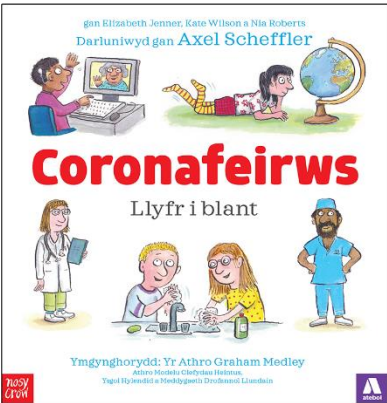
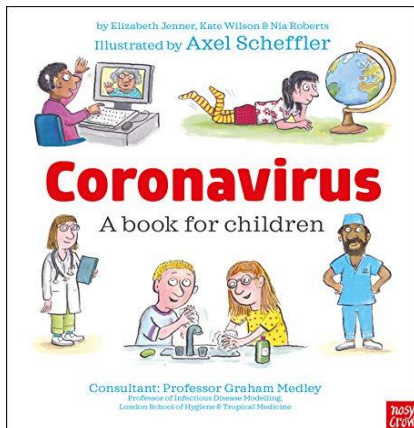


Llyfrau ar gyfer iechyd a Lles Meddyliol ac Emosiynol – Books for Mental & Emotional Health and Well-being

Cyfnod Allweddol 2 – Key Stage 2

Teitl y llyfr/Book title	Ble i brynu'r llyfr/Where to buy the book
Coronafeirws/Coronavirus	
Coronafeirws: Llyfr i blant gan Elizabeth Jenner, Kate Wilson a Nia Roberts. Darluniwyd gan Axel Scheffler  Beth yw'r coronafeirws, a pham mae pawb yn siarad amdano? Wedi'i ddarlunio'n ddiddorol gan Axel Scheffler, mae'r llyfr agos-atoch ac amserol hwn yn helpu i ateb y cwestiynau hyn a llawer mwy, gan roi esboniadau clir a hygyrch i blant 5-10 oed a'u rhieni am y coronafeirws a'i effeithiau - o safbwynt iechyd a'r effaith y mae'n ei gael ar fywyd teuluol o ddydd i ddydd. Gyda mewnbwn gan yr ymgynghorydd arbenigol yr Athro Graham Medley o Ysgol Hylendid a Meddygaeth Drofannol Llundain, yn ogystal â chynghor gan athrawon a seicolegwyr plant, mae hwn yn adnodd ymarferol ac addysgiadol i helpu i egluro'r newidiadau yr ydym i gyd yn eu profi ar hyn o bryd. Mae'r llyfr yn rhad ac am ddim i'w ddarllen a'i lawrlwytho.	Rhwydwaith Ysgolion Iach ar HWB / <i>Healthy Schools Network on HWB</i> https://hwb.gov.wales/api/storage/0572072e-b44c-4abf-96ac-7aecaaf7021e/Coronafeirws-Llyfriblant-DarlunyddAxelSheffler-Cymraeg.pdf  Atebol: https://atebol-siop.com/coronafeirws-llyfr-i-blant.html 

Coronavirus A book for Children by Elizabeth Jenner, Kate Wilson & Nia Roberts. Illustrated by Axel Scheffler



What is the coronavirus, and why is everyone talking about it?

Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life.

With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing.

The book is free to read and download.

A free audio version available:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>



Free to download here:

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf



Free on Amazon:

https://www.amazon.co.uk/Coronavirus-Book-Children-Kate-Wilson-ebook/dp/B086SX6HY7/ref=sr_1_1?dchild=1&keywords=coronavirus+a+book+for+children&qid=1592333981&sr=8-1



The Stinky Sticky Virus by Lauren Cooper (Saesneg / English)

Amazon:

<https://www.amazon.co.uk/Stinky-Sticky-Virus-Lauren-Cooper-ebook/dp/B086H7Z5GF>



Stori sy'n egluro'r sut mae veirws yn teithio.
A story to explain how a virus travels.



Rhwydwaith Ysgolion Iach / Healthy Schools Network
<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/a5d1106b-c879-4795-b073-589e9f00d69c>



https://drive.google.com/file/d/1cUfmXkCYOOikRXSbfGN5LrjMnXYQBX_Z/view

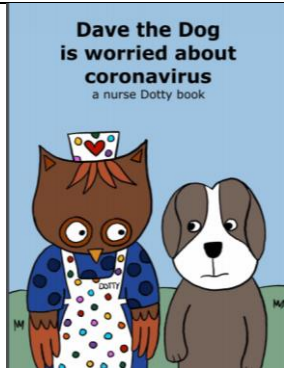


Dave the Dog is worried about Coronavirus written and illustrated by Molly Watts (Saesneg/English)

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>



<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>



Llyfr i blant am coronafirws sy'n ceisio rhoi gwybodaeth heb ofn.
Gyda phopeth sy'n digwydd ar hyn o bryd; newidiadau mawr i arferion plant a llawer o straeon ar y newyddion gall fod yn amser brawychus iawn i blant.
Nod y llyfr hwn yw i ddechrau'r sgwrs am coronafirws a rhai o'r pethau y gallent fod yn clywed amdanynt a darparu gwybodaeth wir mewn modd calonogol a chyfeillgar i blant.

A book for children about coronavirus that aims to give information without fear.

With everything that is going on at the moment; big changes to children's routines and lots of stories on the news it can be a really scary time for children.

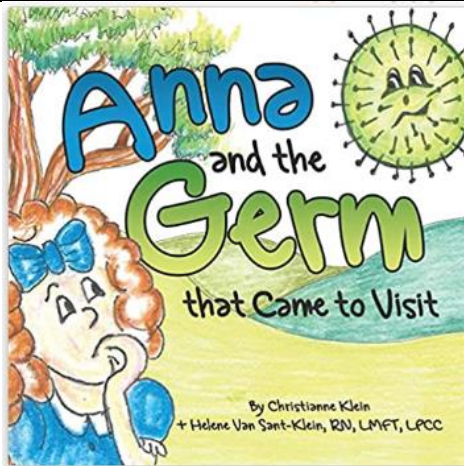
This book aims to open up the conversation about coronavirus and some of the things they might be hearing about it and provide truthful information in a reassuring and child friendly manner.



Anna and the Germ that Came to Visit by Christianne Klein
(Saesneg/English)

Amazon:

https://www.amazon.co.uk/dp/0984013229/ref=sspa_dk_detail_6?psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFPSlFURDk5RlgzSUEmZW5jcnlwdGVkSWQ9QTEwNDYxMjkxQVpKUERER0ZGU002JmVuY3J5cHRlZEFkSWQ9QTA1NTlwMTk1OVZEQlZVN1BGOVkmmd2lkZ2V0TmFtZT1zcF9kZXRhaWwYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl



Newidiodd pandemig y byd dros nos ... Nawr beth?

- Sut mae siarad â fy mhlant amdano?
- Pa offer y gallaf eu rhoi iddynt i ddelio â'r dryswch, ofn, tristwch, diflastod ac unigrwydd y maent wedi bod yn ei deimlo?
- Sut alla i egluro beth maen nhw wedi mynd drwyddo mewn ffordd gyfeillgar i blant?
- Symud ymlaen ... Sut alla i eu helpu i baratoi ar gyfer "ton arall yn y dyfodol" wrth barhau i roi gobaith iddyn nhw am eu dyfodol?

A pandemic changed the world overnight... Now what?

- How do I talk to my children about it?
- What tools can I give them to deal with the confusion, fear, sadness, boredom, and loneliness they've been feeling?
- How can I explain what they've gone through in a kid-friendly way?
- Moving forward... How can I help them prepare for a potential "future wave" of the pandemic, while still giving them hope for their future?

Hello, Sunshine by Tasha & Miranda Marsh (Saesneg/English)



Mae'r llyfr lliwgar hwn yn rhoi safbwynt plentyn ar y pandemig byd-eang cyfredol, pellhau cymdeithasol, coronafirws, covid-19. Bydd y llyfr hwn yn helpu'ch plentyn i weld ochr ddisglair aros gartref ac archwilio cwestiynau a allai fod ganddo. Gyda diwedd glo siriol, bydd y llyfr hwn yn hyrwyddo heddwch, hapusrwydd a gobaith ym meddwl eich plentyn.

This light-hearted, colourful book gives a child's point-of-view on the current global pandemic, social distancing, coronavirus, covid-19. This book will help your child see the bright side of staying at home and explore questions they may have. With a cheerful ending, this book will promote peace, happiness, and hopefulness in your child's mind.

Alone Together by Julia Seal (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Hello-Sunshine-Childs-View-Social-Distancing/dp/B0875YMYSL/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=B0875YMYSL&pd_rd_r=52216c52-0480-4ada-8cdb-dd3a89babf45&pd_rd_w=NLxEO&pd_rd_wg=CJ8yi&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=JSTGPS1RYXHQJFK61Z2D&psc=1&refRID=JSTGPS1RYXHQJFK61Z2D



Amazon:

https://www.amazon.co.uk/Alone-Together-Julia-Seal/dp/0241481791/ref=pd_sbs_14_7?encoding=UTF8&pd_rd_i=0241481791&pd_rd_r=b5010082-a24c-4402-835a-ba816648a16c&pd_rd_w=yCpNc&pd_rd_wg=kKdGJ&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=758CDVK21XFP196VSDM7&psc=1&refRID=758CDVK21XFP196VSDM7

Gall gorfod aros adref fod yn ddryslyd ac yn unig i blant. Mae'r stori galonogol hon gan yr awdur-ddarlunydd Julia Seal yn tynnu sylw at bwysigrwydd cyfeillgarwch a chymuned yn ystod yr amseroedd heriol hyn. Bydd y lluniau hyfryd a neges o obaith yn helpu plant i weld pŵer undod, ac yn deall, er y gallem deimlo fel ein bod ar ein pennau ein hunain, ein bod ar ein pennau ein hunain gyda'n gilydd.

Having to stay home can be confusing and lonely for children. This heart-warming story by author-illustrator Julia Seal highlights the importance of friendship and community during these challenging times. The beautiful illustrations and message of hope will help children to see the power of togetherness and understand that even though we might feel like we're alone, we're alone together.



Sammy Sloth Goes Back to School by Rachel Cook (Saesneg/English)



Llyfr yn sôn am fynd yn ôl i'r ysgol wedi'r coronafeirws.

A story about returning to school following the coronavirus pandemic.

Ar gael o Rwydwaith Ysgolion Iach Sir Gâr:

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/f5207689-927a-41eb-8fb4-9d28e43051ac>



Teimladau/Feelings

All About Feelings by Felicity Brooks & Allen & Frankie Allen
(Saesneg/English)



Mae'r llyfr hwn yn fan cychwyn gwyh i siarad am deimladau, pam mae gennym ni nhw a sut rydyn ni'n eu mynegi. Llyfr ffeithiol addysgiadol, wedi'i ddarlunio'n dda gyda chynigion defnyddiol ar gyfer gweithgareddau a myfrio. Yn arbennig o ddefnyddiol ar gyfer cefnogi plant sy'n ei chael hi'n anodd deall emosiynau.

This book is a great starting point to talk about feelings, why we have them and how we express them. Informative, well-illustrated non-fiction book with useful prompts for activities & reflection. Especially useful for supporting children finding it difficult to understand emotions.

Amazon:

https://www.amazon.co.uk/All-About-Feelings-Felicity-Brooks/dp/147493711X/ref=sr_1_1?dchild=1&keywords=All+About+Feelings&qid=1591558077&s=books&sr=1-1



Sut dwi'n Teimlo gan Maureen Healy (Cymraeg/Welsh)

Amazon:

https://www.amazon.co.uk/Sut-Dwin-Teimlo-Maureen-Healy/dp/1849674213/ref=sr_1_1?dchild=1&keywords=sut+dwi%27n+teimlo&qid=1588606390&s=books&sr=1-1

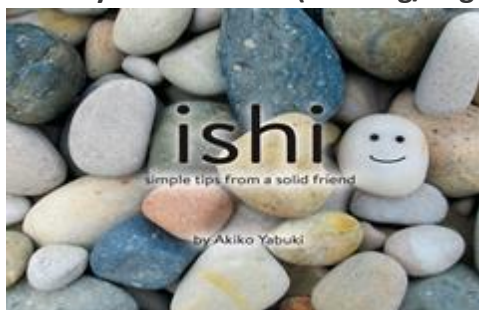


Awgrymiadau a thechnegau defnyddiol ar gyfer helpu plant i ddysgu adnabod a mynegi eu hemosiynau.

Useful tips and techniques for helping children learn to recognize and express their emotions.



'Ishi' by Akiko Yabuki (Saesneg/English)



Llyfr arobryn, sy'n llawn lluniau clyd ac sy'n cynnwys 'Ishi', craig fach optimistaidd sy'n atgoffa'r darllenwyr i ddewis a rhannu hapusrwydd! Mae'r llyfr 'Ishi' yn cynnwys cymeriad craig syml sy'n apelio at gynulleidfa eang, gyda gwersi gwerthfawr am dosturio wrthyh chi eich hunan ac wrth eraill.

