

May Day |
Calan Mai |



Early Years
Wales
Blynyddoedd
Cynnar Cymru





What is May Day?

Beth yw Calan Mai?

May Day is celebrated on the 1st of May every year, it's a celebration that originates from the Roman times.

In the past, people would get early in the morning on this day and decorate their homes with flowers, they believed doing this would bring them luck for the rest of the year.

Dathlwyd Calan Mai ar y 1af o Fai pob blwyddyn, mae hi'n dathliad sy'n wreiddio o adeg y Rhufeiniaid.

Yn y gorffennol deffreodd pobl yn gynnar yn y bore i addurno'i tai â blodau, roeddynt yn credu wrth wneud hyn fyddent yn gael lwc am weddill yr flwyddyn .



Traditional Maypole Dancing Dawnsio Maypole Traddodiadol

Maypole dancing is one of the oldest May Day traditions. People dance around the maypole while holding onto their piece of ribbon, which is attached at the top. The ribbons become entwined and braid the maypole with lovely colours.

Mae dawnsio maypole yn un o draddodiadau Calan Mai hynaf. Mae pobl yn dawnsio o amgylch y maypole tra'n dal eu darn o rhuban, sydd ynghlwm ar y brig. Mae'r rhubanau yn plethu'r maypole gyda lliwiau hyfryd.

Here's a video of maypole dancing / Dyma fideo o ddawnsio maypole

<https://youtu.be/HtpevVyrpP8?si=VGxVqdbvVwVS2IG3>



How about creating your own maypole? Beth an creu maypole eich hunain?

You'll need a pole (or the pole of a sweeping brush), some colourful long ribbon and tape. Push the pole into a soft area of the grass and attach the ribbons to the top with tape. Each child to take a piece of ribbon and weave around each other creating a colourful plaited maypole.

Fe fydd angen polyn (neu polyn brwsh llawr), Rhuban hir lliwgar a thâp. Rhowch y polyn i mewn i ardal feddal o'r glaswellt ac atodi'r rhubanau i top y polyn gyda thâp.

Phob blentyn i gymryd darn o rhuban a gwehyddu o amgylch ei gilydd gan greu pleth lliwgar ar y maypole.

Vocab |
Geirfa |



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May Day / Calan Mai



Ribbons / Rhubanau



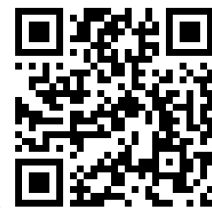
Dancing / Dawnsio



Celebration / Dathliad



Decorate / Addurno



Braid / Pleth



Flowers / Blodau



Colourful / Lliwgar



Festival / Gwyl



Tradition / Traddodiad

