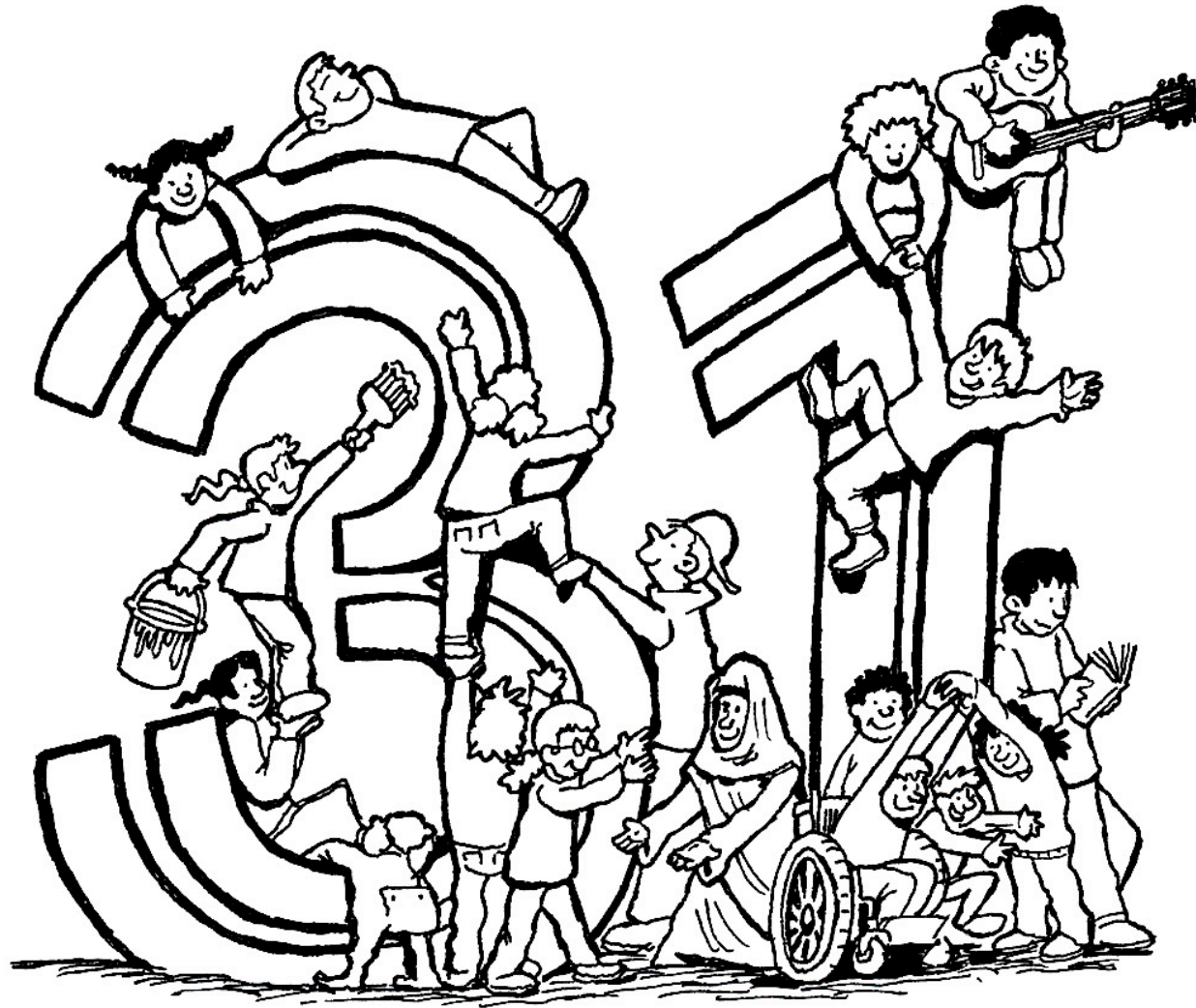


every child has the right to play



mae gan bob plentyn yr hawi i chwarae

Children's right to play

Playing is the most natural and enjoyable way for children and teenagers to keep well and be happy.

The importance of play is recognised around the world in the United Nations Convention on the Rights of the Child (UNCRC). The Convention is a list of 42 rights that all children and teenagers, everywhere in the world have, no matter who they are, where they live or what they believe in.

The right to play is highlighted in Article 31 of the Convention.

Article 31 is about every child's right to play.

Playing is a child's right wherever they are – at home, in school and care settings, and in their neighbourhoods. Adults have an important role to play. It's important to make sure our children have plenty of chances to play.

Children get the most from their play when they are in charge of it – when they choose what to play, who to play with and what the rules are. When children play in this way, the physical, emotional, social, learning and well-being benefits are enormous.

More importantly, to children themselves, playing is one of the most important parts of their lives. They value and need to have time, freedom, good places to play and supportive adults who champion play on their behalf.

Children tell us they want more opportunities to play outside with their friends. Playing is a crucial part of a healthy and happy childhood. As adults, it's our responsibility to make sure this happens.

**Playful
Childhoods**

www.playfulchildhoods.wales

Hawl plant i chwarae

Chwarae yw'r ffordd fwyaf naturiol a phleserus i blant a phlant yn eu harddegau gadw'n iach a bod yn hapus.

Mae pwysigrwydd chwarae'n cael ei gydnabod o amgylch y byd yng Nghonfensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn (CCUHP). Mae'r Confensiwn yn rhestr o 42 o hawliau sydd gan bob plentyn a phlentyn yn ei ardegau, ar draws y byd i gyd, waeth pwy ydyn nhw, ble y maen nhw'n byw neu beth y maen nhw'n credu ynddo.

Mae'r hawl i chwarae'n cael ei bwysleisio yn Erthygl 31 o'r Confensiwn.

Mae Erthygl 31 yn siarad am hawl pob plentyn i chwarae.

Mae chwarae'n hawl gan blentyn ble bynnag y mae – adref, yn yr ysgol ac mewn lleoliadau gofal, ac yn eu cymdogaethau. Mae gan oedolion rôl bwysig i'w chwarae. Mae'n bwysig gwneud yn siŵr bod yn cael digon o gyfleoedd i chwarae.

Bydd plant yn cael y gorau o'u chwarae pan maen nhw'n ei reoli – pan fyddan nhw'n dewis beth i'w chwarae, gyda phwy i chwarae a beth yw'r rheolau. Pan fydd plant yn chwarae fel hyn, mae'r buddiannau corfforol, emosiynol, cymdeithasol, dysgu a lles yn aruthrol.

Yn bwysicach fyth, i'r plant eu hunain, chwarae yw un o elfennau pwysicaf eu bywydau. Maen nhw'n gwerthfawrogi ac maen nhw angen cael amser, rhyddid, manau da i chwarae ac oedolion cefnogol sy'n eiriol dros chwarae ar eu rhan.

Mae plant yn dweud wrthym eu bod eisiau mwy o gyfleoedd i chwarae'r tu allan gyda'u ffrindiau. Mae chwarae'n rhan allweddol o blentynod iach a hapus. Fel oedolion, mae cyfrifoldeb arnom i wneud yn siŵr bod hyn yn digwydd.

**Plentyndod
Chwareus**

www.plentyndodchwareus.cymru