Saesneg / English:

Copies of this book are available from various websites:

Blackwells for learning for life:

https://blackwells.co.uk/bookshop/product/9781576878163?gC=5a105e8b&gclid=EAIaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYASABEgKTQvD_BwE



WHSmiths:

<https://www.whsmith.co.uk/products/ishi-simple-tips-from-a-solid-friend/akiko->

About **Ishi**

An award-winning, shareable, cozy hug of a picture **book** featuring **Ishi**, an optimistic little rock who reminds readers to choose and share happiness! The **ISHI book** features a simple rock character which appeals to a wide audience, with valuable lessons in compassion for the self and for others.

yakubi/hardback/9781576878163.html?gclid=EAlaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYAIAABEgIMhfD_BwE&gclsrc=aw.ds



Amazon:

<https://www.amazon.co.uk/Ishi-Akiko-Yabuki/dp/1576878163>



E-bay:

https://www.ebay.co.uk/p/222231146?iid=362981231225&chn=ps&norover=1&mkevt=1&mkrid=710-134428-41853-0&mkcid=2&itemid=362981231225&targetid=879043638628&device=c&mktype=pla&googleloc=1007413&poi=&campaignid=9455575137&mkgroupid=94880575894&rlsarget=pla-879043638628&abclId=1139576&merchantid=9778504&gclid=EAlaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYAIAABEgIpFvD_BwE



Gwefan 'Ishi' / 'Ishi website: <http://www.ishitherock.com/>



Mae addasiad dwyieithog o'r llyfr hefyd wedi'i greu ar ffurf cyflwyniad Powerpoint ac mae ar gael ar SharePoint a'r Rhwydwaith Ysgolion Iach ar Hwb:

A bilingual adaption of the book has also been created in a power point format and is available on Share point and the Healthy Schools Network on Hwb:

Hwb:

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/89c742e9-c45c-49d0-b07c-79bd8731d2a5>



Mae gweithgareddau 'Ishi' pellach ar gael ar SharePoint a hefyd ar y Rhwydwaith Ysgolion Iach ar Hwb

Further 'Ishi' activities are available on Share point and the Healthy Schools Network on HWB

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/89c742e9-c45c-49d0-b07c-79bd8731d2a5>

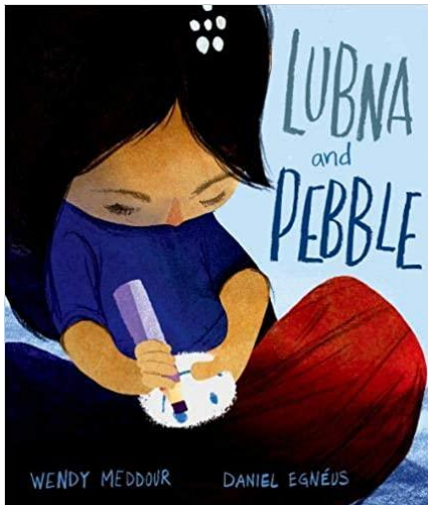


SharePoint:

<https://hwbwave15.sharepoint.com/sites/669/cwric/Pecynnau%20Gweithio%20Adref/Forms/AllItems.aspx?viewid=8fc9a35b%2Dec26%2D4223%2D9d42%2D01df8e3f3035&id=%2Fsites%2F669%2Fcwric%2FPecynnau%20Gweithio%20Adref%2FLles%20%2DWellbeing%20messages%20and%20tips%2FDeunyddiau%20Dysgu%20Learning%20resources>



Lubna and Pebble by Wendy Meddour (Saesneg / English)



Mewn stori fythgofiadwy sy'n mynd i'r afael yn gynnill â'r argyfwng ffoaduriaid, mae'n rhaid i ferch ifanc benderfynu a yw cyfeillgarwch yn golygu rhoi'r gorau i'r unig eitem sy'n rhoi cysur iddi yn ystod cyfnod o ansicrwydd llwyr.

'Pebble' yw ffrind gorau Lubna. Daeth o hyd iddi ar y traeth pan gyrhaeddodd nhw yn y nos, yna syrthiodd i gysgu ym mreichiau hallt Daddy. Mae Lubna yn dweud popeth wrth Pebble. Am ei chartref. Am ei brodyr. Am y rhyfel. Mae Pebble bob amser yn gwrandao ar ei straeon ac yn gwenu

Amazon:

https://www.amazon.co.uk/Lubna-Pebble-Wendy-Meddour/dp/0192767259/ref=sr_1_1?crid=3PRVRVF04AGE9&dchild=1&keywords=lubna+and+pebble+by+wendy+meddour&qid=1591566487&s=books&sprefix=Lubna+and+%2Cstripbooks%2C160&sr=1-1



pan fydd ofn arni. Ond pan fydd bachgen bach sydd ar goll yn cyrraedd Byd y Pebyll, mae Lubna yn deall bod angen 'Pebble' arno ef hyd yn oed yn fwy na hi.

In an unforgettable story that subtly addresses the refugee crisis, a young girl must decide if friendship means giving up the one item that gives her comfort during a time of utter uncertainty.

Lubna's best friend is a pebble. She found it on the beach when they arrived in the night, then she fell asleep in Daddy's salty arms. Lubna tells Pebble everything. About home. About her brothers. About the war. Pebble always listens to her stories and smiles when she feels afraid. But when a lost little boy arrives in the World of Tents, Lubna understands that he needs Pebble even more than she does.

Sometimes I Feel Sad by Tom Alexander (Saesneg/English)



Yn anffodus, mae teimlo'n drist yn rhan o fywyd pawb, ac nid oes ateb hawdd bob amser. Mae'r llyfr teimladwy hwn yn helpu i egluro i blant 5+ oed nad ydyn nhw ar eu pennau eu hunain wrth deimlo fel hyn, ac mae'n arbennig o ddefnyddiol i blant sy'n ei chael hi'n anodd mynegi eu teimladau.

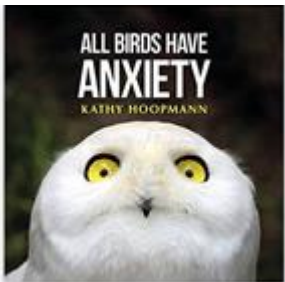
Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children aged 5+ that they're not alone in feeling this way, and is especially useful for children who struggle to express their feelings.

Amazon:

https://www.amazon.co.uk/Sometimes-Feel-Sad-Tom-Alexander/dp/1785924931/ref=sr_1_1?crid=KFEPTV3K5018&dchild=1&keywords=sometimes+i+feel+sad&qid=1589375291&s=books&sprefix=sometimes+i+feel+%2Cstripbooks%2C157&sr=1-1



All Birds Have Anxiety by Kathy Hoopman (Saesneg/English)



Gall bywyd fel aderyn beri straen! O boeni am awyrennau, ffenestri, a chael digon o fwydod i'w bwyta, mae'n amlwg y gall adar fod yn fodau pryderus. Trwy ddarlun ysgafn, digrif o ymddygiad adar, mae 'All Birds Have Anxiety' yn defnyddio delweddau lliwgar ac esboniadau craff i archwilio, gyda hiwmor ysgafn, yr hyn y mae'n ei olygu i fyw gyda gorbryder o ddydd i ddydd, a sut i ddechrau delio ag ef.

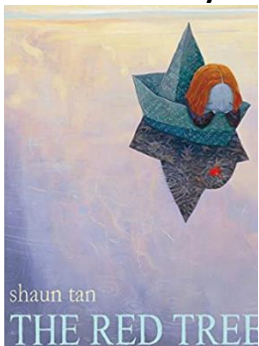
Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it.

Amazon:

https://www.amazon.co.uk/Birds-Have-Anxiety-Kathy-Hoopmann/dp/1785921827/ref=sr_1_1?crid=2G8RPVAP35KDB&dchild=1&keywords=all+birds+have+anxiety&qid=1589375480&s=books&srefix=all+birds%2Cstripbooks%2C164&sr=1-1



The Red Tree by Shaun Tan (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Red-Tree-Shaun-Tan/dp/0734411375/ref=sr_1_1?dchild=1&keywords=the+red+tree&qid=1591024426&s=books&sr=1-1



Dyma lyfr lluniau calonogol a gobeithiol i atgoffa plant na fydd meddyliau a theimladau drwg yn para am byth. Mae 'The Red Tree' yn llyfr am deimladau-teimladau na ellir bob amser eu mynegi mewn geiriau yn unig. Y llyfr perffaith i leddfu gofidion yn ystod cyfnodau o straen.

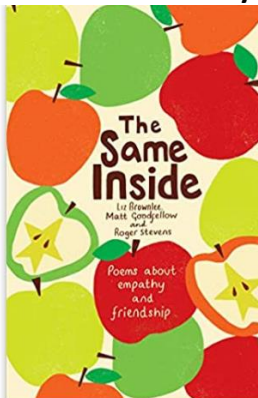
Mae plentyn bach yn deffro i weld dail tywyll yn syrthio o nenfwd ei hystafell wely, gan fygwth ei llethu. 'Weithiau rydych chi'n deffro a does gennych chi ddim byd i edrych ymlaen ato ... ' Wrth iddi grwydro o amgylch byd sy'n gymhleth, yn ddryslyd ac sy'n dieithrio, mae'n cael ei llethu gan fyrdd o deimladau.

Pan fydd yn ymddangos nad oes dim gobaith o gwbl, mae'r ferch yn dychwelyd i'w hystafell wely i weld bod eginblanhigion coch bach wedi tyfu i lenwi'r ystafell gyda golau cynnes.

A reassuring and hopeful picture book to remind children that bad thoughts and feelings won't last forever. The Red Tree, is a book about feelings - feelings that cannot always be simply expressed in words. The perfect book to soothe worries during stressful times.

A small child awakes to find blackened leaves falling from her bedroom ceiling, threatening to overwhelm her. 'Sometimes you wake up with nothing to look forward to...' As she wanders around a world that is complex, puzzling and alienating, she is overtaken by a myriad of feelings. Just as it seems all hope is lost, the girl returns to her bedroom to find that a tiny red seedling has grown to fill the room with warm light.

The Same Inside by Various (Saesneg/English)



Mae'r hanner cant o gerddi yn y llyfr hwn yn ymdrin yn sensitif â theimladau, empathi, parch, cwrteisi, bwlio, anabledd a chyfrifoldeb.

Dyma sbardun perffaith i ddechrau sgysiau.

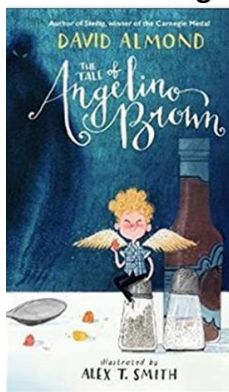
These fifty poems deal sensitively with feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations.

Amazon:

https://www.amazon.co.uk/Same-Inside-Poems-Empathy-Friendship/dp/1509854509/ref=sr_1_1?dchild=1&keywords=the+same+inside&qid=1591791964&s=books&sr=1-1



The Tale of Angelino Brown by Alex T Smith (Saesneg/English)



Mae Angelino yn angel doniol bach sy'n trechu cynllwynwyr drwg. Dyma stori sy'n dangos sut mae gofalu am ein gilydd yn ein gwneud yn hapus.

Angelino is a tiny giggling boy angel who overcomes evil plotters. About how caring for each other makes people happy.

Amazon:

https://www.amazon.co.uk/Tale-Angelino-Brown-David-Almond/dp/1406378968/ref=sr_1_1?crid=177N12F1R466U&dchild=1&keywords=the+tale+of+angelino+brown&qid=1591612211&s=books&sprefix=the+tale+of+An%2Cstripbooks%2C165&sr=1-1



The Last Human by Lee Bacon (Saesneg/English)



Mae'r robotiaid wedi cael gwared â bodau dynol (neu'n credu eu bod wedi gwneud hynny) oherwydd eu bod yn dinistrio'r Ddaear. Ond mae un ar ôl - merch o'r enw Emma - sy'n cysylltu'n araf â robot XR-035. Ysgogiad gwych ar gyfer trafod yr hyn sy'n ein gwneud ni'n ddynol a sut i ddarllen a mynegi emosiynau.

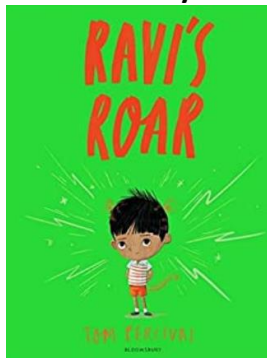
A page-turner, in which robots have eliminated humans (or think they have) because they were destroying Earth. But there's one remaining – a girl called Emma – who slowly connects with robot XR-035. Great stimulus for discussing what makes us human and how to read and express emotions.

Amazon:

https://www.amazon.co.uk/Last-Human-Lee-Bacon/dp/184812824X/ref=sr_1_1?dchild=1&keywords=the+last+human&qid=1591621613&s=books&sr=1-1



Ravi's Roar by Tom Percival (Saesneg/English)



Mae dicter Ravi yn gwneud iddo deimlo fel teigr yn rhuo. Mae'r llyfr hwn, sydd wedi ei ddarlunio'n hyfryd, yn cynnig ffordd creadigol o archwilio sut y gall dicter gronni os nad yw'n cael sylw a'r effaith y gall hyn ei chael ar berthnasoedd a dynameg gymdeithasol.

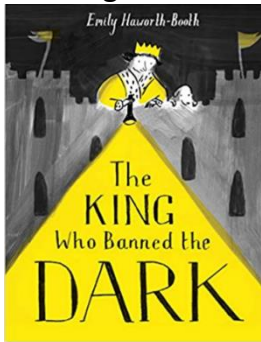
Amazon:

https://www.amazon.co.uk/Ravis-Roar-Tom-Percival/dp/1408892189/ref=sr_1_1?crid=1NJZ35CWF91QR&dchild=1&keywords=ravis+roar&qid=1591620881&s=books&srefix=ravi%27s%2Cstripbooks%2C158&sr=1-1



Ravi's anger makes him feel like a roaring tiger. This beautifully illustrated book offers a creative way to explore how unaddressed anger can build up and the impact this can have on relationships and social dynamics.

