawni - Gobaith

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.

Anna Freud

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'

Mary Anne Radmacher

Perhaps this is where you breathe deep and take the leap.

Morgan Harper Nicholls

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

Barack Obama

You are brave. Even when it does not seem that way. And your bravery shows up in your choice to keep going every day.

Morgan Harper Nicholls

Word bank

- Inspiration
- Motivation
- Belief
- Strength
- Passion
- Drive
- Resilience
- Opportunity
- Persevere
- Achieve
- Dream
- Hope
- Imagination

Gweithgarwch 7

Ysgrifennwch eich meddyliau, eich teimladau a'r hyn rydych yn ei wneud i wella eich llesiant.

A ydych chi wedi defnyddio dyddiadur o'r blaen? Ysgrifennwch restr o eiriau rydych yn eu cysylltu â chadw dyddiadur – er enghraifft, pryderon, atgofon hapus, preifat, personol, dyddiadur, ac yn y blaen.

Mae sawl ffordd wahanol o gadw dyddiadur. Gallwch ysgrifennu eich meddyliau mewn llyfr nodiadau neu mewn dyddiadur, creu nodiadau ar eich ffôn, anfon negeseuon testun atoch eich hun, ac yn y blaen.

Gall fod yn help os gallwch ddod o hyd i le tawel i ysgrifennu mewn ffordd sy'n gyfforddus i chi. Os yw cadw dyddiadur yn rhywbeth newydd i chi, pam na wnewch chi ymarfer am bum munud bob dydd i ddod i'r arfer? Meddyliwch am yr hyn rydych eisiau ysgrifennu amdano, yr hyn rydych wedi bod yn ei wneud, a sut oedd hynny'n gwneud i chi deimlo.

Defnyddiwch y daflen waith *Fy Nyddiadur* i ysgrifennu cofnod o'ch dyddiadur.

Gall cadw dyddiadur eich helpu i:

- Deall a mynegi eich emosiynau.
- Trefnu a gwneud synnwyr o'ch teimladau.
- Amlygu meddyliau negyddol fel y gallwch wneud rhywbeth i'w hatal.
- Dathlu pethau sy'n eich gwneud yn hapus.

Gallwch ddefnyddio'r daflen waith hon gymaint o weithiau ag y mynnwch.



Activity 7

Writing down your thoughts, feelings and what you're doing can improve your wellbeing.

Have you used a journal before? Write a list of words you associate with keeping a journal – for example, worries, happy memories, private, personal, diary, etc.

There are lots of different ways to keep a journal. You can write your thoughts on a notepad or in a diary, create notes on your phone, send text messages to yourself, etc.

It's helpful to find a quiet place so you can write in a way you're comfortable with. If you're new to journaling, why not practice for five minutes every day to get into the habit? Think about what you want to write about, what you've been doing, and how it made you feel.

Use the *My journal* worksheet to write your own journal entry.

Writing a journal might help you:

- Understand and express your emotions.
- Organise and make sense of your feelings.
- Highlight negative thoughts so you can do something to stop these.
- Celebrate things that make you happy.

You can use this worksheet as many times as you like.



A spiral-bound notebook page with ten horizontal lines for writing. The spiral binding is on the left side. The page is otherwise blank.

A spiral-bound notebook page with ten horizontal lines for writing. The spiral binding is on the left side. The page is framed by a thick dark border.

Gweithgarwch 8

Meddyliwch am adeg pan oedd angen help arnoch. Gall fod yn unrhyw beth, o help â gwaith cartref i gael lifft i rywle.

Ysgrifennwch restr o rwydweithiau cymorth posibl – er enghraifft, mam, dad, brodyr a chwiorydd, athrawon, ffrindiau, llinellau cymorth, ac yn y blaen.

Edrychwch ar y daflen waith Fy nhystysgrif o werthfawrogiad. I bwy fyddech chi'n rhoi tystysgrif o werthfawrogiad? A pham?

Sut mae dweud 'diolch' wrth rywun sydd wedi eich helpu yn gwneud i chi deimlo?

Gobeithiwn y bydd y gweithgarwch hwn yn eich helpu i feddwl am y bobl y gallwch droi atynt pan fydd angen help arnoch. Mae derbyn bod angen help arnoch yn beth da, ac mae'n dangos cydnerthedd. Mae gwneud pethau da i bobl eraill hefyd yn gwneud inni deimlo'n dda.

