

Buddiannau chwarae

Benefits of play

Mae gan chwarae bob math o fuddiannau ar gyfer plant - yn gorfforol, meddyliol, emosiynol a chymdeithasol.

Playing has all sorts of benefits for children - physical, mental, emotional and social.

Mae chwarae'n helpu plant i...
Playing helps children...



HERIO EU HUNAIN
CHALLENGE THEMSELVES



CADW'N HEINI
KEEP FIT



GWNEUD SYNNEWYR O BETHAU ANODD
MAKE SENSE OF DIFFICULT THINGS

Mae chwarae'n helpu plant i ddatblygu...
Playing helps children develop...



BALANS
BALANCE



YMENNYDD MWY
BIGGER BRAINS



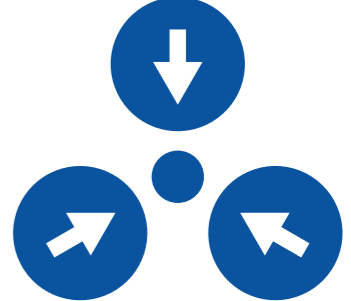
SGILIAU CYFATHREBU
COMMUNICATION SKILLS



DAWN CANOLBWYNTIO
CONCENTRATION



HYDER
CONFIDENCE



CYDSYMUADIAD
CO-ORDINATION



CREADIGEDD
CREATIVITY



DYCHYMYG
IMAGINATION



HUNAN-BARCH
SELF-ESTEEM

Ond yn bennaf oll, mae chwarae'n hwyl!
But most of all playing is fun!