The King Who Banned the Dark by Emily Haworth-Booth (Saesneg/English)



Unwaith roedd bachgen bach a oedd yn ofni'r tywyllwch. Nid oes unrhyw beth anarferol am hynny. Mae'r rhan fwyaf o blant yn ofni'r tywyllwch rywbryd neu'i gilydd. Ond roedd y bachgen bach hwn yn Dywysog, a phenderfynodd pan ddaeth yn Frenin, y byddai'n gwneud rhywbeth am y tywyllwch. Byddai'n ei wahardd. Pan fydd Brenin yn gwahardd y tywyllwch yn llwyr, yn gosod haul ffug, ac yn gorfodi deddfau "gwrth-dywyllwch", mae'n ymddangos fel syniad da. Nid oes angen i'r dinasyddion boeni am angenfilod, trosedd, nac unrhyw un o'r pethau brawychus eraill a allai fod yn byw yn y tywyllwch. Ond beth sy'n digwydd pan na all neb gysgu, a phan fydd y dinasyddion yn gwrthryfela? A fydd y Brenin yn wynebu ei ofnau ac yn diffodd y goleuadau? Mae 'The King Who Banned the Dark' yn stori hyfryd am sut mae angen y tywyllwch arnom er mwyn mwynhau'r golau.

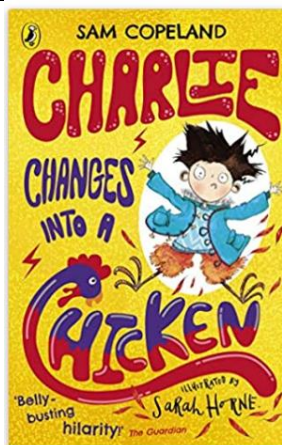
There was once a little boy who was afraid of the dark. There's nothing unusual about that. Most children are afraid of the dark at one time of another. But this little boy was a Prince, and he decided that when he became King, he would do something about the dark. He would ban it. When a King bans the dark completely, installing an artificial sun, and enforcing "anti-dark" laws, it seems like a good idea. The citizens don't need to worry about monsters, crime, or any of the other scary things that might live in the dark. But what happens when nobody can sleep, and the citizens revolt? Will the King face his fears and turn the lights off? The King Who

Amazon:

https://www.amazon.co.uk/King-Who-Banned-Dark/dp/1843653974/ref=pd_sbs_14_17?encoding=UTF8&pd_rd_i=1843653974&pd_rd_r=310508dd-a436-4d47-b54a-6eaacee13112&pd_rd_w=7JQrv&pd_rd_wg=Lqm0w&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=P5BPQM69TDFKAJZXZ9VM&psc=1&refRID=P5BPQM69TDFKAJZXZ9VM



Banned the Dark is a beautiful story about how we need the dark in order to enjoy the light.	
Worry Angels by Sita Brahmachari (Saesneg/English)  Mae Amy May yn gwybod am weoedd o bryderon - mae cynifer o bobl y mae'n cwrdd â nhw wedi cael eu dal ynddynt, o'i thad ei hun sy'n arlunydd i'r ffoadur Rima a'i theulu, sydd newydd gyrraedd. Trwy fod yn ddigon dewr i agor ei blwch poeni, mae Amy May yn helpu pawb o'i chwmpas i ddod o hyd i ffordd ymlaen. Yn arbennig o addas ar gyfer darllenwyr amharod a dyslecsig 8+ oed sy'n ei chael yn anodd. Amy May knows about webs of worries - so many people she meets are caught in them, from her own artist dad to newly arrived refugee Rima and her family. By being brave enough to open up her worry box, Amy May helps all those around her find a way forward. Particularly suitable for struggling, reluctant and dyslexic readers aged 8+	Amazon: https://www.amazon.co.uk/Worry-Angels-Sita-Brahmachari/dp/178112695X/ref=sr_1_1?dchild=1&keywords=worry+angel&qid=1589375747&s=books&sr=1-1 
Charlie Changes into a Chicken by Sam Copeland (Saesneg/English)	Amazon: https://www.amazon.co.uk/Charlie-Changes-Into-Chicken-Copeland/dp/0241346215/ref=sr_1_1?crid=1WY80ANMJ2W6O&dchild=1&keywords=charlie+changes+into+a+chicken&qid=1591622156&s=books&spre fix=charlie+%2Cstripbooks%2C167&sr=1-1

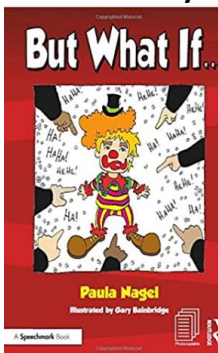


Bob tro mae Charlie dan straen neu'n poeni, mae'n troi'n anifail, gyda chanlyniadau hynod anghyfleus. Dyma stori ddoniol iawn a ffordd hawdd o archwilio sut deimlad yw gorbryder.

Every time Charlie is stressed or worried, he changes into an animal, with hugely inconvenient consequences. Highly enjoyable, laugh-out-loud read – an easy way to open up an exploration of what anxiety feels like.



But What If by Paula Nagel (Saesneg/English)



Mae'r stori therapiwtig hon yn canolbwyntio ar bryderon ynghylch symud i'r ysgol uwchradd. Mae Jake ym 11wddyn 6. Mae'n poeni am symud i'r ysgol uwchradd oherwydd ei fod wedi clywed llawer o sïon, gan gynnwys un am y disgyblion hŷn yn fflysio pennau'r blynyddoedd cyntaf i lawr y toiledau. Mae'r stori'n dangos bod llawer o'r disgyblion â phryderon tebyg am y cyfnod pontio sydd ar ddod er bod eu hymddygiad yn edrych yn

Amazon:

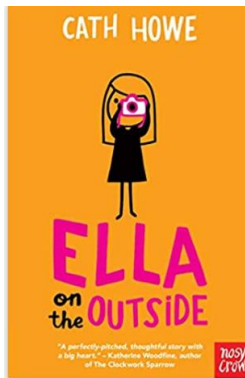
https://www.amazon.co.uk/But-What-If-1-Rollercoaster/dp/1909301760/ref=sr_1_2?crid=A0MTBMBIQLHF&dchild=1&keywords=but+what+if&qid=1591791298&s=books&sprefix=but+what+%2Cstripbooks%2C179&sr=1-2



wahanol. Mae ymddygiad Jake yn dangos ei strategaethau ymdopi negyddol cychwynnol wrth i'w bryder gynyddu.

This therapeutic story focuses on worries about transition to secondary school. Jake is in Year 6. He is worried about the transition to secondary school because he has heard many rumours, including one about the older pupils flushing first years' heads down the toilets. The story illustrates how many of the pupils share similar worries about the impending transition even though their behavior looks different. Jake's behaviour illustrates his initial negative coping strategies as his worry grows.

Ella on the Outside by Cath Howe (Saesneg/English)



Ella yw'r ferch newydd yn yr ysgol. Nid yw hi'n adnabod unrhyw un ac nid oes ganddi unrhyw ffrindiau.

Ac mae ganddi gyfrinach ofnadwy.

Ni all Ella ei chredu pan fydd Lydia, y ferch fwyaf poblogaidd yn yr ysgol, yn penderfynu bod yn ffrind gorau newydd iddi - ond beth mae Lydia ei eisiau mewn gwirionedd? A beth sydd a wnelo'r cyfan â Molly, y ferch dawel, swil na fydd yn siarad â neb?

Ella is the new girl at school. She doesn't know anyone and she doesn't have any friends.

And she has a terrible secret.

Ella can't believe her luck when Lydia, the most popular girl in school, decides to be her new best friend - but what does Lydia really want? And what does it all have to do with Molly, the quiet, shy girl who won't talk to anyone?

Amazon:

https://www.amazon.co.uk/Ella-Outside-Cath-Howe/dp/1788000331/ref=sr_1_1_sspa?crid=27OZ79B46MP7Y&dchild=1&keywords=ella+on+the+outside&qid=1591788109&s=books&srefix=ella+on+the+%2Cstripbooks%2C154&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFWU05RMFIINkxSWDAmZW5jcnlwdGVkSWQ9QTA3MTk0NDgxS1M5WThZUTNPVIRQJmVuY3J5cHRlZEFkSWQ9QTAwOTgzOTdGNTFNS083RTQ5UUIumd2lkZ2V0TmFtZT1zcF9hdGYmYWVN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl



Profedigaeth/Bereavement

Y Goeden Gofio gan Britta Teckentrup (Cymraeg/Welsh)



Llyfr lluniau hyfryd a chalonogol i helpu plant i ddathlu'r atgofion sy'n cael eu gadael ar ôl pan fydd rhywun annwyl yn marw.

Mae Cadno wedi byw bywyd hir a hapus yn y goedwig, ond erbyn hyn mae wedi blino. Mae'n gorwedd i lawr yn ei hoff fan, ac yn syrthio i gysgu am byth. Cyn bo hir, mae ffrindiau Cadno yn dechrau ymgynnull yn y fan honno. Fesul un, maen nhw'n adrodd straeon am yr eiliadau arbennig y gwnaethon nhw eu rhannu â Cadno. Ac felly, wrth iddyn nhw rannu eu hatgofion, mae coeden yn dechrau tyfu, gan ddod yn fwy ac yn gryfach gyda phob cof a chysgodi ac amddiffyn yr holl anifeiliaid yn y goedwig, yn union fel y gwnaeth Cadno pan oedd yn fyw.

Y Goeden Gofio ar gael trwy Gomer

<https://www.gomer.co.uk/y-goeden-gofio.html>



The Memory Tree (Saesneg/English)



A beautiful and heartfelt picture book to help children celebrate the memories left behind when a loved one dies

Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing and falls asleep forever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive

The Memory Tree available from Amazon:

https://www.amazon.co.uk/Memory-Tree-Britta-Teckentrup/dp/1408326345/ref=sr_1_1?dchild=1&keywords=the+memory+tree&qid=1588245823&s=books&sr=1-1



The Invisible String by Patrice Karst (Saesneg/English)



The Invisible String story book is available on e-bay:

<https://www.ebay.co.uk/i/202953891223?chn=ps>



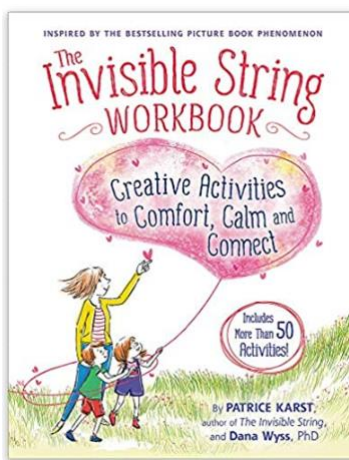
Mae rhieni, addysgwyr, therapyddion, a gweithwyr cymdeithasol fel ei gilydd wedi dweud bod 'The Invisible String' yn adnodd perffaith ar gyfer ymdopi â phob math o orbryder gwahanu, colled a galar. Yn y clasur cyfoes calonogol hwn, mae mam yn dweud wrth ei dau blentyn bod llinyn anweledig yn cysylltu pob un ohonyn nhw. "Mae hynny'n amhosib!" mae'r plant yn mynnu, ond maen nhw'n dal i fod eisiau gwybod mwy: "Pa fath o linyn?" Yr ateb yw'r gwirionedd syml sy'n ein clymu ni i gyd: Llinyn Anweledig wedi'i wneud o gariad. Er na allwch ei weld â'ch llygaid, gallwch ei deimlo'n ddwfn yn eich calon, a gwybod eich bod bob amser yn gysylltiedig â'r rhai rydych chi'n eu caru. A oes gan bawb Llinyn Anweledig? Pa mor bell mae'n cyrraedd? A yw byth yn diflannu? Mae'r llyfr lluniau calonogol hwn sydd ar gyfer pob oedran yn archwilio cwestiynau am y cysylltiadau rhyngom na ellir eu cyffwrdd ond eto na ellir eu torri, ac yn dechrau sgysiau dyfnach am gariad.

Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

The Invisible String story book is available on Amazon:

https://www.amazon.co.uk/Invisible-String-Patrice-Karst/dp/031648623X/ref=sr_1_1?dchild=1&keywords=the+invisible+string&qid=1590582160&s=books&sr=1-1





Amazon:

https://www.amazon.co.uk/Invisible-String-Workbook-Creative-Activities/dp/0316524913/ref=sr_1_3?crid=2JEKU553084I6&dchild=1&keywords=the+invisible+string&qid=1591801217&s=books&sprefix=the+inv%2Cs tripbooks%2C209&sr=1-3



The Dragonfly Story by Kelly Owen (Saesneg/English)



Mae'r stori hon â darluniau hyfryd yn addasiad o chwedl am drawsnewidiad gwas y neidr. Mae'r chwedl wedi cael ei defnyddio ers tro byd i egluro marwolaeth a gobaith y nefoedd. Nid yw'r llyfr yn osgoi ymdrin â marwolaeth, ond mae'n ceisio ei hegluro mewn ffordd wirioneddol a chariadus.

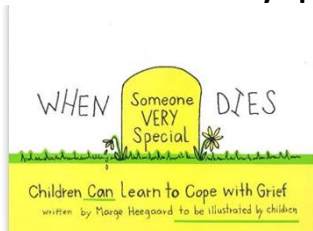
This beautifully illustrated story is an adaptation of the fable of the transformation of the dragonfly. The fable has been long used to explain death and the hope of heaven. The book does not shy away from the subject of death, but aims to explain it in a real and loving way.

Amazon:

https://www.amazon.co.uk/Kissing-Hand/dp/1933718102/ref=sr_1_1?crid=XFQ30JF5M80O&dchild=1&keywords=the+kissing+hand&qid=1590660254&s=books&sprefix=the+kissing%2Cstri pbooks%2C324&sr=1-1



When Someone Very Special Dies by Marge Heegaard (Saesneg/English)



Mae'r llyfr hwn yn cynnig fformat ymarferol sy'n caniatáu i blant ddeall cysyniad marwolaeth a datblygu sgiliau ymdopi am oes a gall darllenwyr ifanc ei ddarlunio.

