{0>**Playdough fun!**<}0{>**Hwyl Toes Chwarae!**<0}

{0>**Play Dough Equipment:**<}77{>**Offer: Toes Chwarae,**<0}{0>**Cup, Bowl and Spoon**<}0{>**Cwpan, Powlen a Llwy**<0}



{0>Play dough is a quick, easy and fun to make.<}0{>Mae’n gwneud toes chwarae yn gyflym a hawdd, ac mae’n hwyl. <0} {0>The actual making experience with ingredients helps children to experiment and learn about quantities, measuring and mixing.<}0{>Mae’r profiad ei hun o wneud hynny gyda’r cynhwysion yn helpu plant arbrofi a dysgu ynghylch symiau a meintiau, mesur a chymysgu. <0} {0>Playdough can be stored in an airtight container or bag so it can be reused.<}0{>Gellir cadw toes chwarae mewn cynhwysydd neu fag nag yw aer yn mynd iddo, er mwyn ei ail ddefnyddio. <0}

{0>**Play Dough Ingredients:**<}0{>**Cynhwysion Toes Chwarae:**<0} {0>2 cups of plain flour cup salt 2 cups of warm water Food colouring & Vanilla essence (optional)<}0{>2 lond cwpan o flawd plaen, ¾ cwpan o halen, 2 lond cwpan o ddŵr cynnes, lliw bwyd a hanfod Fanila (dewisol)<0}

{0>**How to make playdough:**<}0{>**Sut i wneud toes chwarae:**<0}

{0>• Wash your hands thoroughly with soap and warm water.<}0{>• Golchwch eich dwylo’n drwyadl gyda dŵr cynnes a sebon. <0}

• {0>• Measure out 2 cups of plain flour and pour into the bowl.<}0{>Mesurwch lond dwy gwpan o flawd plaen a’i dywallt i’r bowlen. <0}

• {0>• Measure out ¾ cup of salt and pour into the bowl.<}76{>Mesurwch ¾ llond cwpan o halen a’i dywallt i’r bowlen. <0}

• {0>• Measure out 2 cups of warm water and pour into the bowl.<}81{>Mesurwch lond dwy gwpan ddŵr cynnes ao’i dywallt i’r bowlen. <0}

{0>• You can add food colouring if you wish.<}0{>• Gallwch ychwanegu lliw bwyd os dymunwch. <0} {0>(Just a drop)<}0{>(Dim ond diferyn)<0}

• {0>• Stir the mixture together.<}0{>Cymysgwch y cyfan gyda’i gilydd. <0} {0>It will become sticky.<}0{>Daw’n ludiog. <0} {0>Continue stirring until the mixture has all come together.<}0{>Daliwch i droi nes bod y cyfan o’r gymysgedd wedi dod at ei gilydd. <0}

• {0>• Once the mixture has come together, use your hands to knead the dough.<}0{>Unwaith y bydd y gymysgedd wedi dod at ei gilydd, defnyddiwch eich dwylo i dylino’r toes. <0}

• {0>• If your play dough is too sticky you can add in extra flour.<}0{>Os yw eich toes chwarae’n rhy ludiog, gallwch ychwanegu chwaneg o flawd. <0}

• {0>• Knead the dough into a smooth lump.<}0{>Tyliwch y toes yn lwmpyn llyfn. <0}

{0>**Physical development**<}100{>**Datblygiad Corfforol**<0}

{0>While poking, rolling, and squishing playdough, children develop the small muscles in their fingers and hands.<}0{> Wrth durio, rholio a gwasgu toes chwarae, bydd plant yn datblygu’r cyhyrau bychan yn eu bysedd a’u dwylo. <0} ... {0>They also gain strength and improve dexterity in their hands and fingers, critical areas of physical development for writing, drawing, and other purposes.<}0{>Mae nhw hefyd yn cryfhau ac yn dod yn fwy deheuig gyda’u bysedd a’u dwylo, meysydd hanfodol o ddatblygiad corfforol ar gyfer ysgrifennu, tynnu lluniau a phethau eraill. <0} {0>It’s also fun for all ages!<}0{>Mae hefyd yn hwyl i bob oed! <0}

{0>**Other benefits of playdough are:**<}0{>**Manteision eraill toes chwarae yw:**<0}