TYSTYSGRIF O WERTHFAWROGIAD

Dyfarnwyd i: _____

Am wneud gwahaniaeth drwy: _____

Yr effaith a gafodd hyn: _____

Gan: _____

Dyddiad: _____

Activity 8

Think about a time when you needed help. It could be anything, from help with homework to getting a lift somewhere.

Write a list of possible support networks – for example, mum, dad, brothers and sisters, teachers, friends, helplines, etc.

Take a look at the *My appreciation certificate* worksheet. Who would you give a certificate of appreciation to? And why?

How does saying ‘thank you’ to someone who’s helped you make you feel?

Hopefully, this activity will help you to identify the people you can turn to when you need support. Accepting that you need help is a good thing, and shows great resilience. Doing nice things for others makes us feel good, too.



TYSTYSGRIF O WERTHFAWROGIAD

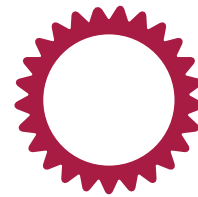
Dyfarfarnwyd i: _____

Am wneud gwahaniaeth drwy:

Yr effaith a gafodd hyn:

Gan: _____

Dyddiad: _____



APPRECIATION CERTIFICATE

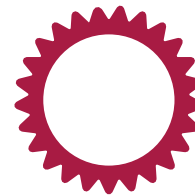
Awarded to: _____

For making a difference by:

Impact this had:

From: _____

Date: _____



Gweithgarwch 9

Ysgrifennwch restr o bethau mae pobl yn poeni amdanynt. Gallai'r rhain gynnwys: ysgol, arholiadau, teulu, ffrindiau, arian, salwch, ac yn y blaen. Wedyn, ysgrifennwch un o'r pethau rydych chi'n poeni amdanynt ar y daflen waith.

Os oes mwy nag un peth, ysgrifennwch y rheini hefyd.

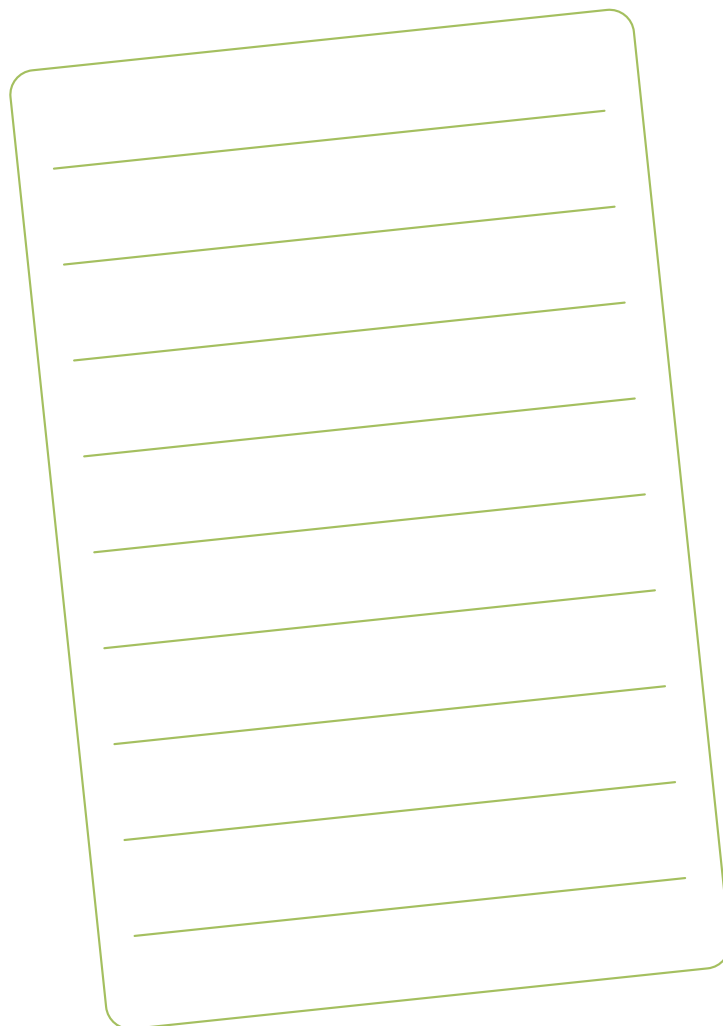
A oes gennych chi unrhyw bryderon sydd y tu hwnt i'ch rheolaeth? A oes gennych unrhyw bryderon y gallwch adael iddynt fynd?

