



Early Years
Wales
Blynyddoedd
Cynnar Cymru

A D N O D D C Y M R A E G

Dydd Santes Dwynwen

earlyyears.wales



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- 01 Pwy oedd Dwynwen?
- 02 Ynys Llanddwyn
- 03 Gweithgareddau Syml
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- 05 Dweud e... yn Gymraeg
- 06 Cyswllt





Hanai Dwynwen o Aberhonddu yn y 5ed ganrif ac mae'n ferch i'r Brenin Brychan Brycheiniog a Rigrawst,

Syrthiodd dyn ifanc o'r enw Maelon Dafodrill, mab i frenin arall, mewn cariad â hi a dymunai'r ddau briodi, fodd bynnag fe wnaeth ei thad fforio'r briodas ac roedd eisoes wedi ei threfnu i briodi rhywun arall. Roedd Dwynwen yn ofidus am ei chariad tuag at Maelon a gweddiodd y byddai hi'n disgyn allan o gariad ag ef.

O glywed ei gweddi ymwelodd angel â Dwynwen a rhoi ddiod hud iddi, ddiod hud a fyddai'n gwneud iddi anghofio am Maelon, ond trodd y ddiod hud Maelon yn iâ. Ymddangosodd Duw a rhoi tri dymuniad iddi.

Yn gyntaf, bod Maleon yn cael ei ddadmer

Yn ail, dymunodd byddai Duw yn helpu pob cariad

Yn drydydd, dymunodd na fyddai hi byth yn briod



Wedi i'r dymuniadau gael eu caniatáu doddodd Dwynwen yn lleian a sefydlu cwfaint ar ynys ychydig oddi ar arfordir Ynys Môn, sydd bellach yn cael ei galw'n Ynys Llanddwyn. Ystyr yr enw Llanddwyn yw 'Eglwys Santes Dwynwen'.

Yn ôl y stori, roedd 'na bysgodyn yn byw mewn ffynnon ger yr eglwys, allai ragweld dyfodol cariadon. Pe bai gariadon yn mynd yno a'r dŵr yn swigod yna byddai'r gariadon yn cael lwc dda. O ganlyniad, trodd yr eglwys ac ffynnon yn fan pererindod yn y canol oesoedd.

Gellir gweld adfeilion y gynnen ar yr ynys o hyd.

Ystyr 'Llan' yw 'eglwys' a daw 'dwyn' o'r enw 'Dwynwen'. Felly Ynys Llanddwyn.



Gludwaith calon

Casglu detholiad o ddeunyddiau e.e. hen gylchgronau, ffabrig a deunydd pecynnu gyda lliwiau coch a phinc. Yna creu siâp calon fawr allan o gerdyn plaen. Gadewch i'r plant torri a chadw at wneud eu creadigaeth eu hunain

Gwneud llwy caru

Defnyddiwch lwy coginio rhad neu hen bren.

Defnyddiwch cerdyn lliw, torrwyd amrywiaeth o siapiau addurnol megis calonnau neu flodau. Cadwch rhain at y ddolen gan greu dyluniad llwyau caru eich hyn

Gwneud cerdyn

Greu cerdyn Dydd Santes Dwynwen eu hunain gyda darluniau a lliwio thematig

Anturiaeth

Lliwiau a siapiau traddodiad y diwrnod hwn yw coch, pinc a chalonnau. Gyflwywch bwyd i wneud y ddiwrnod arbennig.

Dyma rai enghreifftiau:

Yfed ysgytlaeth binc

Cwcis siâp calon

Rhowch gynnig ar fwydydd

traddodiadol Cymreig

Calonnau wedi'u rhewi

1. Gwneud hydoddiant o ddŵr a finegr gan ddefnyddio'r un meintiau o'r ddau.
2. Ychwanegwch y lliw bwyd coch a'i gymysgu er mwyn sicrhau bod y lliw yn mynd trwy'r cymysgedd cyfan.
3. Arllwys yr hylif i mewn i'r mowldiau siâp calon a'i rewi.
4. Pan yn barod, paratowch eich ateb soda pobi drwy ychwanegu 1 llwy de o soda pobi i 1 cwpan o ddŵr. Stir y cymysgedd i ddiddymu'r soda pobi.
5. Gosodwch yr arbrawf gyda'r hydoddiant soda pobi mewn un bowlen a'r calonnau wedi'u rhewi mewn un arall.
6. Gwahodda'r plant i weld beth sy'n digwydd pan fydd yr hylif yn cwrdd â'r calonnau sydd wedi rhewi.
7. Gall y plant roi'r calonnau'n uniongyrchol yn yr hydoddiant hylifol neu os oes gennych bibellau yna gallent ychwanegu'r hylif at y calonnau ychydig ar y tro ac arsylwi ar yr hyn sy'n digwydd.
8. Siaradwch â'r plant am yr hyn y gallan nhw ei weld sy'n digwydd i'r calonnau sydd wedi rhewi.
9. Ychwanegu mwy o soda pobi i hylif ac arsylwi ar yr hyn sy'n digwydd wrth iddo gyffwrdd â'r calonnau wedi'u rhewi.