{0>The manipulation of the dough has a calming effect and provides lots of new language as you talk about the texture and shapes.<}0{>Mae tylino toes yn tawelu ac mae iaith yn datblygu wrth siarad am y gwead a'r ffurfiau. <0} {0>It can also support your child’s imagination by using the ideas below.<}0{>Gall y syniadau isod hefyd annog dychymyg eich plentyn. <0} {0>Or why not try making 5 currant buns and sing the song.<}0{>Neu pam na rowch chi dro ar wneud 5 bynsen gyrens a chanu’r gân. <0} {0>You can also adapt the recipes to increase curiosity and knowledge of different textures. i.e. you can add hand lotion for a different texture.<}0{>Gallwch hefyd addasu’r ryseitiau i gynyddu cywreinrwydd a gwybodaeth ynghylch y gwahanol weadau e.e. gallwch ychwanegu eli dwylo i gael gwead gwahanol. <0}

{0>**Activities**<}100{>**Gweithgareddau** <0}

{0>Play dough is a fun material to play and learn with.<}0{>Mae’n hwyl chwarae a dysgu gyda thoes chwarae. <0} {0>You will have your own great ideas and there are so many possibilities for what it can be transformed into.<}0{>Bydd gennych chi eich syniadau gwych eich hunan ac mae yna gymaint o gyfleoedd i'w drawsffurfio'n bob math o bethau. <0}

{0>**Here are a few ideas to get you started:**<}0{>**Dyma rai syniadau i’ch cael chi i ddechrau:**<0}

{0>Find some equipment and utensils from around your home to support your child in exploring and mark making the play dough.<}0{>Casglwch ychydig o offer sydd o gwmpas y tŷ i helpu eich plentyn i archwilio a gwneud marciau ar y toes chwarae. <0} {0>You could use a rolling pin, cookie cutters, spoons, jar lids etc. Using a rolling pin helps children to work on their shoulder and arm strength.<}0{>Gallech ddefnyddio pin rowlio, torwyr bisgedi, llwyau, caeadau potiau ayb. Mae defnyddio pin rowlio yn helpu plant i ddefndyddio eu hysgwyddau ac yn cryfhau eu breichiau. <0}

{0>**Super Dough Spheres:**<}0{>**Peli Toes Perffaith:**<0}

{0>Encourage your child to create play dough balls.<}0{>Anogwch eich plentyn i greu peli chwarae o does. <0} {0>Rolling out spheres is an extra challenge for children to use their hands as they have to work in the opposite direction and in circular movements.<}0{>Mae rhowlio’r peli’n her arall i blant ddefnyddio eu dwylo gan fod yn rhaid iddyn nhw weithio mewn cyfeiriadau croes a gwneud symudiadau cylch. <0} {0>Make gigantic balls, teeny balls and talk together about their sizes.<}0{>Gwnewch beli enfawr, peli bychan a siaradwch gyda’ch gilydd ynghylch eu meintiau. <0}

{0>**Equipment and Utensils:**<}0{>**Offer a Llestri:**<0}

{0>You may have some utensils (risk assess) that the children can use with their play dough.<}0{>Efallai fod gennych rai llestri (asesiad risg) y gallai'r plant eu defnyddio gyda'u toes chwarae. <0} {0>See what differences it makes using a spoon or a fork to cut up the dough.<}0{>Gallwch ddangos mor wahanol i fforc y mae llwy'n torri'r toes. <0} {0>You may have some child friendly cutlery for your child to use to practice their self-help skills for mealtimes.<}0{>Efallai fod gennych chi gyllyll a ffyrc y gall eich plant eu defnyddio i ymarfer eu sgilau helpu ei hunan adeg pryd bwyd. <0} {0>The play dough should be nice and soft for children to easily cut through and manipulate (if it sticks you could add a little flour).<}0{>Dylai’r toes chwarae fod yn braf ac yn feddal ac yn hawdd i blant ei dorri a'i drin (os yw'n glynu gallwch ychwanegu ychydig o flawd). <0} {0>Let them just play with the utensils and see what they can create.<}0{>Gadewch iddyn nhw chwarae gyda’r offer a gweld beth fyddan nhw'n ei greu. <0}