Mae'n bwysig derbyn bod rhai pethau y tu hwnt i'n rheolaeth. Ni allwn newid y pethau hynny drwy boeni amdanynt. Mae gan bawb bryderon fel hyn weithiau.

Dewiswch y pryderon y gallwch adael iddynt fynd. Ysgrifennwch y rhain ar ddarn arall o bapur a'u dinistrio – rhwygwch hwy a'u rhoi yn y bin.

Sut ydych chi'n teimlo'n awr ar ôl cael gwared ar rai o'ch pryderon? A ydych yn teimlo rhyddhad, yn hapusach, yn llai pryderu?

Hyd yn oed os na allwch adael i bryder fynd, bydd ysgrifennu amdanynt yn eich helpu i'w rheoli'n well.



Activity 9

Write down a list of things people might worry about. These could include: school, exams, family, friends, money, illness, etc. Next, write down one of your own worries on the worksheet.

If you have more than one, write them down, too.

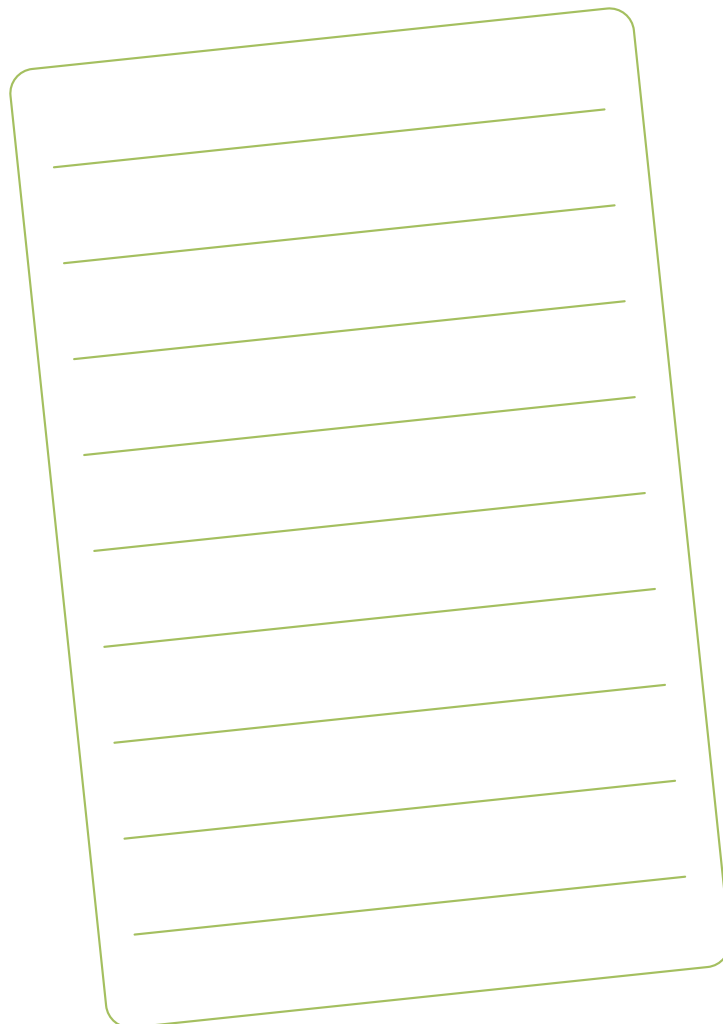
Do you have any worries that are out of your control? Do you have any worries you can let go of?

It's important to accept that some things are out of our control. We can't change these things by worrying about them. Everyone has worries like these sometimes.

Select the worries you can let go of. Write them on another sheet of paper and destroy them – tear them up and place them in the bin.

How do you feel now you've got rid of some of your worries? Are you relieved, happier, less anxious?

Even if you can't let go of a worry, writing it down will help you to manage it better.

A worksheet with ten horizontal lines for writing, tilted slightly to the right. The lines are evenly spaced and extend across most of the width of the sheet.

A large rounded rectangular box with a light green border, containing ten horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the box.

A large, rounded rectangular box with a thin green border, designed for writing. Inside the box, there are ten horizontal green lines spaced evenly down the page, providing a guide for text entry.

Gweithgarwch 10

Meddyliwch am yr hyn rydych wedi'i gyflawni. Beth fydddech chi'n ei ddathlu?

Gallai hyn fod yn unrhyw beth – o gyrraedd yr ysgol ar amser a pharatoi pryd bwyd blasus, i basio eich prawf gyrru a gwneud yn dda yn eich arholiadau.

