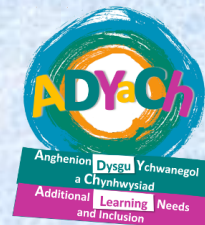


Gweithgareddau i gryfhau cof gweithredol

Activities to help strengthen working memory



Ble mae'r darn coll?

Lluniau o wrthrychau bob dydd gyda rhywbeth ar goll e.e. Braich y ddol, to'r tŷ, olwynion y bws.

Where's the missing part?

Pictures of everyday objects with missing parts e.g. The doll's arm, the roof of a house, the wheels on a bus

Beth sy'n bod?

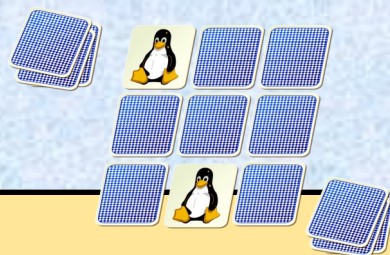
Lluniau o wrthrychau bob dydd gyda rhywbeth o'i le e.e. Person gyda breichiau fel coesau, car gyda olwynion ar y to

What's wrong?

Pictures of everyday objects / things with something wrong e.g. Person with arms as legs, car with wheels on the roof



Cof gweledol Visual memory

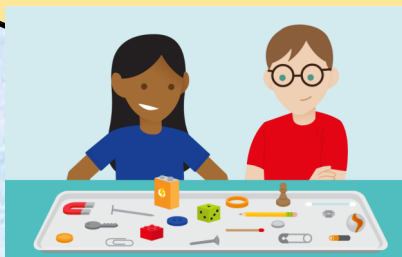


Gem Kim

Rhoi gwrthrychau ar fwrdd, cuddio'r gwrthrychau o dan lliain, ydi'r plentyn yn cofio'r gwrthrychau? Tynnwch un o'r gwrthrychau - ydi'r plentyn yn cofio pa wrthrych sydd ar goll?

Kim's game

Put objects on a tray, hide the tray, can the child remember what was on the tray. Remove an item - can the child remember which item is missing?



Parau

Lluniau / geiriau ar gardiau wedi'u torri allan (2 o bob un). Cymryd tro i droi 2 gerdyn drosodd, ydi'r plentyn yn gallu cofio lle mae'r cerdyn cywir?

Pairs

Pictures / words on cards that have been cut out (2 of each). Take turns to turn over 2 cards to see if they match. Can the child remember where the matching card is?

Gemau eraill

Gemau fel Snap, Happy families, Guess Who yn gemau i hybu cof gweledol

Other games

Games such as Snap, Happy Families and Guess who will help promote visual Memory skills.

Ail adrodd rhifau

Ail adrodd rhestr o rifau - ymlaen ac yn ôl.

Number repetition

Repeat a series of numbers - forwards and backwards



1 2 3 4 5

Mi es i'r siop a prynais...

Cymerwch dro i adio eitem wrth gofio beth sydd wedi cael ei brynu yn barod e.e. Mi es i'r siopa a prynais afal, siocled, wyau...

I went shopping and I bought...

Take turns to add an item each time while remembering what was already on the list e.g. I went shopping and I bought an apple, chocolate, eggs...



Cof clywedol

Auditory memory

Ail adrodd geiriau

Ail adrodd rhestr o eiriau - ymlaen ac yn ôl.

Word repetition

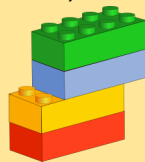
Repeat a list of words in the correct order - forwards and backwards

Dilyn cyfarwyddiadau

Dilyn cyfarwyddiadau e.e. gwneud llun, adeiladu gyda Lego, lliwio llun

Following instructions

Following instructions e.g. To draw a picture, Building with Lego, colouring a picture.



Chinese whispers

Mae angen i'r plentyn wrando ar beth sydd wedi cael ei ddweud, yna pasio'r gair neu'r frawddeg ymlaen i'r person nesaf.



Chinese whispers

The child must listen to what is being said to them, then pass the word or sentence on to the next person.

Ail adrodd llythrennau

Ail adrodd rhestr o lythrennau - ymlaen ac yn ôl.

Letter repetition

Repeat a series of letters - forwards and backwards.

Mae Simon yn dweud...

Gem dilyn cyfarwyddiadau.

Simon says...

A game that involves following instructions