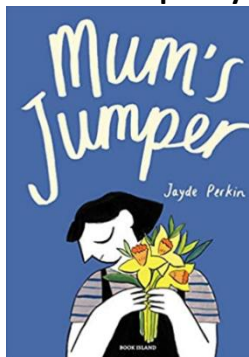
A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.

Amazon:

https://www.amazon.co.uk/WHEN-SOMEONE-VERY-SPECIAL-DIES/dp/0962050202/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=0962050202&pd_rd_r=29147ab0-8774-4baf-bf19-3baf48d3c23c&pd_rd_w=QtSrK&pd_rd_wg=g13Rk&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=E5AVH5W5B1DRJAS642EB&psc=1&refRID=E5AVH5W5B1DRJAS642EB



Mum's Jumper by Jayde Perkin (Saesneg/English)



Llyfr rhyfeddol, emosiynol am alar a gwella yn y pen draw gyda neges sy'n parhau. Bydd yn helpu oedolion a phlant i ddeall profiad unrhyw blentyn sydd wedi colli rhiant.

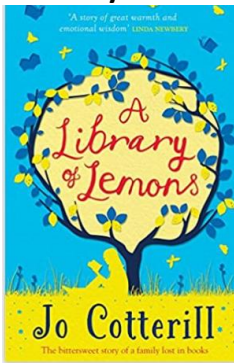
A wonderful, tear-jerking book about grief and eventual recovery, with a message that lingers. Helps both adults and children understand the experience of any child who has lost a parent.

Amazon:

https://www.amazon.co.uk/Mums-Jumper-Jayde-Perkin/dp/1911496131/ref=sr_1_1?dchild=1&keywords=mum%27s+jumper&qid=1591620357&s=books&sr=1-1



A Library of Lemons by Jo Cotterill (Saesneg/English)



Dyma stori am dristwch a chryfder sydd wedi'i hysgrifennu mewn modd sensitif. Mae'n rhaid i Calypso achub ei thad sy'n galaru, yn ogystal â cheisio dod i delerau â cholli ei mam. Llauer o gyfleoedd i ddychmygu teimladau a chymhellion cymeriadau.

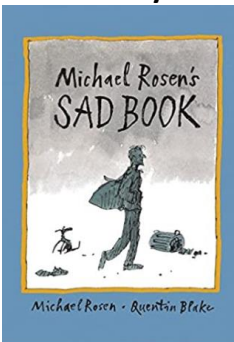
A sensitively written story about sadness and strength. Calypso has to rescue her grieving dad, whilst herself trying to recover from losing her mum. Lots of opportunities to imagine characters' feelings and motivations.

Amazon:

https://www.amazon.co.uk/Library-Lemons-Jo-Cotterill/dp/1848125119/ref=sr_1_1?crd=5IE87SXV5NOE&dchild=1&keywords=a+library+of+lemons&qid=1591644329&s=books&prefix=a+librar%2Cs%2Ctripbooks%2C234&sr=1-1



Sad Book by Michael Rosen (Saesneg/English)



Yn achlysurol iawn mae'n rhaid i'r term 'ffeithiol' ymestyn i gynnwys llyfr nad yw'n dod o dan unrhyw gategori o gwbl. Mae 'Sad Book' gan Michael Rosen yn llyfr o'r fath. Mae'n cofnodi galar Michael ar ôl i Eddie, ei fab, farw o lid yr ymennydd yn 19 oed. Dyma gyfuniad teimladwy o ddiffuantrwydd a symllrwydd sy'n cydnabod nad yw tristwch bob amser yn rhywbeth y gellir ei osgoi neu'n rhywbeth rhesymol ac mae'n perffeithio'r grefft o egluro teimladau cymhleth.

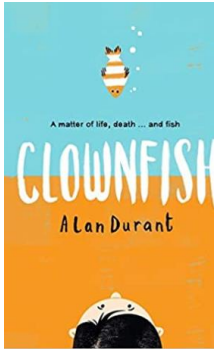
Amazon:

https://www.amazon.co.uk/Michael-Rosens-Sad-Book-Rosen/dp/1406317845/ref=pd_sbs_14_6/257-1224075-1702755?encoding=UTF8&pd_rd_i=1406317845&pd_rd_r=1a4ed681-a60a-440a-939e-447a1dea3471&pd_rd_w=1e9oe&pd_rd_wg=GtI9m&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=ZC64MMGX7P6Q7YGZ3Q12&psc=1&refRID=ZC64MMGX7P6Q7YGZ3Q12



Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen's *Sad Book* is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.

Clownfish by Alan Durant (Saesneg/English)



Mae 'Clownfish' yn stori deimladwy a thrawiadol iawn am gyfeillgarwch a bywyd ar ôl colled, gan yr awdur arobryn Alan Durant. Mae tad Dak wedi marw ers saith diwrnod ond mae'n ailymddangos yn sydyn. Mae'r un peth ym mron pob ffordd, ond am un peth syfrdanol: mae Dad wedi troi'n bysgodyn clown, ac mae bellach yn byw mewn tanc yn yr acwariwm lleol. Mae Dak wrth ei fodd â'r newyddion - mae Dad wedi dod yn ôl, hyd yn oed os nad yw'r un peth yn union ag o'r blaen. Gan benderfynu cadw trawsnewidiad Dad yn gyfrinach, mae Dak yn ymweld ag ef yn yr acwariwm mor aml ag y gall, ac yn y diwedd mae'n treulio cymaint o amser yno fel ei fod yn cael cynnig swydd yno. Dyma sut mae'n cwrdd â Violet, nith bigog ond caredig y perchennog; pan fygythir cau'r acwariwm, rhaid i'r pâ'r weithio gyda'i gilydd i'w achub. I Dak, mae popeth yn y fantol ... wedi'r cyfan, os bydd yr acwariwm yn cau, beth fydd yn digwydd i'r pysgod?

Clownfish is a moving and stunningly original story of friendship and life after loss, from the award-winning author Alan Durant. Dak's dad has been

Amazon:

https://www.amazon.co.uk/Clownfish-Alan-Durant/dp/1406374628/ref=pd_sbs_14_10?encoding=UTF8&pd_rd_i=1406374628&pd_rd_r=1d734ab8-2601-4c4a-bd4c-c95fe1764c27&pd_rd_w=uF5cU&pd_rd_wg=KBl4L&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=FS8FX9JYBC8B2E80DCDT&psc=1&refRID=FS8FX9JYBC8B2E80DCDT



dead for seven days when suddenly he reappears. He's the same in almost every way, with one startling exception: Dad has turned into a clownfish, and now lives in a tank at their local aquarium.

Dak is delighted by the news – he has Dad back, even if he isn't quite as he was before. Deciding to keep Dad's transformation a secret, Dak visits him at the aquarium as often as he can, and ends up spending so much time there that they offer him a job. This is how he comes to meet Violet, the owner's prickly but kindhearted niece; when the aquarium is threatened with closure, the pair must work together to save it.

For Dak, the stakes couldn't be higher ... after all, if the aquarium shuts down, what will happen to the fish?

The Afterwards by A.F. Harrold (Saesneg/English)



Mae Ember a Ness yn ffrindiau gorau ac yna mae Ness yn marw yn sydyn. Mewn llyfr ffantasi doniol, tywyll, sydd wedi'i ysgrifennu'n rhyfeddol, rydym yn profi galar Ember a'i champau anobeithiol i gael Ness yn ôl. Llyfr meddylgar ac atgofus.

Ember and Ness are best friends and then Ness dies, suddenly and shockingly. In a dark, wonderfully written comic fantasy, we live Ember's grief and her desperate steps to get Ness back from the Afterworld. Thoughtful and evocative.

Amazon:

https://www.amazon.co.uk/Afterwards-F-Harrold/dp/1408894319/ref=sr_1_1?dchild=1&keywords=the+afterwards&qid=1591622687&s=books&sr=1-1



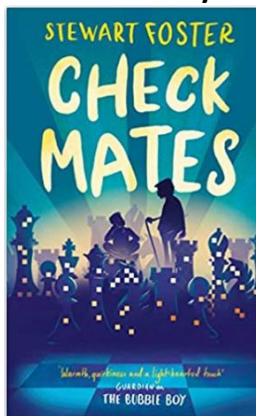
The Land of Neverendings by Kate Saunders (Saesneg/English)



Yn deimladwy, yn real ac yn ddoniol, mae 'Land of Neverendings' yn antur gyffrous, ond mae hefyd yn rhoi portread gonest o alar i ddarllenwyr ifanc. Mae'r llyfr yn dangos er bod tristwch yn y byd, nad oes rhaid iddo gael gwared ar hapusrwydd, na dwli, hyd yn oed pan fyddwch chi'n colli rhywun rydych chi'n ei garu.

Moving, raw and funny in all the right ways, The Land of Neverendings is a rip-roaring adventure, but it also gives an honest portrayal of grief for young readers. The book shows that whilst sadness does exist in the world, it doesn't have to cancel out happiness, or silliness, even when you lose someone you love.

Check Mates by Stewart Foster (Saesneg/English)



Mae rhai pobl yn meddwl fy mod i'n blentyn problemus, fy mod i'n ddiog a byth yn talu sylw mewn gwersi. Ond y peth yw, dydw i ddim yn blentyn

Amazon:

https://www.amazon.co.uk/Land-Neverendings-Kate-Saunders/dp/0571336566/ref=sr_1_1?crid=YICDW8URUKR5&dchild=1&keywords=the+land+of+neverendings&qid=1591792256&s=books&sprefix=the+land+of+ne%2Cstripbooks%2C155&sr=1-1



Amazon:

https://www.amazon.co.uk/Check-Mates-Stewart-Foster/dp/1471172236/ref=sr_1_2?dchild=1&keywords=check+mates&qid=1591784645&s=books&sr=1-2



problemus o gwbl. Dim ond plentyn â phroblem ydw i. Mae Felix yn cael trafferth yn yr ysgol. Mae ei ADHD yn ei gwneud hi'n anodd iddo ganolbwyntio ac mae ei raddau'n gwaethygu. Mae pawb yn dweud wrtho fod angen iddo wneud mwy o ymdrech, ond does neb yn deall pa mor anodd yw hynny. Pan fydd Mam yn awgrymu bod Felix yn treulio amser gyda'i dad-cu, ni all Felix feddwl am unrhyw beth gwaeth. Nid yw Tad-cu wedi bod yr un peth ers i Fam-gu farw. Hefyd mae bob amser yn ceisio dysgu gwyddbwyll *ddiflas* i Felix. Ond weithiau daw'r gwersi gorau yn y mannau mwyaf annisgwyl, ac yn fuan iawn mae Tad-cu yn dangos i Felix fod y byd i gyd o'i flaen.

Some people think that I'm a problem child, that I'm lazy and never pay attention in lessons. But the thing is, I'm not a problem child at all. I'm just a child with a problem.

Felix is struggling at school. His ADHD makes it hard for him to concentrate and his grades are slipping. Everyone keeps telling him to try harder, but no one seems to understand just how hard he finds it. When Mum suggests Felix spends time with his grandfather, Felix can't think of anything worse. Granddad hasn't been the same since Grandma died. Plus he's always trying to teach Felix *boring* chess. But sometimes the best lessons come in the most unexpected of places, and Granddad soon shows Felix that there's everything to play for.

Not as We Know It by Tom Avery (Saesneg/English)



Amazon:

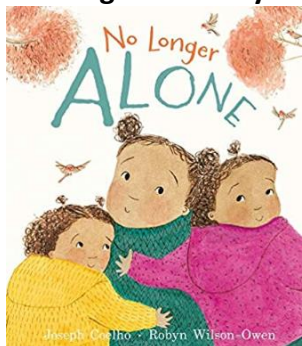
https://www.amazon.co.uk/Not-As-Know-Tom-Avery/dp/1783442263/ref=sr_1_1?dchild=1&keywords=not+as+we+know+it&qid=1591612753&s=books&sr=1-1



Mae Jamie yn wynebu colli Ned, ei efell sâl, mewn corwynt o gariad, cenfigen ac ofn. Dyma lyfr anarferol, gonest gyda rhinweddau hudolus a morwas fel o'r prif gymeriadau.

Jamie is facing the loss of Ned, his sick twin, in a whirlwind of love, jealousy, fear, acceptance. Unusual, honest book with magical qualities and a merman playing a starring role.

No Longer Alone by Joseph Coelho (Saesneg/English)



Dyma archwiliad sensitif o'r corwynt o emosiynau y gall galar ei achosi. Mae'n tynnu sylw at bŵer iacháu gwrandäwr da a phwysigrwydd caniatáu lle ac amser. Stori deimladwy, gynnil a thwymgalon.

Sensitive exploration of the whirlwind of emotions that can come with grief. Highlights the healing power of a good listener and the importance of allowing space and time. Touching, subtle, heartwarming.

