

# Y Cwtsh Cymreig

Gorffennaf 2026 July

Darparwyr gofal & theuluoedd

Childcare providers & families

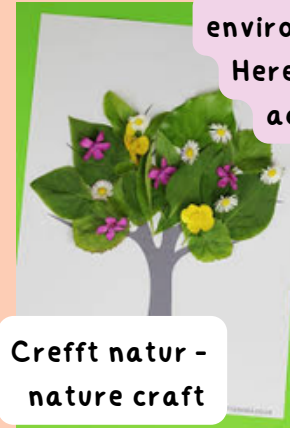
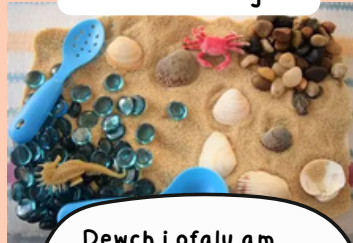
Mae Mis Gorffennaf Di-Blastig yn amser gwych i helpu plant ifanc i ddysgu am ofalu am yr amgylchedd mewn ffyrdd hwyl. Dyma rai gweithgareddau syml i'w rhoi ar waith:

## Gorffennaf Di-Blastig Plastic Free July

Plastic Free July is a great time to help young children learn about caring for the environment in fun ways. Here are some simple activities to try:

Addurno bag i'w haildefnyddio - Reusable Bag Decorating

Bin synhwyaidd - Achub anifeiliaid y mor - Ocean Animal Rescue Sensory Bin



Dyma fag lliwgar!  
What a colourful bag!

Dewch i ofalu am greaduriaid y môr.  
Let's care for our sea creatures.

Petalau pert!  
Pretty petals!

arbed  
ahr-bed  
reduce

Geirfa allweddol  
Key phrases

ailgylchu  
aeehl-gull-chee  
recycle

didoli  
did-olly  
sort

ail-ddefnyddio  
aeehl-thev-nuh-theo  
reuse

bod yn wyrdd  
boh-d-erghn - weirth  
being green

defnyddio llai  
dev-nyth-eeo ll-ae  
using less



creaduriaid  
creah-dirh-eaid  
creatures

gofalu am ein byd  
goh-valley amh eyn beed  
looking after our world

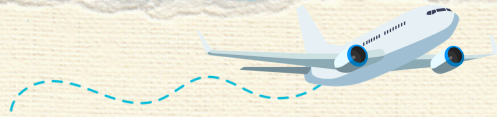


Stori Dewin a Doti  
Ailgylchu - Recycling story



Adnoddau ailgylchu CYW  
recycling resources





**Playday**

**Diwrnod  
Chwarae**



Parc Rhydaman / Ammanford Park,  
Awst 3 August - 10 - 1

Parc Caerfyrddin / Carmarthen Park,  
Awst 5 August - 10 - 1

Parc Howard, Llanelli,  
Awst 7 August - 10 - 1



#PlaydaySirGar

