

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

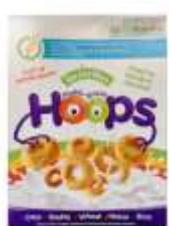
**What to do?**

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](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

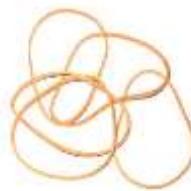
**What do I need?**

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.



## Gweithgarddau 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 categoriiddio gan  
pigo bethau un lliw neu llythyren i  
fyny gan defnyddio'r tweezers.

### What do I need?

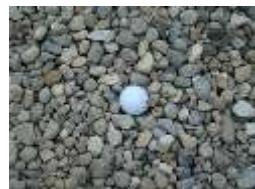
Tweezers

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?**

Gem "doctor neu operation"

**What do I need?**

A game Doctor or Operation.



**Beth rwyf angen?**

Siswrn

papur/ carbod / dail/ tissue/ dillad

Beth i wneud?

**What do I need?**

Scissors

Paper, cardboard, leafs, tissues.



**Beth rwyf angen?**

Papur/carbod

Pegiau lliw

**What do I need?**

Paper, cardboard

Colour pegs



**Beth rwyf angen?**

Dillad gyda botymau

**What do I need?**

Clothes with buttons