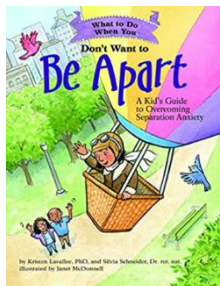
Amazon:

https://www.amazon.co.uk/No-Longer-Alone-Joseph-Coelho/dp/140529129X/ref=sr_1_1?dchild=1&keywords=no+longer+alone&gid=1591621287&s=books&sr=1-1



Pryder Gwahanu/Separation Anxiety

What to Do When You Don't Want to Be Apart (Saesneg/English)



Mae peilotiaid balwnau aer poeth yn cael anturiaethau rhyfeddol, lle maen nhw'n cael gweld pethau nad ydyn nhw erioed wedi'u gweld o'r blaen a dysgu popeth am y byd y tu allan. Mae hedfan balwn aer poeth yn swnio fel llawer o hwyl i rai plant. Ond i blant eraill, nid yw'r syniad o hedfan i ffwrdd ar eu pennau eu hunain, i ffwrdd oddi wrth eu rhieni neu eu cartrefi, yn swnio fel hwyl o gwbl. Os ydych chi'n teimlo'n ofnus pan fyddwch chi'n gwneud rhywbeth ar eich pen eich hun neu i ffwrdd oddi wrth eich rhieni, mae'r llyfr hwn ar eich cyfer chi! Mae'r llyfr diweddaraf yn y gyfres boblogaidd 'What-to-Do Guides for Kids' yn mynd i'r afael â gorbryder gwahanu, cyfnod datblygu cyffredin. Mae'r llyfr gwaith hwn yn cyflwyno strategaethau sy'n seiliedig ar therapi gwybyddol ymddygiadol i blant a rhieni a all eu helpu i ddeall ac ymdopi ag unrhyw fath o orbryder gwahanu.

Hot air balloon pilots have wonderful adventures, where they get to see things they have never seen before and learn all about the world outside. Flying a hot air balloon sounds like a lot of fun to some kids. But for other kids, the idea of flying off on their own, away from their parents or homes, doesn't sound like fun at all. If you feel scared when you do something alone or away from your parents, this book is for you! The latest addition to the popular What-to-Do Guides for Kids series addresses separation anxiety, a common developmental phase. This workbook introduces kids and parents to cognitive-behavioural therapy-based strategies that can help them understand and cope with any type of separation anxiety.

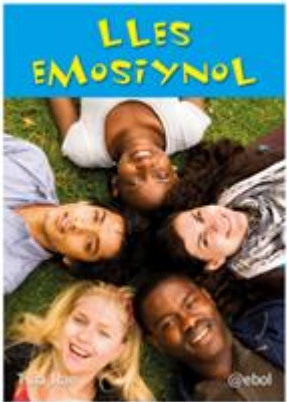
Amazon:

https://www.amazon.co.uk/What-When-Dont-Apart-What/dp/1433827131/ref=pd_sbs_14_23?encoding=UTF8&pd_rd_i=1433827131&pd_rd_r=fbd240c3-7f46-426e-b926-771fdaeb523f&pd_rd_w=BdSFx&pd_rd_wg=jV0Gc&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=191RD5R0F0DGC3C0KBPK&psc=1&refRID=191RD5R0F0DGC3C0KBPK



Hunangymorth/Self help

Lles Emosiynol gan Tina Rae (Cymraeg/Welsh)



Mae Lles Emosiynol yn cynnig cyfle i bobl ifanc gymryd cyfrifoldeb am eu lles emosiynol eu hunain mewn byd sy'n newid. Mae'r llyfr yn cynnwys adrannau pwrpasol sy'n delio â materion fel straen, cymhelliant, rheoli dicter a delio â dylanwad cyfoedion.

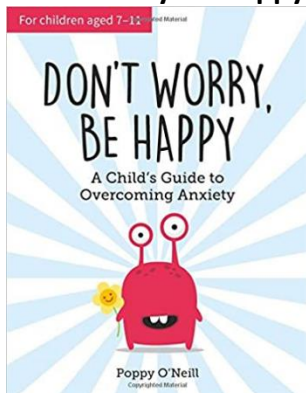
Emotional Wellbeing offers young people the opportunity to take responsibility for their own emotional wellbeing in a changing world. The book contains bespoke sections dealing with issues such as stress, motivation, anger management and dealing with peer influence.

Atebol:

<https://atebol-siop.com/lles-emosiynol-llawlyfr-myfyriwr.html>



Don't Worry Be Happy by Poppy O'Neil (Saesneg / English)



Amazon:

https://www.amazon.co.uk/Dont-Worry-Be-Happy-Overcoming/dp/1786852365/ref=pd_sbs_14_4/258-6287728-1765521?encoding=UTF8&pd_rd_i=1786852365&pd_rd_r=016592a5-8b96-4897-becb-2a23012104fb&pd_rd_w=Pcqpt&pd_rd_wg=Ww5oT&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=B672HWNMS4TE1FSJYP8Z&psc=1&refRID=B672HWNMS4TE1FSJYP8Z

Mae'r canllaw ymarferol hwn yn cyfuno dulliau therapi gwybyddol ymddygiadol profedig a ddefnyddir gan seicolegwyr plant mewn ysgolion â gweithgareddau syml i helpu'ch plentyn i oresgyn gorbryder. Mae wedi'i anelu at blant rhwng 7 a 11 oed oherwydd bod llawer yn digwydd yn y blynyddoedd hyn a all effeithio ar les emosiynol plentyn, nid yn unig yn awr ond am flynyddoedd i ddod.

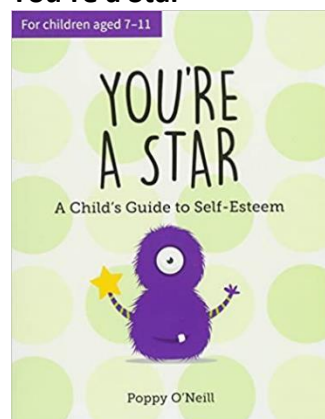
Bydd plant yn cael eu tywys, gyda chymorth Fiz - cymeriad cyfeillgar a chefnogol y gallant uniaethu ag ef - trwy weithgareddau hwyliog a gafaelgar sy'n frith o awgrymiadau defnyddiol, datganiadau ysbrydoledig a gwybodaeth ymarferol i rieni.

This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child to overcome anxiety. It's aimed at children aged 7–11 because a lot happens in these years that can impact a child's emotional well-being, not just now but for years to come.

Children will be guided, with the help of Fiz – a friendly and supportive character they can identify with – through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents



You're a Star



Amazon:

https://www.amazon.co.uk/Youre-Star-Childs-Guide-Self-Esteem/dp/1786852357/ref=pd_bxgy_img_2/258-6287728-1765521?encoding=UTF8&pd_rd_i=1786852357&pd_rd_r=fc4ce456-b3bf-4d00-ae9a-8ee1b2ccff77&pd_rd_w=q5hHE&pd_rd_wg=BEGUh&pf_rd_p=106f838b-b7d1-46e9-83e0-f70facc857bf&pf_rd_r=1DDN574RDNE1AAJWGXTT&psc=1&refRID=1DDN574RDNE1AAJWGXTT

Mae'r canllaw ymarferol hwn yn cyfuno dulliau therapi gwybyddol ymddygiadol profedig a ddefnyddir gan seicolegwyr plant mewn ysgolion â gweithgareddau syml i helpu'ch plentyn i feithrin hunan-barch. Mae wedi'i anelu at blant 7–11 oed oherwydd bod llawer yn digwydd yn y blynyddoedd hyn a all effeithio ar ymdeimlad plentyn o hunan-werth, nid yn unig yn awr ond am flynyddoedd i ddod.

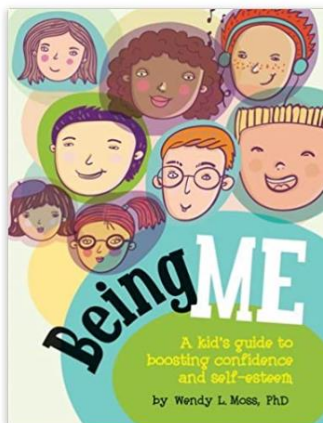
Bydd plant yn cael eu tywys, gyda chymorth Bop - cymeriad cyfeillgar a chefnogol y gallant uniaethu ag ef - trwy weithgareddau hwyliog a gafaelgar sy'n frith o awgrymiadau defnyddiol, datganiadau ysbrydoledig a gwybodaeth ymarferol i rieni.

This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7–11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come.

Children will be guided, with the help of Bop – a friendly and supportive character they can identify with – through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

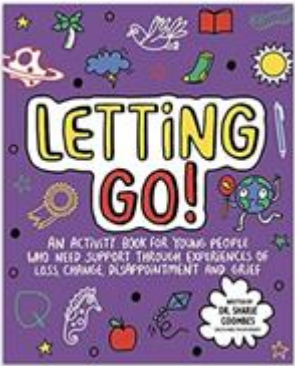


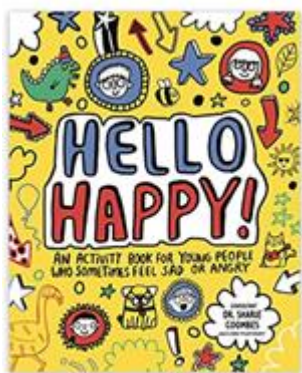
Being Me by Wendy L. Moss (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Being-Me-Boosting-Self-Confidence-Self-Esteem/dp/1433808846/ref=pd_sbs_14_15?encoding=UTF8&pd_rd_i=1433808846&pd_rd_r=aa23946b-93b6-4ed9-b422-3907f6570da4&pd_rd_w=ZSjAO&pd_rd_wg=CKC08&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=2AKWZCPZ09BEC3AVF3G4&psc=1&refRID=2AKWZCPZ09BEC3AVF3G4

Mae 'Being Me' yn llawn awgrymiadau a chyngor ar gyfer wynebu heriau bob dydd a magu eich hyder a'ch hunan-barch. Being Me is loaded with tips and advice for taking on everyday challenges and for building up your confidence and self-esteem.	
Letting Go by Sharie Coombes (Saesneg/English)  Mae'r gweithgareddau a'r ymarferion calonogol a syml yn mynd i'r afael â'r teimladau sy'n gysylltiedig â galar, profedigaeth a theulu'n gwahanu; bydd plant yn mwynhau defnyddio eu creadigrwydd i frwydro yn erbyn teimladau negyddol a dysgu sut i ymdopi â'r emosiynau hyn trwy ysgrifennu, lliwio, dwdlo a darlunio. The encouraging and simple activities and exercises tackle the feelings associated with grief, bereavement and family separation; children will enjoy using their creativity to combat negative feelings and work out how to cope with these emotions through writing, colouring, doodling and drawing.	Amazon: https://www.amazon.co.uk/Letting-Mindful-Kids-experiences-disappointment/dp/1787415899/ref=sr_1_3?dchild=1&keywords=dealing+with+grief+childrens+books&qid=1588604749&s=books&sr=1-3 
Hello Happy! by Sharie Coombes (Saesneg/English)	Amazon: https://www.amazon.co.uk/Hello-Happy-Mindful-Kids-sometimes/dp/1783708999/ref=sr_1_1?dchild=1&keywords=dealing+with+grief+childrens+books+7-11&qid=1588605102&s=books&sr=1-1

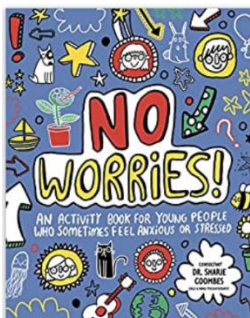


Mae 'Hello Happy!' yn llyfr gweithgareddau hunanofal rhyngweithiol i blant 7+ oed i liwio a dwddlo eu ffordd i hapusrwydd, llonyddwch a hyder. Mae'r gweithgareddau a'r ymarferion calonogol a syml yn mynd i'r afael â gorbryder, tristwch a straen; bydd plant yn mwynhau defnyddio eu creadigrwydd i frwydro yn erbyn teimladau negyddol, cael gwybod pam maent yn teimlo'n bryderus a sut i roi straen yn ôl yn ei le trwy ysgrifennu, lliwio, dwddlo a darlunio.

Hello Happy! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

No Worries by by Sharie Coombes (Saesneg/English)



Amazon:

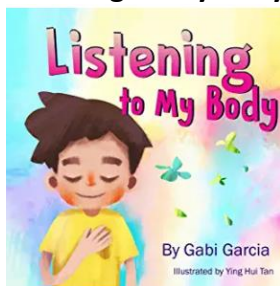
https://www.amazon.co.uk/No-Worries-Mindful-Kids-sometimes/dp/1787410870/ref=sr_1_1?dchild=1&keywords=no+worries&qid=1591717073&s=books&sr=1-1



Mae'r gweithgareddau a'r ymarferion calonogol a syml yn mynd i'r afael â gorbryder, tristwch a straen; bydd plant yn mwynhau defnyddio eu creadigrwydd i frwydro yn erbyn teimladau negyddol, cael gwybod pam maent yn teimlo'n bryderus a sut i roi straen yn ôl yn ei le trwy ysgrifennu, lliwio, dwdlo a darlunio.

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

Listening to My Body by Gabi Garcia (Saesneg/English)



Mae'r llyfr gafaelfgar a rhyngweithiol hwn yn tywys plant trwy'r arfer o enwi eu teimladau a'r teimladau corfforol sy'n gysylltiedig â nhw. O aflonydd a gwinglyd i wedi dadflino a llonydd, mae 'Listening to My Body' yn helpu plant i ddatblygu geirfa synhwyrâu fel y gallant fynegi'r hyn y maent yn ei brofi.

Mae gweithgareddau ymwybyddiaeth ofalgar hawdd, addas i blant wedi'u plethu drwyddi draw i atgyfnerthu'r hyn sy'n cael ei ddysgu.

Gall emosiynau mawr fod yn llethol! Helpwch eich plentyn i feithrin ei allu i ymgysylltu'n fwy ystyriol, hunanreoli, a datblygu gwytnwch emosiynol.

This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, *Listening to My Body* helps children develop a sensations vocabulary so that they can express what they are experiencing.

Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.

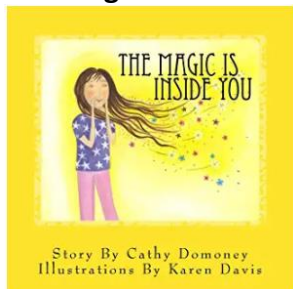
Amazon:

https://www.amazon.co.uk/Listening-Body-understand-connection-sensations/dp/099895800X/ref=sr_1_6?dchild=1&keywords=mental+well-being+books+for+7-11+year+olds&qid=1591011485&s=books&sr=1-6



Big emotions can be overwhelming! Help your child build on their capacity to engage more mindfully, self-regulate, and develop emotional resilience.