Gall ddathlu amrywio beth o ganmol eich hun i drefnu parti. Mae cydnabod eich bod wedi gwneud rhywbeth i fod yn falch ohono yn ddathliad.

Ysgrifennwch y pethau rydych wedi dewis eu dathlu ar y daflen waith *Baneri dathlu*.

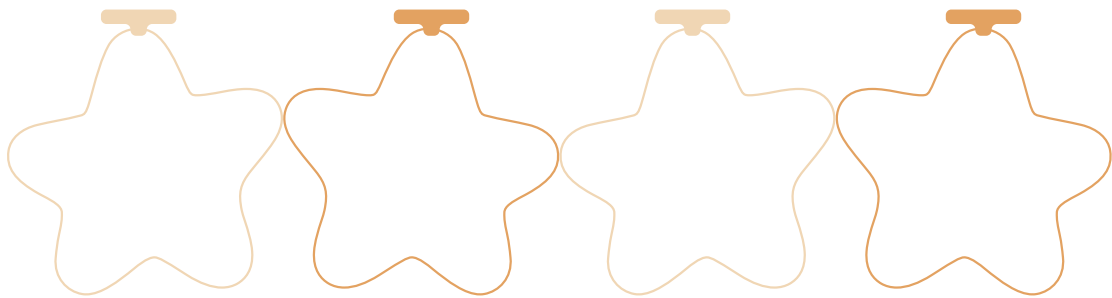
Sut oedd ysgrifennu'n pethau hyn yn gwneud i chi deimlo? Er enghraifft, da, balch, positif, hapus, cyffrous, ac yn y blaen.

Wedyn, edrychwch ar y daflen waith *Fi yn fy mreuddwyd*.

Meddyliwch am le'r hoffech fod yn y dyfodol. Beth hoffech chi fod yn ei wneud ymhen ychydig flynyddoedd? Sut fyddwch yn cyflawni'r nod hwn?

Ysgrifennwch eich nod ar ddiwedd y 'llwybr'. Gan ddechrau yn y pwynt 'fi heddiw', dychmygwch y camau y bydd angen i chi eu cymryd i wireddu hyn.

Gall ysgrifennu nod wneud iddo ymddangos yn haws i'w gyflawni. Bydd yn eich helpu i deimlo'n fwy positif ac yn eich cymell i gyrraedd y nod.



Activity 10

Think about what you've achieved. What would you celebrate?

This could be anything – from getting to school on time and making a nice meal, to passing your driving test and doing well in your exams.

Celebrating can range from giving yourself a pat on the back to throwing a party. Recognising you've done something to be proud of is a celebration.

Write the things you've chosen to celebrate on the *Celebration bunting* worksheet.

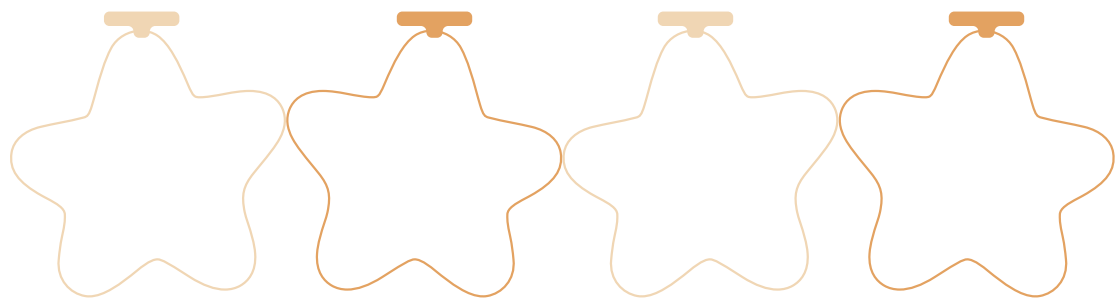
How did it feel to write these down? For example, good, proud, positive, happy, excited, etc.