{0>**Dough Patterns**<}0{>**Patrymau Toes**<0}

{0>You may have some equipment that has patterns on.<}0{>Efallai fod gennych chi rai offer neu lestri gyda phatrymau arnyn nhw. <0} {0>Look on the bottom of a cup or perhaps the handle of a spoon that has an interesting pattern.<}0{>Edrychwch ar waelod cwpan neu efallai goes llwy i weld a oes yna batrwm diddorol arnyn nhw. <0} {0>Try using a spatula to smooth the dough.<}0{>Ceisiwch lyfnhau’r toes gyda spatwla. <0} {0>Using different mashers is also fun.<}0{>Mae defnyddio gwahanol stwnshwyr hefyd yn hwyl. <0} {0>Your child can explore these by pressing the tools against the dough.<}0{>Gall eich plentyn roi tro ar y rhain drwy bwyso’r offer yn erbyn y toes. <0} {0>They may want to create their own patterns by making marks in the dough.<}0{>Efallai y byddan nhw eisiau creu eu patrymau eu hunain drwy wneud marciau ar y toes. <0}

{0>**Super Snakes**<}0{>**Nadroedd Neis**<0}

{0>Children can make all kinds of wonderful creations with play dough.<}0{>Gall plant wneud pob math o greadigaethau rhyfeddol gyda thoes chwarae. <0} {0>They may want to make their own slithery snake.<}0{>Efallai y byddan nhw eisiau gwneud eu neidr neis eu hunain. <0} {0>This helps children to use their hands, moving them back and forth in opposite directions.<}0{>Mae hyn yn helpu plant i ddefnyddio eu dwylo, eu symud yn ôl ac ymlaen mewn cyfeiriadau croes. <0} {0>They may create snakes of different lengths and sizes.<}0{>Fe allan nhw greu nadroedd o wahanol hyd a maint. <0} {0>Which one is the longest?<}0{>Pa un yw’r hiraf?<0} {0>Will it reach the end of the table?<}0{>A fydd yn cyrraedd pen y bwrdd?<0} {0>Perhaps they have made a tiny, little snake.<}0{>Efallai eu bod wedi gwneud neidr fychan, fychan. <0}

{0>**Treasure Dough**<}0{>**Toes Trysor**<0}

{0>Use the play dough to hide treasure for your child to discover.<}0{>Cuddiwch drysor yn y toes chwarae i’ch plentyn ei ganfod. <0} {0>You could hide coins, buttons, beads (risk assess) inside the play dough.<}0{>Gallwch guddio arian, botymau, mwclis (asesiad risg) yn y toes chwarae. <0} {0>Digging for treasure is a wonderful workout for your child’s hands and fingers.<}0{>Mae cloddio am y trysor yn ymarfer gwych i ddwylo a bysedd eich plant. <0} {0>To encourage fine Motor Skills why not encourage your child to isolate their fingers as they experiment?<}0{>I annog mân Sgiliau Symud pam na wnewch chi annog eich plentyn i ynysu eu bysedd wrth iddyn nhw arbrofi. <0} {0>You can say, “Let’s get Peter Pointer to press the dough!”<}0{>Gallwch ddweud “Beth am gael Modryb y Fawd i bwyso ar y toes!”<0} {0>You can also get your child to pinch the play dough to work on their pincer grip.<}0{>Gallwch hefyd gael eich plentyn i binsio’r toes chwarae i weithio ar y gafael pinsiwrn. <0} {0>Encourage your child to squeeze the play dough in their hands to strengthen their hand grip.<}0{>Anogwch eich plant i wasgu’r toes chwarae eu ddwylo y gryfhau gafael y llaw. <0} {0>Getting your child to use their fingers and hands supports their ability to hold pens and pencils for later writing development.<}0{>Ceiswich gael eich plant i ddefnyddio'r bysedd a'r dwylo, mae hynny helpu i ddal peniau a phensiliau wrth ddechrau ysgrifennu'n ddiweddarach. <0}

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Prosiect sy’n cael ei ariannu gan Gronfa Iach ac Egniol, partneriaeth rhwng Llywodraeth Cymru, Chwaraeon Cymru ac Iechyd Cyhoeddus Cymru