

Gweithgareddau - Syniadau i ddatblygu sgiliau cyn ysgrifennu /
Activities - ideas how to develop pre writing skills

- Pegiau maint gwahanol / different sized pegs
- Llwyau salad / tweezers / bagiau ffa - salad servers / tweezers / bean bags
- 'stress balls'
- felcro / sips / botymau - Velcro / zips / buttons
- datblygu 'pincer grip' - gwneud deinosoriaid / toes / pastry - develop pincer grip - make dinosaurs / play dough / pastry
- gosod gleiniau maint gwahanol mewn toes - defnyddio tweezers i dynnu nhw allan / hide beads of various sizes in dough - children to take them out with tweezers
- tiwb a balwn - tubes and balloons, keep the balloon in the air
- peli mawr traeth / peli mawr ymarfer corff - large beach balls / exercise balls
- plu a sgarffiau ysgafn / feathers and scarves
- postio ceiniogau mewn bocsys / post coins in boxes
- dad wneud potiau bach maint gwahanol / twist off lids of various sized pots
- creonau yn y bath / crayons in bath
- defnyddio modrwy ar fys i helpu'r plant ddal pensil yn gywir / use a ring on finger to help children use correct pencil grip
- byrddau gwyn / spirograff / byrddau ysgrifennu - white boards / spiro graph
- sisyrnau (gyda sbring) - scissors (with spring / loop)
- tywod / mwd a brigau - sand / mud and twigs
- gleiniau / blociau, gwneud mwclis allan o fwydydd e.e cheerios/wheetos - lacing / blocks, make an edible necklace out of cheerios / wheetos
- wicisticks / pipe cleaners
- 'streamers' / rhubanau ar bren - ribbons on sticks - make shapes in the air
- Sbwng i wasgu / glanhau ffenestri / sponges to squeeze / wash windows
- Gloop / clai / toes - cornflour gloop / clay / play dough
- Rhwygo papur - tearing paper
- Bubble wrap
- Rhifau / llythrennau allan o bapur tywod - numbers / letters out of sandpaper
- Gemau gyda gorchudd / blindfolded games
- Gwneud gweithgareddau yn rhai aml synhwyrdd (ysgrifennu rhifau ar gefn partner / cerdded ar hyd rhaff sgipio - make activities as multi sensory as possible (write numbers on partners back, walk along skipping rope)