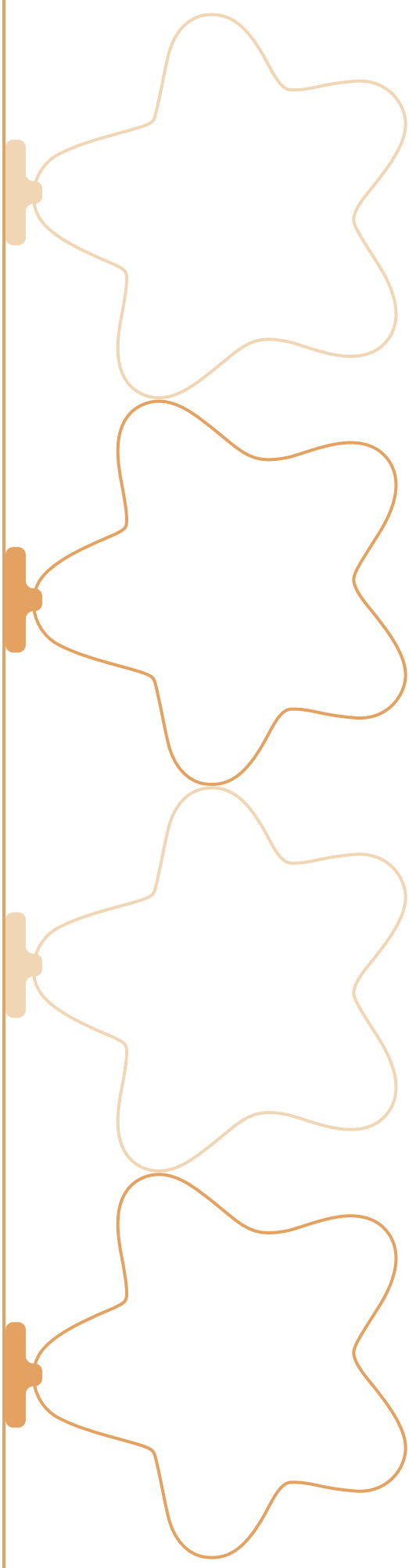
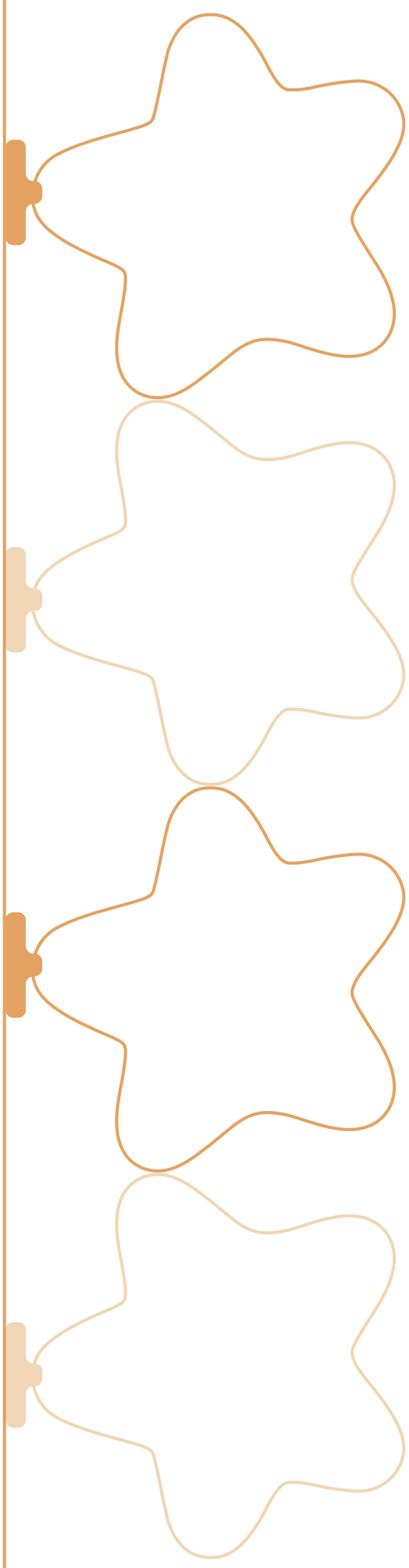
Next, take a look at the *Dream me* worksheet.

Think about where you'd like to be in the future. What would you like to be doing in a few years? How will you achieve this goal?

Write your goal at the end of the 'path'. Starting at the 'me today' point, imagine the steps you'll need to take to make this happen.