Byddwch angen

- Soda pobi
- Finegr
- Dŵr
- Mowldiau bwyd rhewgell siâp calon
- Pibellau lliwio

Happy Saint Dwynwen Day

Dydd Santes Dwynwen Hapus

Deeth Sahn-tess Dooy-n-when Ha-pis

I love you

Dwi'n dy garu di

Dooen duh garee dee

Kiss

Cusan / sws

Kee-san / Soos

Hug

Cwtsh

koo-tsh

Lots of love

Cariad mawr

Car-eead Maoor

Gift

Anrheg

Ann-rheg

Chocolate

Siocled

Sho-kled

Flowers

Blodau

Blo-dae

Card

Cerdyn

Ker-din

Mae Blynyddoedd Cynnar Cymru'n ei ariannu gan Lywodraeth Cymru i ddarparu cymorth Cymraeg o ansawdd uchel a pherthnasol i weithlu'r blynyddoedd cynnar yng Nghymru, gan amrywio o ddysgu ieithoedd, wreiddio'r iaith mewn ymarfer bob dydd a phontio'ch lleoliad i leoliad gwirioneddol ddwyieithog neu cyfrwng Cymraeg hyd yn oed. Nid oes dau leoliad yr un fath ac nid yw'r gefnogaeth sydd ei hangen chwaith.

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Early Years Wales is funded by Welsh Government to provide high quality and relevant Welsh support to the early years workforce in Wales, ranging from language learning, embed the language in daily practice and transitioning your setting to a truly bilingual or even Welsh medium setting. No two settings are the same and neither is the support that is required.

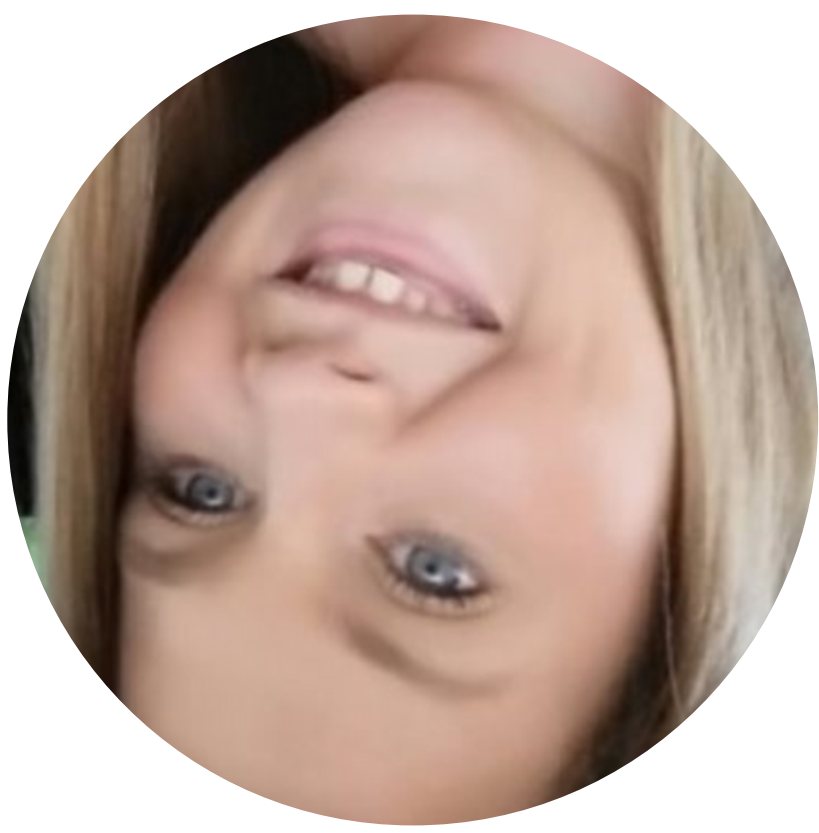
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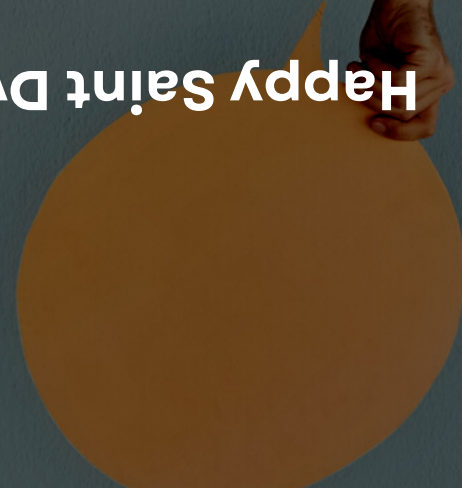
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Happy Saint Dwynwen Day