The Magic Is Inside You by Cathy Domoney (Saesneg/English)



Ymunwch â Madeleine wrth iddi ddysgu sut i reoli ei meddwl a throï ei meddyliau yn feddylfryd pwerus a chadarnhaol sy'n paratoi'r ffordd i hyder a llwyddiant. Mae'n cynnwys gweithgareddau a awgrymir y gall rhieni, athrawon a gofalwyr eu defnyddio gyda phlant i ddatblygu hunan-barch cadarnhaol.

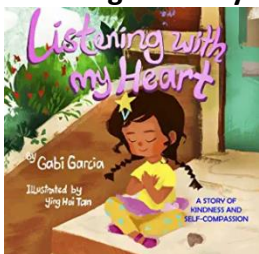
Join Madeleine as she learns how to take control of her thinking and turn her thoughts into a powerful, positive, can-do mindset which paves her way to confidence and success. Suggested activities included for parents, teachers and carers to use together with their children to develop a positive self-esteem.

Amazon:

https://www.amazon.co.uk/Magic-Inside-You-Powerful-Confident/dp/1985557258/ref=pd_sbs_14_3/257-1224075-1702755?encoding=UTF8&pd_rd_i=1985557258&pd_rd_r=5a071490-d68d-4267-89b0-332cfadcfc68&pd_rd_w=Y98Q9&pd_rd_wg=2CXBQ&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=YMCWCZP4T10MQ20S48K3&psc=1&refRID=YMCWCZP4T10MQ20S48K3



Listening With My Heart by Gabi Garcia (Saesneg/English)



Rydyn ni'n siarad â phlant yn aml am sut i fod yn ffrindiau i eraill, ond nid yn aml am sut i fod yn ffrindiau iddyn nhw eu hunain. Ac eto mae hunan-dderbyn a hunan-siarad cadarnhaol yn eu helpu i feithrin gwynwch emosiynol, hapusrwydd a llesiant.

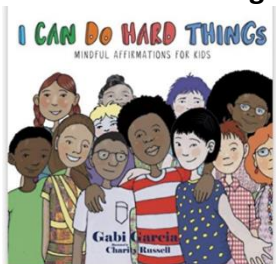
Amazon:

https://www.amazon.co.uk/Listening-My-Heart-kindness-self-compassion/dp/0998958034/ref=pd_sbs_14_4/257-1224075-1702755?encoding=UTF8&pd_rd_i=0998958034&pd_rd_r=85d4de2c-f4d1-470b-bb69-875fceb2ea9&pd_rd_w=tyF53&pd_rd_wg=3lggf&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=DACSM84N0RD353CDNR3F&psc=1&refRID=DACSM84N0RD353CDNR3F

We talk to kids a lot about how to be friends to others, but not much about how to be friends to themselves. Yet self-acceptance and positive self-talk help them build emotional resilience, happiness and well-being.



I Can Do Hard Things by Gabi Garcia (Saesneg/English)



Helpwch eich plentyn i fanteisio ar ei gryfder mewnol a chael hyd i'r anogaeth sydd ei hangen arno i wynebu ei amgylcheddau dyddiol. Gall datganiadau ymwybyddol ofalgar helpu'ch plentyn i beidio â thalu sylw i'r llif o negeseuon y mae'n eu cael ynglŷn â sut y dylen nhw fod yn y byd.

Gallaf ddewis caredigrwydd.

Gallaf ymarfer heddwch.

Gallaf rannu fy noniau gyda'r byd.

Help your child tap into their inner strength and find the encouragement they need to navigate their daily environments. Mindful affirmations can help your child tune out the streams of messages they get about how they should be in the world.

I can choose kindness.

I can practice peace.

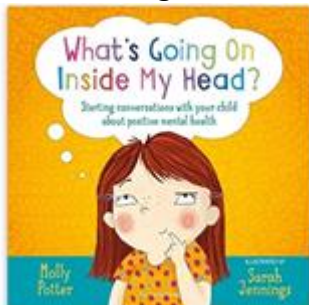
I can share my gifts with the world.

Amazon:

https://www.amazon.co.uk/Can-Do-Hard-Things-Affirmations/dp/0998958085/ref=pd_sbs_14_2/257-1224075-1702755?encoding=UTF8&pd_rd_i=0998958085&pd_rd_r=dbe105de-0237-4505-886e-61377cc7efad&pd_rd_w=lTzxf&pd_rd_wg=Dd9s6&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=5NV0MEK6RAM826542B7P&psc=1&refRID=5NV0MEK6RAM826542B7P



What's Going on Inside My Head? By Molly Potter (Saesneg/English)



Rydyn ni i gyd yn gwybod bod meddyliau iach yn bwysig iawn ond sut ydyn ni'n sicrhau ein bod ni'n gofalu am ein hiechyd meddwl o oedran ifanc iawn? Mae 'What's Going On Inside My Head?' yn llyfr i blant sy'n archwilio ffyrdd ymarferol o gadw ein meddyliau mewn cyflwr da yn ogystal â'n cyrff.

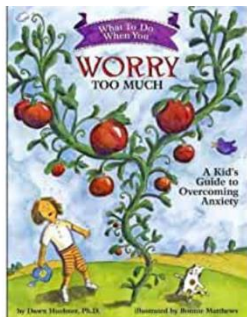
We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? What's Going On Inside My Head? is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies.

Amazon:

https://www.amazon.co.uk/Whats-Going-Inside-Head-conversations/dp/147295923X/ref=sr_1_1?crid=2CUN7PP66AG4R&dchild=1&keywords=whats+going+on+inside+my+head&qid=1589374969&s=books&sprefix=what%27s+going+on+inside+%2Cstripbooks%2C158&sr=1-1



What to Do When You Worry Too Much (Saesneg/English)



Llyfr hunangymorth rhyngweithiol yw 'What To Do When You Worry Too Much', sy'n ceisio tywys plant 6-12 oed a'u rhieni trwy'r technegau gwybyddol ymddygiadol a ddefnyddir amlaf wrth drin gorbryder cyffredinol. Dyma lyfr diddorol, calonogol a hawdd ei ddilyn, sy'n addysgu, yn cymell ac yn grymuso plant i weithio tuag at newid.

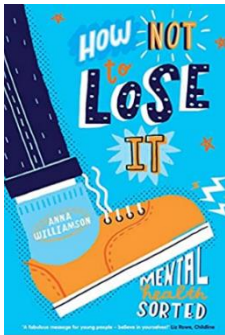
Amazon:

https://www.amazon.co.uk/What-When-Worry-Much-What/dp/1591473144/ref=sr_1_1?crid=1L8EBU7E57G13&dchild=1&keywords=what+to+do+when+you+worry+too+much&qid=1591019671&s=books&sprefix=what+to+do+wh%2Cstripbooks%2C160&sr=1-1



What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.

How Not To Lose It (Saesneg/English)



Nid eich corff yn unig a ddylai fod yn heini ac yn iach - mae angen i'ch meddwl fod yn heini ac yn iach hefyd! Dyma ganllaw gwych ar gyfer sicrhau meddwl cytbwys a lles emosiynol cadarn.

Trwy gyngor uniongyrchol, a thôn siaradus ond gonest, mae Anna Williamson yn mynd i'r afael â'r holl faterion allweddol sy'n effeithio ar blant heddiw.

It's not just your body that should be fit and healthy - your mind needs to be, too! *How Not to Lose It* is the go-to guide for achieving a balanced mind and strong emotional well-being.

With immediate, heart of the matter advice and a chatty yet honest tone, Anna Williamson addresses all of the key issues affecting children today.

Amazon:

https://www.amazon.co.uk/How-Not-Lose-Mental-Health/dp/1407193147/ref=pd_sbs_14_22?encoding=UTF8&pd_rd_i=1407193147&pd_rd_r=06ab4786-4cb0-43a5-ab90-6eea65818291&pd_rd_w=ZJ0jP&pd_rd_wg=6MJNG&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=9X7AQVM6WYFVHTYXG3YS&psc=1&refRID=9X7AQVM6WYFVHTYXG3YS



Cyfeillgarwch/Friendship

The Jar of Happiness by Alisha Burrows (Saesneg/English)



Mae Meg yn ferch fach sy'n creu ei hapusrwydd ei hun mewn jar. Mae'r jar hapusrwydd yn codi calon pawb a phan mae hi'n ei cholli, mae Meg yn drist iawn. Mae cefnogaeth a charedigrwydd ffrindiau a theulu yn helpu Meg i gydnabod o ble mae ei hapusrwydd yn dod mewn gwirionedd ac na ellir ei gael mewn jar. Bydd y llyfr hyfryd hwn yn helpu plant ifanc i ddeall yr hyn y mae'n ei olygu i fod yn ffrind da.

Meg is a little girl who creates her own happiness in a jar. The jar of happiness cheers everyone up and when she loses it, Meg is distraught. The support and kindness of friends and family helps Meg to recognise where her happiness really comes from and that it isn't found in a jar. This lovely book will help young children to understand what it means to be a good friend.

Amazon:

https://www.amazon.co.uk/Jar-Happiness-Childs-Play-Library/dp/1846437288/ref=sr_1_1?crid=CZ22LQWULGGC&dchild=1&keywords=the+jar+of+happiness&qid=1591609582&s=books&sprefix=the+jar+%2Cstripbooks%2C192&sr=1-1



Cloud Boy by Marcia Williams (Saesneg/English)

Amazon:

https://www.amazon.co.uk/Cloud-Boy-Marcia-Williams/dp/1406381217/ref=pd_sbs_14_5/257-1224075-1702755?encoding=UTF8&pd_rd_i=1406381217&pd_rd_r=a514ef3a-



Mae Harry Christmas ac Angie Moon yn ffrindiau gorau ac fel efeilliaid. Ond pan fydd Harry yn cael ei gludo i'r ysbyty am fod ganddo bennau tost drwy'r amser, mae angen Angie arno yn fwy nag erioed. Oherwydd pan fydd pethau'n chwalu dim ond ffrind gorau all eu pwytho yn ôl at ei gilydd. Wedi'i hadrodd trwy ddyddiadur bywiog Angie, mae hon yn stori chwerwfelys am gyfeillgarwch a thyfu i fyny.

Harry Christmas and Angie Moon are best friends and almost-twins. But when Harry is taken to hospital for headaches that won't go away, he needs Angie more than ever. Because when things fall apart, only a best friend can stitch them back together. Told through Angie's lively diary, this is a bittersweet story about friendship and growing up.

On Sudden Hill by Linda Sarah (Saesneg/English)



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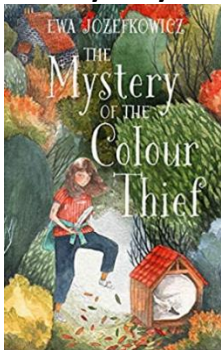
[80253203691e&pd_rd_w=rCyAf&pd_rd_wg=9cwqn&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=7MRXTK0F0G5Q5P33HGHB&psc=1&refRID=7MRXTK0F0G5Q5P33HGHB](#)



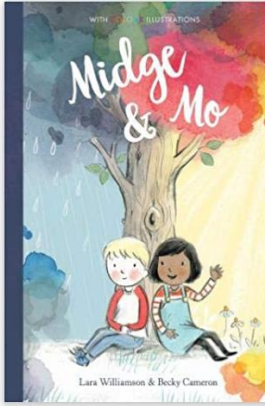
Amazon:

https://www.amazon.co.uk/Sudden-Hill-Linda-Sarah/dp/1471119297/ref=sr_1_1?dchild=1&keywords=on+sudden+hill&qid=1591791606&s=books&sr=1-1



Mae Birt ac Etho yn ffrindiau gorau ac maen nhw'n chwarae ar Sudden Hill, gan wneud dyfeisiau gwych o flychau cardbord. Ond yna mae bachgen newydd, Shu, eisiau ymuno hefyd. Nid yw Birt yn siŵr ei fod am i Shu ymuno â nhw. Yn llawn cenfigen, mae'n mynd adref ac yn gwrthod dod allan i chwarae. Ond yna mae Etho a Shu yn dod i'w dŷ gyda'r ddyfais gardbord fwyaf rhyfeddol hyd yn hyn. Birt and Etho are best friends, they play on Sudden Hill, making marvellous contraptions out of cardboard boxes. But then a new boy, Shu, wants to join in too. Birt isn't sure that he wants Shu to join them. Eaten up with jealousy, he goes home and refuses to come out to play. Until Etho and Shu come to his house with the most marvellous cardboard contraption so far...	
The Mystery of the Colour Thief (Saesneg/English)  Yn gyntaf y ddamwain, yna'r hunllefau. Mae'r lleidr niwlog yn dwyn yr holl liwiau o fyd Izzy gan beri iddi deimlo'n wag ac yn anobeithiol. A fydd ei chymydog newydd a nyth yn llawn cywion elyrch yn achub Izzy ac yn datrys dirgelwch y lleidr lliw? Dyma stori dwymgalon am deuluoedd, cyfeillgarwch, ysgol, natur, gobaith a hunanhyder. First the accident, then the nightmares. The shadowy thief steals all the colours from Izzy's world leaving her feeling empty and hopeless. Will her new neighbour and a nest full of cygnets save Izzy and solve the mystery of the colour thief? A heartwarming story about families, friendships, school, nature, hope and self-confidence.	Amazon: https://www.amazon.co.uk/Mystery-Colour-Thief-Ewa-Jozefkiewicz/dp/1786698943/ref=sr_1_1?dchild=1&keywords=the+mystery+of+the+colour+thief&qid=1591023871&s=books&sr=1-1 

Midge & Mo by Lara Williamson (Saesneg/English)



Nid yw Midge eisiau mynd i ysgol newydd. Mae am i bopeth fynd yn ôl i sut roedd pethau - gyda'i hen ysgol, ei hen ffrindiau a'i rieni yn ôl gyda'i gilydd. Mo yw cyfaill Midge yn ei ysgol newydd. Mae hi'n hynod o wengar ac ni all aros i fod yn ffrind iddo, ond po fwyaf y mae Mo yn ceisio bod yn ffrind iddo, y mwyaf y mae Midge yn cilio. Mae fel petai cwmwl glaw anweledig uwch ei ben sy'n diferu'n ddi-baid.