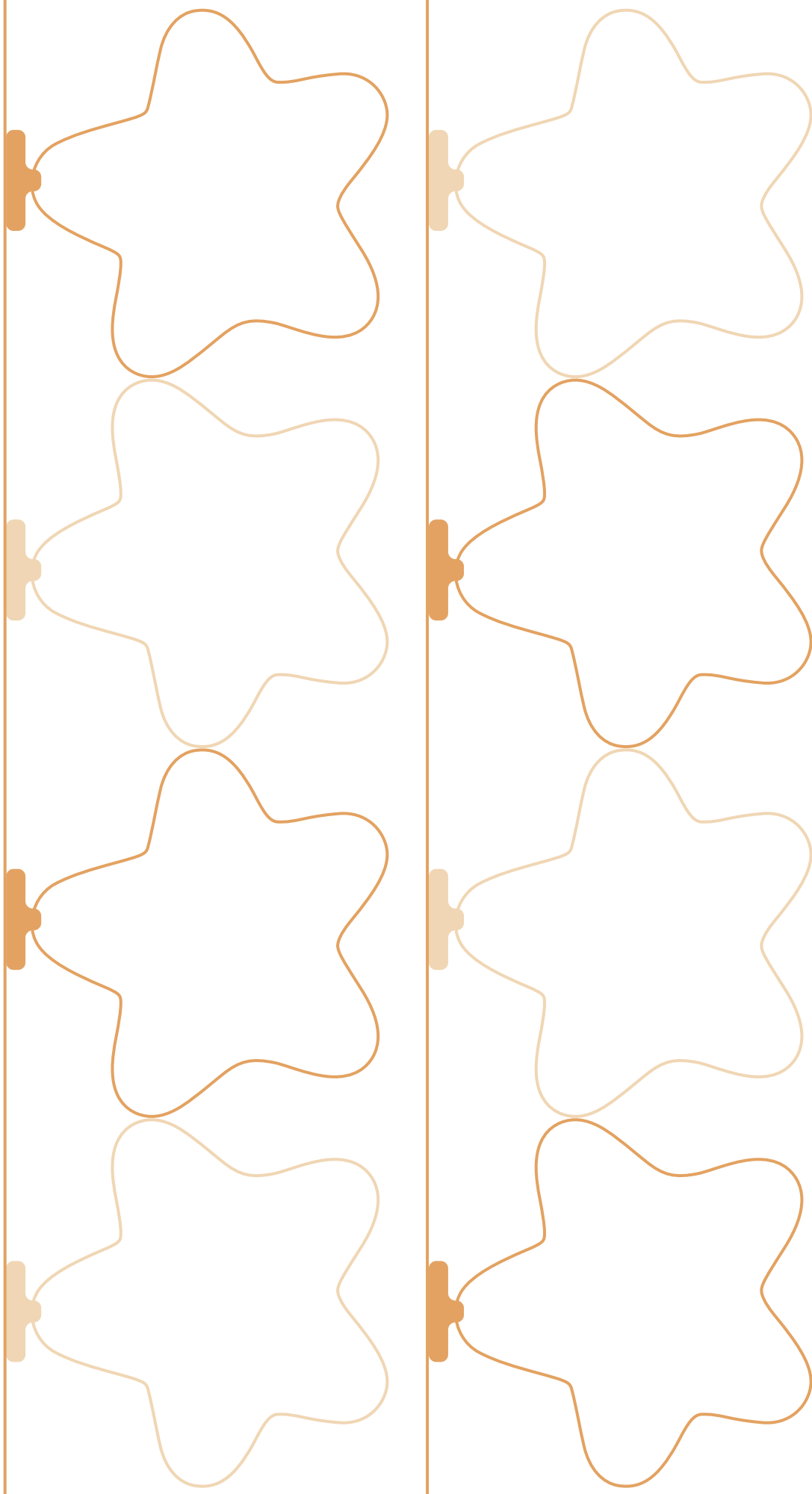
Writing down a goal can make it seem more achievable. It'll help you to feel more positive and motivate you to get there.





