

CYMRAEG / IECHYD A LLES · YEAR 3–5

# Cymraeg — Iechyd a Lles

Health &amp; Well-being — Years 3–5

## Iechyd a Theimladau — Health & Feelings

1

**rwy'n hapus**

I am happy

*Example: roo-eeen HAP-is*

2

**rwy'n drist**

I am sad

*Example: roo-eeen dreest*

3

**rwy'n bryderus**

I am worried

*Example: roo-eeen bruh-DER-is*

4

**rwy'n flinedig**

I am tired

*Example: roo-eeen VLIN-ed-ig*

5

**rwy'n llawn egni**

I am full of energy

*Example: roo-eeen thloun EG-nee*

6

**ymarfer corff**

physical exercise

*Example: uh-MAR-ver korf*

7

**iach**

healthy

*Example: yakh*

8

**afiach**

unhealthy

*Example: AV-yakh*

9

**bwyta'n dda**

eating well

*Example: BOO-it-an tha*

10

**cwsg da**

good sleep

*Example: koosg da*

11

**ffrindiau da**

good friends

*Example: FRIN-jee da*

## fordd i fyw'n dda

Five ways to well-being — yn G

- CYSYLLTU — Connect: cadw mewn cysylltiad â phobl (stay connected with people)
- BOD YN EGNİÖL — Be Active: ymarfer corff bob dydd (exercise every day)
- SYLWI — Take Notice: sylwi ar y byd o'ch cwmpas (notice the world around you)
- DYSGU — Keep Learning: dysgu rhywbeth newydd (learn something new)
- RHOI — Give: helpu rhywun arall (help someone else)
- WELLNESS QUESTION: Sut rwyd ti'n teimlo heddiw? — How are you feeling today?