I love you

Kiss

Hug

Lots of love

Gift

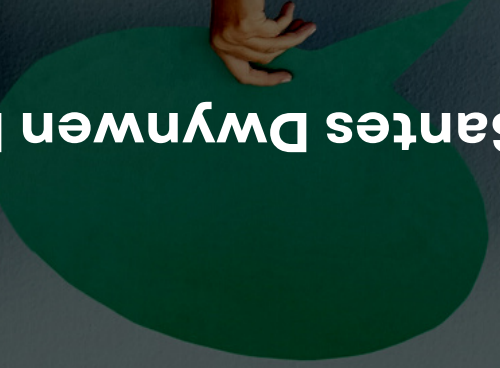
Chocolate

Flowers

Card



Dydd Santes Dwynwen Hapus



Dw'i'n dy garu di

Cusan / sws

Cwtsh

Carriad mawr

Anrheg

Siocled

Blodau

Cerdyn



Deeth Sahn-tess Dooy-n-when Ha-pis

Dooen duh garee dee

Kee-san / Soos

Koo-tsh

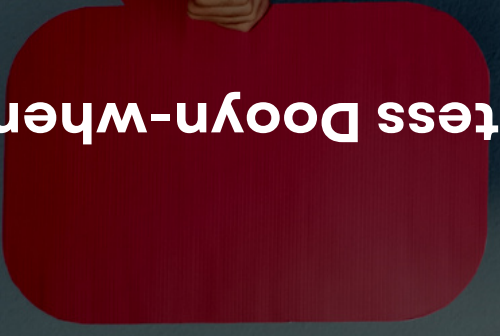
Car-eead Maor

Ann-rheg

Sho-kled

Blo-dae

Ker-din



Deeth Sahn-tess Dooy-n-when Ha-pis

Frozen hearts

1. Make up a solution of water and vinegar using the same quantities of both.
2. Add the red food colouring and mix to ensure the colour goes throughout the whole mixture.
3. Pour the liquid into the heart-shaped moulds and freeze.
4. When ready, prepare your baking soda solution by adding 1 teaspoon of baking soda to 1 cup of water. Stir the mixture to dissolve the baking soda.
5. Set out the experiment with the baking soda solution in one bowl and the frozen hearts in another.
6. Invite the children to see what happens when the liquid meets the frozen hearts.
7. The children may put the hearts directly into the liquid solution or if you have pipettes then they could add the liquid to the hearts a bit at a time and observe what happens.
8. Talk to the children about what they can see is happening to the frozen hearts.
9. Add more baking soda to liquid and observe what happens as it touches the frozen hearts.

You will need

- Baking soda
- Vinegar
- Water
- Heart-shaped freezer moulds for food
- Colouring pipettes



Heart Collage

Gather a selection of materials e.g. old magazines, fabric and packaging with red and pink colours. Then create a large heart shape out of plain card. Let the children take charge cutting and sticking to make their own creation

Make a love spoon

Use a cheap or old wooden cooking spoon. Using coloured card cut out a variety of decorative shapes such as hearts or flowers. Stick these to the handle creating your own love spoon design

Make a card

Have children create their own a St Dwynwen's Day card with themed drawings and colouring

Get adventurous

Traditional colours and shapes for this day are reds, pinks and hearts. Enjoy introducing food to make the day feel special. Some examples are:
Drink pink milkshakes
Heart shaped cookies
Try traditional Welsh foods

After the wishes were granted Dwynwen became a nun and established a convent on an island just off the coast of Anglesey, now known as Llanddwyn Island. The name Llanddwyn means 'the Church of St. Dwynwen'.

According to the story, there was a fish, who lived in a well near the church, that could predict the future of couples. If a couple went there and the water bubbled then the couple would have good luck. As a result the church and well became a place of pilgrimage in the middle ages.

The ruins of the convent can still be seen on the island.

'Ynys' means island in Welsh, 'Llan' means 'church' and 'dwyn' comes from the name 'Dwynwen'.





Dwynwen hailed from Brecon in the 5th century and is the daughter of King Brychan Brycheiniog and Rigrast,

A young man named Maelon Dafodrill, a son of another king, fell in love with her and the two wished to marry, however her father forbade the marriage and had already arranged her to marry someone else. Dwynwen was distraught over her love for Maelon and prayed she would fall out of love with him.

On hearing her prayer an angel visited Dwynwen and gave her a potion, a potion which would make her forget about Maelon, but the potion turned Maelon to ice. God appeared and gave her three wishes.

Firstly, that Maelon be thawed

Secondly, she wished God would help all lovers

Thirdly, she wished that she would never be married



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|----|---------------------|
| 01 | Who was Dwynwen? |
| 02 | Llanddwyn Island |
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| 04 | Science experiment |
| 05 | Say it...yn Gyrraeg |
| 06 | Contact the team |



Saint Dwynwen Day

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