Yna mae Mo yn cofio sut roedd hi'n teimlo pan oedd hi'n newydd ac mae hynny'n ei gwneud hi'n fwy penderfynol byth i helpu Midge i deimlo'n hapus a dangos iddo y bydd yr haul yn ymddangos eto yn fuan ...

Midge doesn't want to go to a new school. He wants everything to go back to the way it was – with his old school, his old friends and his parents back together. Mo is Midge's buddy at his new school. She's super smiley and can't wait to be his friend, but the more Mo tries to make friends the more Midge retreats. It's like there's an invisible raincloud hanging above his head – drip-drip-drip.

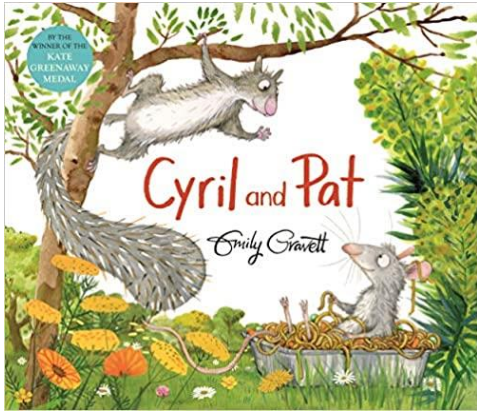
Then Mo remembers how she felt when she was new and it makes her even more determined to help Midge feel happy and to show him that the sun will come out for him again soon...

Amazon:

https://www.amazon.co.uk/Midge-Mo-8-Colour-Fiction/dp/1788951115/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=1788951115&pd_rd_r=e7740d87-846a-4dfc-b6a0-a55751d443a8&pd_rd_w=MSgck&pd_rd_wg=CHb0B&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=WBKCGNS8CXY3QZKBEH1K&psc=1&refRID=WBKCGNS8CXY3QZKBEH1K



Cyril and Pat by Emily Gravett (Saesneg / English)



Cyril yw'r unig wiwer ym Mharc y Llyn, ac mae'n unig iawn. Ond un diwrnod mae'n cwrdd â Pat. Mae Cyril a Pat yn cael llawer o anturiaethau a hwyl gyda'i gilydd ac mae Cyril mor falch ei fod wedi gwneud ffrind. Ond mae pawb yn dweud na chaiff Cyril a Pat fod yn ffrindiau, a chyn bo hir maen nhw'n esbonio pam: mae Pat, fel mae'r darllenydd yn gwybod ers y dechrau, yn LLYGODEN FAWR mewn gwirionedd!

Ond mae bywyd Cyril yn llawer mwy diflas a thipyn yn fwy brawychus heb Pat wrth ei ochr, ac yn y diwedd mae'r ddau ffrind yn dysgu bod rhai pethau'n bwysicach na bod yr un fath, neu wrando ar eraill.

Cyril is the only squirrel in Lake Park, and he's very lonely. Until one day he meets Pat. Cyril and Pat have lots of adventures and fun together and Cyril is so pleased he's made a friend. But everyone says that Cyril and Pat simply cannot be friends, and they soon reveal why: Pat, as the reader has known all along, is actually a RAT!

But Cyril's life turns out to be a lot duller and quite a bit scarier without Pat by his side, and in the end the two friends learn that some things are more important than being the same, or listening to others.

Amazon:

https://www.amazon.co.uk/Cyril-Pat-Emily-Gravett/dp/1509857281/ref=sr_1_1?crid=24RLIM1USLG00&dchild=1&keywords=cyril+and+pat+by+emily+gravett&qid=1591569280&s=books&srefix=Cyril+and+pa%2Cstripbooks%2C161&sr=1-1



Unigrywiaeth/Uniqueness

Mae'n Iawn Bod yn Wahanol gan Todd Parr (Cymraeg/Welsh)



Mae'r llyfr *Mae'n Iawn Bod yn Wahanol* yn mynd ati'n glyfar i gyflwyno'r negeseuon pwysig o dderbyn, deall a magu hyder mewn fformat hygyrch, addas i blant sy'n cynnwys lluniau llachar a golygfeydd gwirion. Wedi'i anelu at blant ifanc sy'n dechrau darllen, bydd y llyfr hwn yn ysbrydoli plant i ddathlu eu hunigoliaeth trwy dderbyn eraill a hunanhyder.

It's Okay to Be Different by Todd Parr (Saesneg/English)



It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colours and silly scenes. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence.

Amazon:

https://www.amazon.co.uk/Maen-lawn-Wahanol-Okay-Different/dp/1908574488/ref=sr_1_1?dchild=1&keywords=mae%27n+iawn+bod+yn+wahanol&qid=1590584713&s=books&sr=1-1



'Mae'n iawn bod yn wahanol':

<https://www.youtube.com/watch?v=uPx9-b0tGwc>

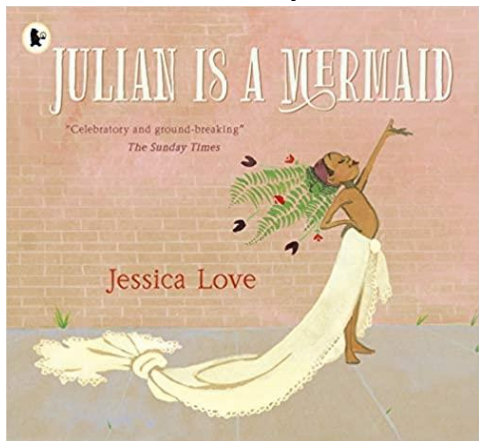


Amazon:

https://www.amazon.co.uk/Okay-Different-Todd-Parr-Classics/dp/0316043478/ref=sr_1_4?crid=2ZT4XERPXTWZ4&dchild=1&keywords=its+ok+to+be+different&qid=1590584811&s=books&sprefix=its+ok%2Cstripbooks%2C227&sr=1-4



Julian is a Mermaid by Jessica Love (Saesneg/English)



Mae'r llyfr syfrdanol a chalonogol hwn yn ddarlun gorfoleddus o hunan-gariad ac yn ddathliad o unigoliaeth.

Wrth deithio adref ar y trên gyda'i Nana un diwrnod, mae Julian yn sylwi ar dair merch sy'n gwisgo dillad ysblennydd. Mae eu gwallt yn llifo mewn arlliwiau llachar, mae cynffonau pysgod ar odreon eu ffrogiau, ac mae eu llawenydd yn llenwi cerbyd y trên. Pan fydd Julian yn cyrraedd adref, mae'n synfyfrio ar yr hyn a welodd, a'r cyfan y gall feddwl amdano yw gwisgo'n union fel y merched a chreu ei wisg forforwyn wych ei hun. Ond beth fydd Nana yn ei feddwl am y llanastr y mae'n ei wneud - ac yn bwysicach fyth - beth fydd hi'n ei feddwl am sut mae Julian yn ei weld ei hun?

Mesmerizing and full of heart, this book is a jubilant picture of self-love and a radiant celebration of individuality.

While riding the subway home with his Nana one day, Julian notices three women spectacularly dressed up. Their hair billows in brilliant hues, their dresses end in fishtails, and their joy fills the train carriage. When Julian gets home, daydreaming of the magic he's seen, all he can think about is dressing up just like the ladies and making his own fabulous mermaid costume. But what will Nana think about the mess he makes – and even more importantly – what will she think about how Julian sees himself?

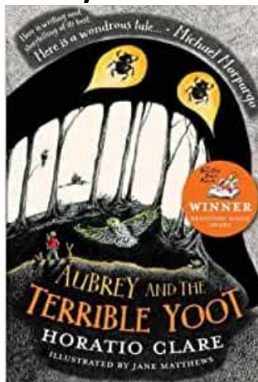
Amazon:

https://www.amazon.co.uk/Julian-Mermaid-Jessica-Love/dp/1406386421/ref=sr_1_1?crid=PVWBCP8J90ZI&dchild=1&keywords=julian+is+a+mermaid+by+jessica+love&qid=1591567472&s=books&srefix=Julian+is+a+Mermai%2Cstripbooks%2C181&sr=1-1



Iselder/Depression

Aubrey and the Terrible Yoot by Horatio Clare (Saesneg/English)



Stori wych, ddychmygus am Aubrey. Mae tad Aubrey yn dioddef o iselder ac mae'n benderfynol o helpu i'w wella. Mae pawb yn dweud bod ei dasg yn amhosibl, ond ni fydd Aubrey byth yn rhoi'r gorau iddi a byth yn ildio. Gyda chymorth rhai anifeiliaid rhyfeddol, mae Aubrey yn cychwyn ar antur hudol i frwydro yn erbyn y *Terrible Yoot*!

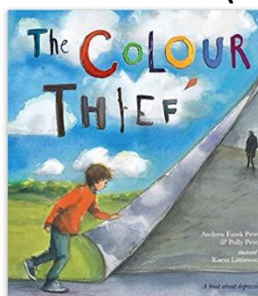
A brilliant, imaginative tale about Aubrey, whose father is suffering from depression and how he is determined to help make his dad better. Everyone says his task is impossible, but Aubrey will never give up and never surrender. With the help of some wonderful animal friends, Aubrey sets out on a spell-binding adventure to fight the Terrible Yoot!

Amazon:

https://www.amazon.co.uk/AUBREY-TERRIBLE-YOOT-HORATIO-CLARE/dp/1910080284/ref=sr_1_1?crid=2LQAZDK26LOKV&dchild=1&keywords=aubrey+and+the+terrible+yoot&qid=1591793722&s=books&sprefix=aubrey%2Cstripbooks%2C168&sr=1-1



The Colour Thief (Saesneg/English)



Stori syml, galonogol yw 'The Colour Thief' sy'n helpu i ddechrau sgysiau am iselder ac i gefnogi plant ifanc y mae hwn wedi effeithio ar eu teuluoedd. Rydyn ni'n dilyn bachgen ifanc sydd wrth ei fodd yn treulio amser gyda'i dad a gwneud pethau difyr gyda'i gilydd. Pan fydd ei dad yn

Amazon:

https://www.amazon.co.uk/Colour-Thief-familys-story-depression/dp/0750280530/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=0750280530&pd_rd_r=89fb074e-a538-4712-beae-3e6e1c68014e&pd_rd_w=k0PcF&pd_rd_wg=2FKDF&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=J4GGNZRJ0ARFWWNG3PN4&psc=1&refRID=J4GGNZRJ0ARFWWNG3PN4

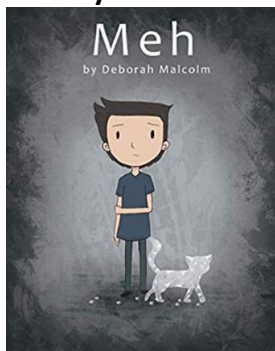
mynd yn drist ac yn bell, nid yw'n deall ac yn credu ei fod wedi gwneud rhywbeth i achosi hyn, er iddo glywed fel arall. Mae amser yn mynd heibio ac mae ei dad yn dechrau dod yn hapusach eto ac maen nhw'n cael hwyl gyda'i gilydd fel o'r blaen. Wedi'i adrodd o safbwynt y plentyn a'i ddarlunio â lluniau hyfryd gan yr artist arobryn Karin Littlewood, dyma'r llyfr perffaith i'w ddarllen gyda phlant rhwng 7 a 9 oed sy'n ceisio deall achos ac effeithiau iselder, a rhoi sicrwydd iddynt fod iselder yn cilio ac nad ydynt wedi colli eu rhieni.

The Colour Thief is a simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected.

We follow a young boy who loves spending time with his dad, doing fun things together. When his father becomes sad and distant, he doesn't understand and believes he has done something to make his dad so, despite being told otherwise. Time passes and his father begins to get happier again and they have fun together like before. Narrated from the child's perspective and illustrated with beautiful pictures by the award-winning artist Karin Littlewood, this is the perfect book to read with children aged 7-9 years old who are trying to understand the cause and effects of depression, and reassure them that depression passes and their parents are not lost to them.



Meh by Deborah Malcolm (Saesneg/English)



Mae tristwch yn emosiwn y mae pawb yn ei deimlo rywbryd neu'i gilydd. Ond weithiau efallai y byddwch yn teimlo tristwch mor hir ac mor ddwfn a

Amazon:

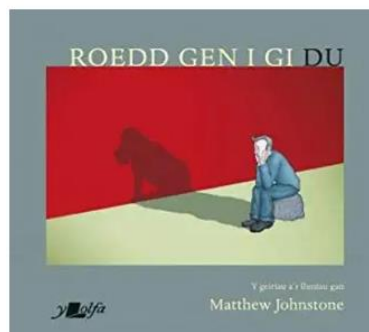
https://www.amazon.co.uk/Meh-Story-Depression-Deborah-Malcolm/dp/163411003X/ref=sr_1_1?dchild=1&keywords=meh&qid=1591794385&s=books&sr=1-1



thywyll fel ei bod yn ymddangos yn amhosibl cael hapusrwydd. Gelwir y math hwnnw o dristwch yn iselder. Llyfr lluniau di-eiriau yw 'Meh' am daith un bachgen trwy iselder.