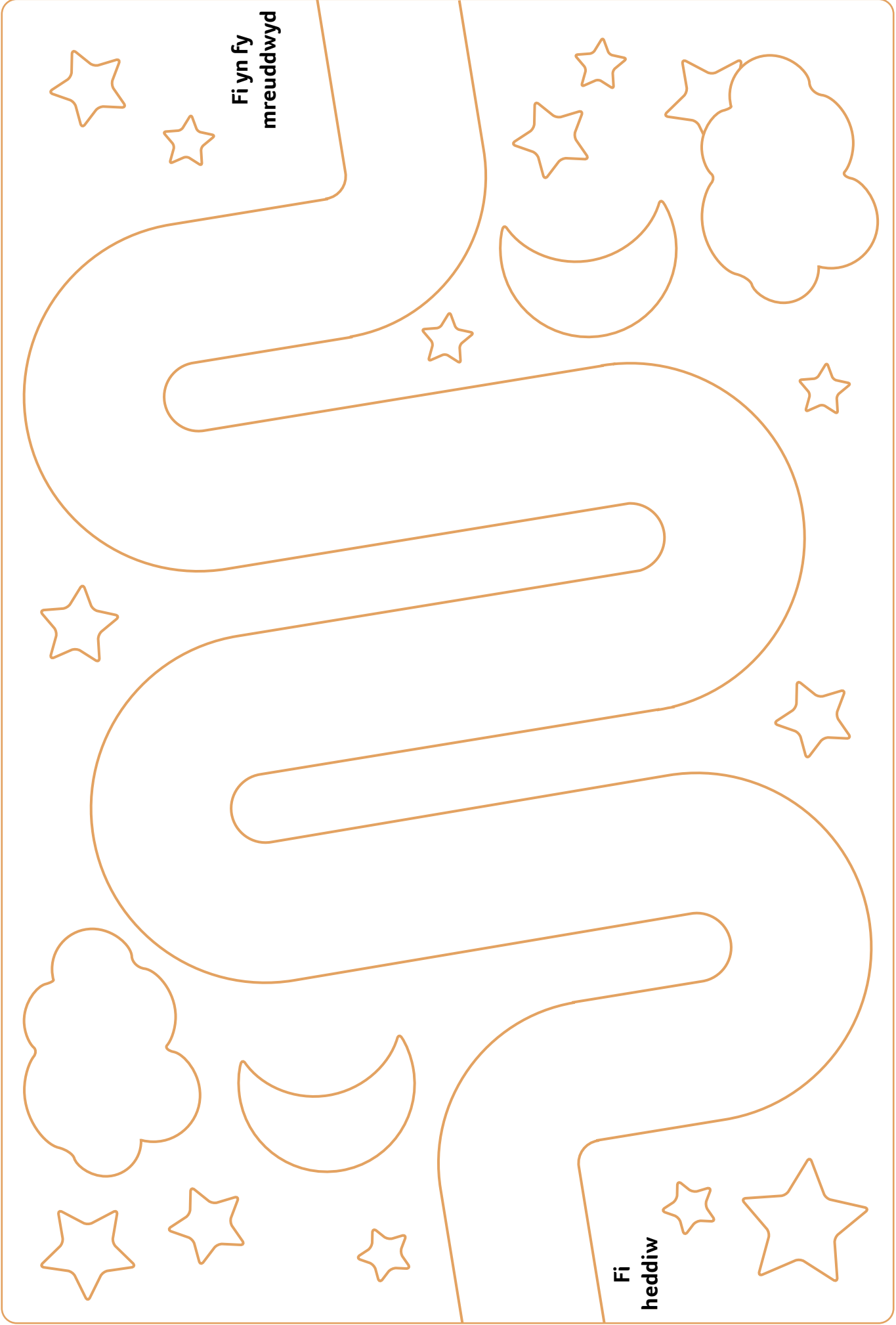
Banc geiriau

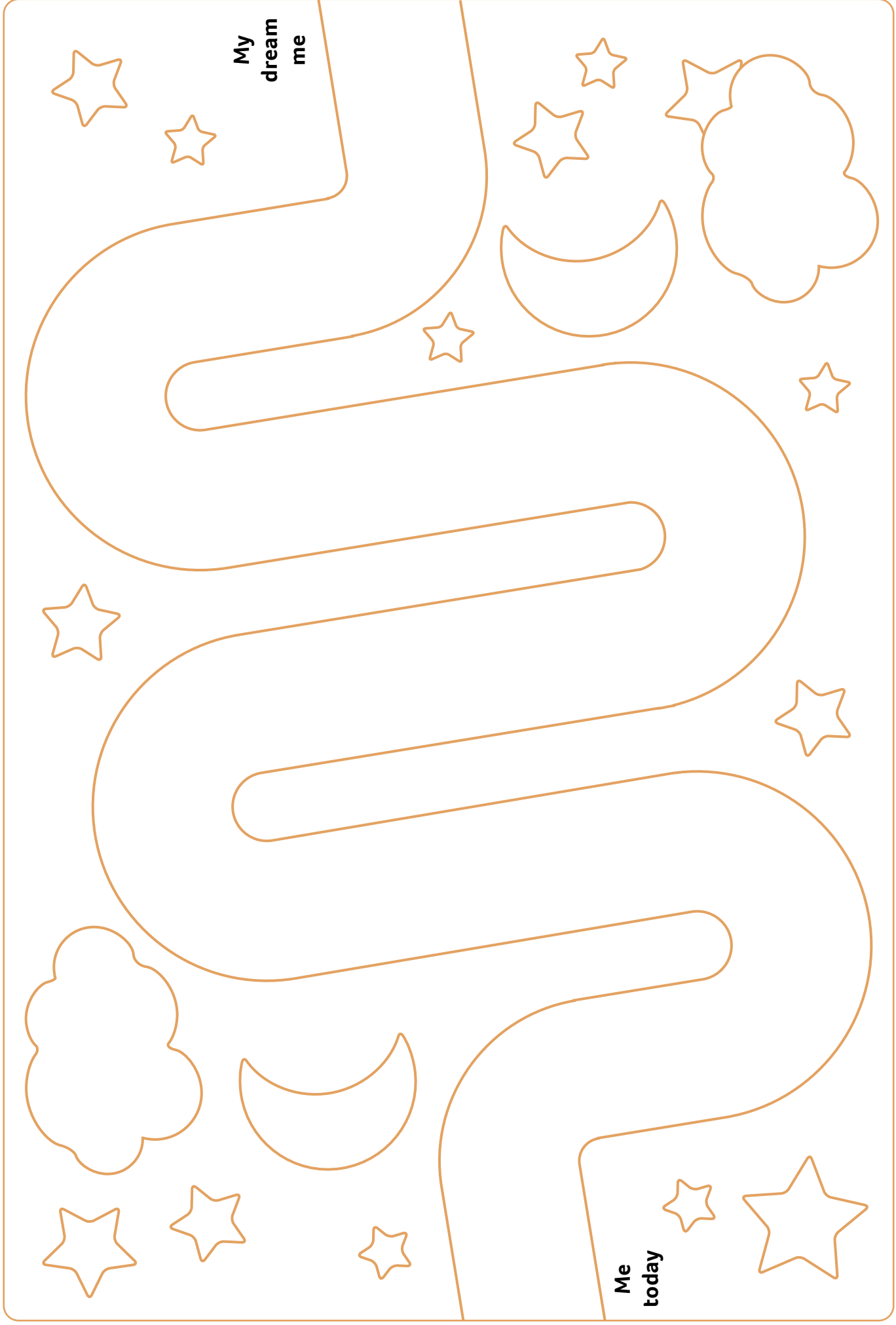
- Llwyddiant - Cyflawni - Balchder - Llawenydd - Llongyfarch - Gwerthfawrogi - Positif - Parti
- Gobaith - Hapus - Dathlu - Cynnydd - Carreg filltir - Nodau - Ennill



Word bank

- Success
- Achieve
- Pride
- Joy
- Congratulating
- Appreciate
- Positive
- Party
- Hope
- Happy
- Celebrate
- Progress
- Milestone
- Goals
- Gaining







Paratowyd y pecyn cymorth hwn gan Gweithredu dros Blant, y Post Brenhinol ac Ymddiriedolaeth y Tywysog.

This toolkit was created by Action for Children, Royal Mail and Prince's Trust.

Am ragor o wybodaeth a chymorth ewch i:

For more information and support, visit:

actionforchildren.org.uk

princes-trust.org.uk

Am adnoddau iechyd meddwl i rieni, ewch i:

For mental health resources for parents, visit:

buildsoundminds.org.uk

Ymwadiad

Mae'r pecyn cymorth hwn yn ymyriad cynnar lefel isel sy'n helpu pobl ifanc i feddwl am eu teimladau drwy sgrifennu a/neu weithgareddau eraill. Ni ddylai'r pecyn cymorth gael ei ddefnyddio yn lle triniaethau clinigol, seicolegol a/neu therapiwtig confensiynol eraill. Yn absenoldeb unrhyw esgeulustod neu dordyletswydd uniongyrchol arall gennym ni, nid ydym yn gyfrifol am unrhyw ganlyniadau andwyol sy'n gysylltiedig â defnyddio'r pecyn cymorth hwn. Os ydych yn teimlo eich bod yn cael trafferth â'ch iechyd meddwl, rydym yn eich cynghori'n ddiamwys i gael cymorth a/neu gyngor ar ymarferydd ardstyiedig.

Disclaimer

This toolkit is designed to help you to explore your feelings and emotions through writing and/or other activities. It should not be used as a substitute for conventional clinical, psychological and/or therapeutic treatment. In the absence of any negligence or other direct breach of duty by us, we are not responsible for any adverse outcomes in relation to the use of this toolkit. If you feel that you are struggling with your mental health, please seek the help and/or advice of a certified practitioner.