

Datblygu sgiliau motor man o adra

Developing fine motor skills at home

Bwyd adar gyda cheerio's neu hoops / Bird food with cheerio's or hoops.

Beth rwyf angen?

Gwlân neu llinin

Grawnfwyd "hoops" neu "cheerio's"

Tap selo

Beth i wneud?

Cael cortyn a gwneud cwlwm ar gwaelod y cortyn i atal y "hoops" rhag disgyn trwodd.

Rhoi "hoops" drwy'r cortyn gan gyrraedd diwedd y cortyn

Clymu top y cortyn i atal y "hoops" ddisgyn yr ochor arall

Rhoi y cynnyrch tu allan yn yr ardd gan rhoi ar goeden neu rhywle ble ceith adar fynediad ato.

What do I need?

Wool or string

Hoops cereal or Cheerio's

Sellotape

What to do?

Get a string and make a loop at the end of the sting to stop the hoops from falling through.

Put the hoops through the string until you reach the top

Make a loop at the top of the string

Put the string on a tree or somewhere in the garden where the bird will have access.



<https://www.youtube.com/watch?v=EbEfQXVAFCE>

Beth rwyf angen?

papur/carbod

tyllwr

Gwlan neu llinin

Beth i wneud?

Gwneud nifer o dyllau ar y papur
neu papur carbod

Defnyddio gwlan neu llinin i fynd i
mewn ag allan o'r tyllau

What do I need?

Paper/cardboard

Hole puncher

Cotton or string

What to do?

Make as much hole in the paper or
cardboard.

Use the string to go in and out of
the holes.



Beth rwyf angen?

sbageti

Colandr

Beth i gwneud?

Rhoi y sbageti trwy'r tyllau yn y colandr

What do I need?

Spaghetti

Colander

What to do?

Put the spaghetti through the holes in the colander.



https://www.youtube.com/watch?v=t4fqfyTy_cY

Rhoi dillad ar y lein / putting clothes on the line.

Beth rwyf angen?

Pegiau

Dillad

Beth i gwneud?

Rhoi dillad ar y lein

What do I need?

Pegs

Clothes

What to do?

Use the pegs to put the clothes on a line



Beth rwyf angen?

Botel plastig

lastig

Beth i wneud?

Defnyddio eich dwylo er mwyn cael yr lastig dros y botel plastig

What do I need?

Plastic bottle

Elastic bands

What to do?

Use both hand to get the elastic bands over the bottle.



Paru boteli ag y ceuad / [match the bottles and the bottle tops.](#)

Beth rwyf angen?

Botel plastig gwag

top boteli

Beth i wneud?

Cael amrywiaeth o boteli a caeadau poteli a cael y plentyn i roi y caead cywir ar ben y botel gywir

What do I need?

Empty plastic bottle

Bottle tops

What to do?

Have a variety of different bottles and top and get the child to put the right top on the correct bottle.



Gweithgareddau tweezers / tweezers activities

Beth rwyf angen?

Tweezers

Pasta/ cerrig bach / pompoms/
darnau o bapur.

Beth i wneud?

Defnyddio'r tweezers i godi'r cerrig,
pasta oddi ar y llawr

Chwarae gem categoriedd gan
pigo bethau un lliw neu llythren i
fyny gan defnyddio'r tweezers.

What do I need?

Tweezers

Pasta/ small rocks/ pompoms/ small
pieces of paper/

What to do?

Use the tweezers to pick up some
pasta or small rocks.

Categorise object by their colour or
letters for example something
beginning with a letter.



Beth rwyf angen?

Shaving foam

bwrdd / plat / mat

Beth i wneud?

Rhoid y shaving foam ar y bwrdd a
gadael i'r plentyn chwarae ac arbrofi
gyda'r shaving foam.

Ysgrifennu enw neu rhifau gan
defnyddio ei bys.

What do I need?

Shaving foam

Table/ plate/ mat

What to do?

Put some shaving foam on a table/
plate or mat and allow the child to
play and experiment in it

Write your name or numbers in the
shaving foam with their finger.



Beth rwyf angen?

Dillad gyda botymau

What do I need?

Clothes with buttons