Sadness is an emotion that everyone feels at some time or another. But sometimes you might feel a sadness so long and so deep and dark that it seems impossible to find happiness. That kind of sadness is called depression. Meh is a wordless picture book about one boy's journey through depression.

Roedd Gen i Gi Du gan Matthew Johnstone (Cymraeg/Welsh)



Yn *Roedd Gen i Gi Du* mae Matthew Johnstone yn rhoi cipolwg teimladwy ar y profiad o fyw gydag iselder - y Ci Du - gan ein goleuo a'n hysbrydoli yn y pen draw. Mae'n darlunio'r nerth a'r anogaeth sydd eu hangen arnom i ddofi'r Ci Du. Gall fod yn anghenfil arswydus ar adegau, ond y cam cyntaf tuag at wella yw peidio â'i guddio. Llyfr trawiadol fydd yn ysbrydoliaeth i bawb.

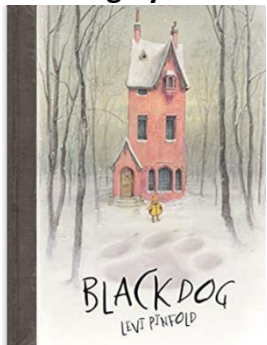
In '*Roedd Gen i Gi Du*' Matthew Johnstone gives a moving insight into the experience of living with depression - the Black Dog - ultimately enlightening and inspiring. It illustrates the strength and encouragement we need to tame the Black Dog. It can be a scary monster at times, but the first step towards recovery is not to hide it. An impressive book that will be an inspiration to everyone.

Amazon:

https://www.amazon.co.uk/Roedd-Gen-i-Gi-Du/dp/1784617652/ref=sr_1_1?dchild=1&keywords=roedd+gen+i+gi+du&qid=1591005504&s=books&sr=1-1



Blackdog by Levi Penfold (Saesneg/English)



Yr aelod ieuengaf a dewraf o deulu Hope yw'r unig un sy'n dofi'r Ci Du, trosiad ar gyfer iselder, sy'n tyfu'n fwy ac yn fwy bob tro y byddwch yn ceisio ei anwybyddu. Llyfr arbennig o ddefnyddiol i blant sy'n byw gyda rhieni â phroblemau iechyd meddwl.

The youngest and bravest member of the Hope family is the only person who tames the Black Dog, a metaphor for depression, which grows bigger and bigger each time you try to ignore it. A particularly useful book for children who live with parents with mental health problems.

Amazon:

https://www.amazon.co.uk/Black-Dog-Levi-Pinfold/dp/1848777485/ref=sr_1_1?dchild=1&keywords=black+dog&qid=1591788967&s=books&sr=1-1



A Bad Day for Jayden by Tony Bradman (Saesneg/English)



Ni fydd mam yn codi o'r gwely. Mae ei ffrind gorau wedi ei adael. Ac mae gwaith ysgol yn rhy anodd. Mae Jayden eisiau gwneud y peth iawn - ond sut all wneud hynny pan fydd yn teimlo bod y byd yn cynllwynio yn ei erbyn? Mae popeth yn mynd o'i le, a phan fydd athrawes gyflenwi yn dod i ddysgu ei ddosbarth, mae Jayden yn sicr y bydd pethau'n mynd o ddrwg i

Amazon:

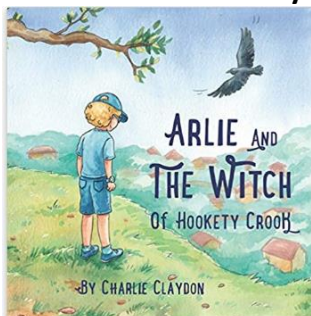
https://www.amazon.co.uk/Bad-Day-Jayden-Tony-Bradman/dp/1781129010/ref=sr_1_1?crid=KULY9VPZTJ1B&dchild=1&keywords=a+bad+day+for+jayden&qid=1591795184&s=books&srefix=a+bad+day+%2Cstripbooks%2C151&sr=1-1



waeth. Ond nid yw Mrs Wilson y math o athrawes roedd Jayden yn ei disgwyl ... a all hi helpu i newid ei ddiwrnod gwael? Dyma stori deimladwy a sensitif am fywyd fel gofalwr ifanc gan yr awdur poblogaidd Tony Bradman.

Mum won't get out of bed. His best friend has dumped him. And school work is just too difficult. Jayden wants to do the right thing - but how can he when it feels like the world is conspiring against him? Everything is going wrong, and when a supply teacher turns up to take his class, Jayden's sure things will keep on getting worse. But Mrs. Wilson is not quite the teacher Jayden expected ... can she help turn his bad day around? A touching and sensitively told story of life as a young carer from beloved author Tony Bradman.

Arle and The Witch by Charlie Clayton (Saesneg)



Mae gofalu am ein hiechyd meddwl yn hynod bwysig a gorau po gyntaf y gallwn ddysgu sut i wneud hynny. Ond ble rydyn ni'n dechrau?

Looking after our mental health is super important and the earlier we can learn *how*, the better. But where do we start?

Amazon:

https://www.amazon.co.uk/Arle-Witch-Hookety-Crook-illustrated/dp/1655035827/ref=sr_1_3?crid=3J9G2QGHEAHMS&dchild=1&keywords=mental+health+stories+for+children&qid=1591782603&srefix=mental+health+stories+for%2Caps%2C182&sr=8-3



Trawma/Trauma

After The Fall by Dan Santat (Saesneg/English)



Ar ôl cwmpo, mae Humpty Dumpty yn wy toredig. Mae bywyd yn anodd: mae cymaint o ofn uchder arno fel na all hyd yn oed wynebu dringo i'w wely, na chyrraedd ei hoff rawnfwyd ar y silff uchaf yn yr archfarchnad. Ond un diwrnod, wedi'i danio gan ei hoffter o wyllo adar, mae'n penderfynu goresgyn ei ofnau ac mae rhywbeth rhyfeddol yn digwydd ... 'Golwg dyner a doniol ar drawma a gwellhad'

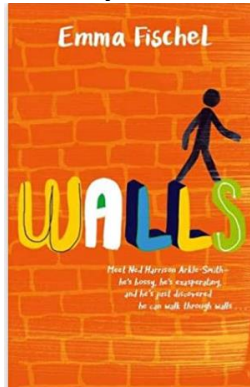
After the fall, Humpty Dumpty is a broken egg. Life is tough: he's so afraid of heights, he can't even bear to climb onto his bed, or reach his favourite cereal on the top shelf at the supermarket. But one day, fuelled by his passion for bird-watching, he decides to conquer his fears and something amazing happens... 'A tender, wryly funny look at trauma and recovery'

Amazon:

https://www.amazon.co.uk/After-Fall-Dan-Santat/dp/1783446358/ref=pd_sbs_14_3/257-1224075-1702755?encoding=UTF8&pd_rd_i=1783446358&pd_rd_r=310508dd-a436-4d47-b54a-6eaacee13112&pd_rd_w=7JQrv&pd_rd_wg=Lqm0w&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=P5BPQM69TDFKAJZXZ9VM&psc=1&refRID=P5BPQM69TDFKAJZXZ9VM



Walls by Emma Fischel (Saesneg/English)



Amazon:

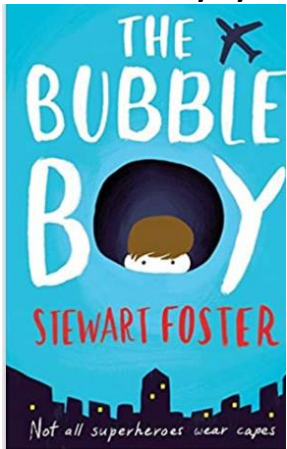
https://www.amazon.co.uk/Walls-Emma-Fischel/dp/0192763822/ref=sr_1_1?crid=32CQZSOMNZS0&dchild=1&keywords=walls+emma+fischel&qid=1591793251&s=books&prefix=walls+emma+%2Cstripbooks%2C154&sr=1-1



Dyma stori deimladwy, ddoniol a thwymgalon am Ned Harrison ArkleSmith. Mae byd Ned yn chwalu ac nid yw darganfod ei fod yn gallu cerdded trwy waliau hyd yn oed yn helpu. Bydd y stori wreiddiol ac unigryw hon yn helpu plant i ddeall effaith anawsterau teuluol a sut y gall pob un ohonom ddewis sut rydyn ni'n ymddwyn, hyd yn oed yn yr amgylchiadau mwyaf anodd ac anghyffredin.

A moving, funny and heart-warming tale featuring Ned Harrison ArkleSmith – whose world is falling apart - even discovering he can walk through walls isn't helping. Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances.

The Bubble Boy by Stewart Foster (Saesneg/English)



Mae'n rhaid i Joe fyw mewn swigen yn yr ysbyty, ond wedyn mae Amir yn dod i mewn i'w fywyd. Mae'r llyfr hwn yn rhoi cipolwg goleuol ar deimladau plant â salwch na ellir ei wella, gyda chymeriadau gwych a doniol.

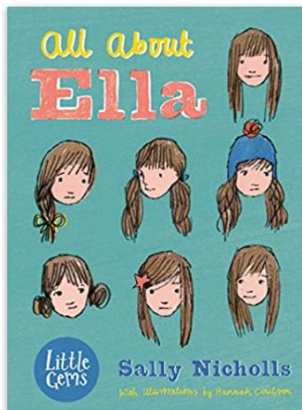
Joe must live in a bubble in hospital; Amir plots to spring him. Illuminating insights into the feelings of children with incurable illnesses, a great cast of characters and hilarious, hopeful moments.

Amazon:

https://www.amazon.co.uk/Bubble-Boy-Stewart-Foster/dp/1471145409/ref=sr_1_1?crid=3ULKC471D6VGK&dchild=1&keywords=the+bubble+boy&qid=1591613257&s=books&sprefix=the+bubble+%2Cstripbooks%2C189&sr=1-1



All About Ella by Sally Nicholls (Saesneg/English)



Mae pawb yn poeni am Sam sy'n wael iawn. Mae ei chwaer Ella yn teimlo bod pawb wedi anghofio amdani hi. Dyma nofel ddoniol i ddarllenwyr iau sydd wedi'i hysgrifennu'n hyfryd ac sy'n archwilio teimladau cymhleth brawd neu chwaer pan fydd plentyn sâl yn y teulu.

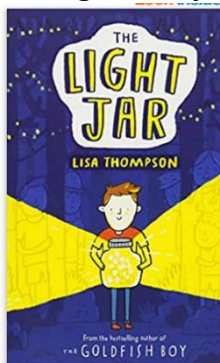
Everyone worries about Sam who is very poorly. His sister Ella feels forgotten. A funny, beautifully written novel for younger readers, exploring a sibling's complicated feelings when there is a sick child in the family.

Amazon:

https://www.amazon.co.uk/All-About-Ella-Little-Gems/dp/1781125333/ref=sr_1_1?dchild=1&keywords=all+about+ella&qid=1591643971&s=books&sr=1-1



The Light Jar by Lisa Thompson (Saesneg/English)



Mae Nate a'i fam yn dianc rhag cam-drin domestig ond yna mae hi'n diflannu. Ond daw ffrind dychmygol Nate i'w helpu.

Dyma stori gyffrous sy'n meithrin dealltwriaeth o seicoleg ddynol.

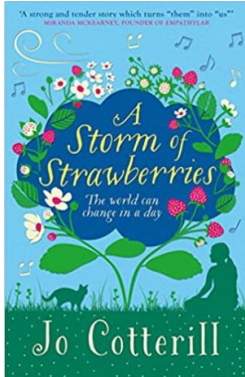
Amazon:

https://www.amazon.co.uk/Light-Jar-Lisa-Thompson/dp/1407171283/ref=sr_1_1?dchild=1&keywords=the+light+jar&qid=1591614176&s=books&sr=1-1



Nate and his mum escape domestic abuse but then she disappears. Exciting story which builds understanding of human psychology as Nate's imaginary friend comes to his aid.

A Storm of Strawberries by Jo Cotterill (Saesneg/English)



Mae Darby yn ddeuddeg oed ac mae Syndrom Down arni. Ei hoff bethau yw cerddoriaeth, siocled, a'i chwaer fawr Kaydee. Mae hi bron yn amser i'r helfa siocled flynyddol, uchafbwynt blwyddyn Darby, ond mae Kaydee wedi dod â ffrind adref am y penwythnos. Yn sydyn mae mewn perygl o golli'r helfa siocled a'i hoff berson ... ac i wneud pethau'n waeth, mae fferm fefus y teulu yn cael ei tharo gan gorwynt.

Pan fydd y storm yn mynd, beth fydd ar ôl? Ac a all Darby drwsio'r hyn sydd wedi torri pan na fydd neb yn gwrando arni?

Darby is twelve and has Down's syndrome. Her favourite things are music, chocolate, and her big sister Kaydee. It's nearly time for the annual chocolate hunt, the highlight of Darby's year, but Kaydee has brought a friend home for the weekend. Suddenly both the chocolate hunt and her favourite person are in danger of slipping away... and to make things worse, the family's strawberry farm is hit by a tornado.

When the storm clears, what will be left? And can Darby mend what's been broken when nobody will listen to her?

Amazon:

https://www.amazon.co.uk/Storm-Strawberries-Jo-Cotterill/dp/1848126166/ref=pd_sbs_14_1/257-1224075-1702755?encoding=UTF8&pd_rd_i=1848126166&pd_rd_r=0c309fea-d1db-441c-bc0b-244a1c70d88c&pd_rd_w=Mj5xB&pd_rd_wg=VO41v&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=1WWC6KDER37JAXBFNZV&psc=1&refRID=1WWC6KDER37JAXBFNZV

