

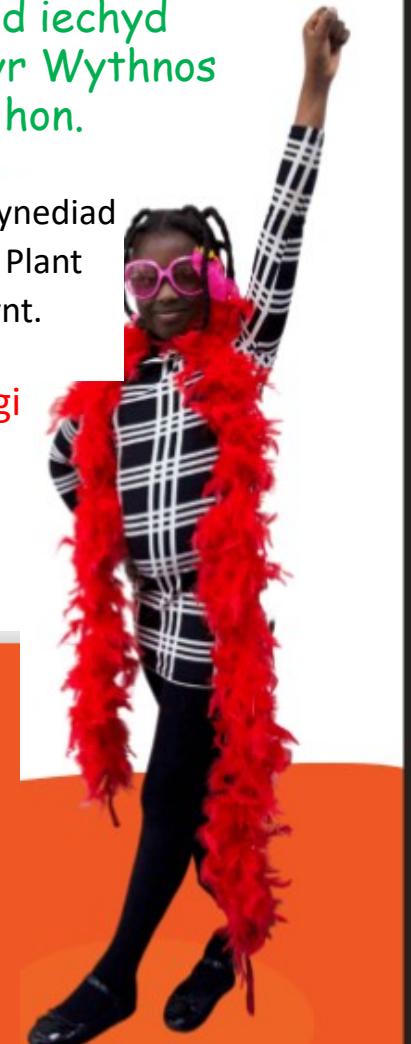
GWISGO I FYNEGI EICH HUN

WYTHNOS IECHYD MEDDWL PLANT

Tynnu sylw at bwysigrwydd iechyd meddwl plant a phobl ifanc yr Wythnos Iechyd Meddwl Plant hon.

Helpu sicrhau bod gan bob plentyn fynediad hawdd at gymorth Iechyd Meddwl Plant pryd bynnag bydd ei angen arnynt.

Defnyddio dillad a lliw i fynegi eich hun yn ystod Wythnos Iechyd Meddwl Plant.



Place2Be's
**WYTHNOS
IECHYD MEDDWL
PLANT**

CHWEFROR 7-13 2022

#WythnosIechydMeddwlPlant

childrensmentalhealthweek.org.uk

GWISGO I FYNEGI EICH HUN



Annwyl Riant / Gofalwr,

Gwisgwch i Fynegi eich hun ar gyfer Wythnos Iechyd Meddwl Plant 2022.

Ar y 10fed o Chwefror, Mae Ysgol Bro Ogwr yn cymryd rhan mewn Wythnos Iechyd Meddwl i gefnogi iechyd meddwl plant a phobl ifanc - Achos rydyn ni'n teimlo sy'n bwysicach nag erioed.

Cynhelir Wythnos Iechyd Meddwl Plant rhwng 7fed a 13eg o Chwefror 2022 ac mae'n gyfle i roi sylw i iechyd meddwl plant a phobl ifanc a chodi ymwybyddiaeth ohono.

Fel cymuned ysgol, byddwn yn annog plant a staff i ddefnyddio dillad a lliw i fynegi eu hunain. Gall gwisg eich plentyn fod mor syml neu mor goethus ag y dymunant! Mae 'Gwisgo i Fynegi Eich Hun' yn gyfle i hunanfynegiant a dathlu amrywiol o emosiynau. Mae'r diwrnod hefyd yn gyfle gwych i fod yn agored am iechyd meddwl a dechrau sgyrsiau o fewn cymuned ein hysgol.

Diolch yn fawr

Dear Parent / Carer,

Dress up for Child Mental Health Week 2022 - 7th and the 13th of February 2022

On the 11th of February, Ysgol Bro Ogwr is taking part in Mental Health Week to support children and young people's mental health - a cause we feel is more important than ever.

Child Mental Health Week will take place between 7 and 13 February 2022 and is an opportunity to address and raise awareness of children and young people's mental health.

As a school community, we will be encouraging all students and staff to use clothes and colour to express themselves. Your child's dress can be as simple or elaborate as they wish! 'Dressing to express yourself' is an opportunity for self-expression and celebration of a variety of emotions. The day is also a great opportunity to be open about mental health and start conversations within our school community.



GWISGO I FYNEGI EICH HUN

Place2Be's

WYTHNOS
IECHYD MEDDWL
PLANT

CHWEFROR 7-13 2022

Her Lles

Gwneud lles yn flaenoriaeth yn ystod Wythnos Iechyd Meddwl Plant ac ymgymryd â Her Lles.

Faint o gamau lles allwch chi eu gwneud mewn wythnos?

Cael 8 Awr
o gwsg



Gwnewch
ymarfer anadlu
dwnf



Ewch am
dro



Wear something
that makes you
feel good



Cymerwch amser i
ddarllen llyfr



Bwytewch eich
hoff fwyd



Go for a walk in
your local park



Yfed 2 litr
o ddŵr



Gwnewch 30 munud
o Yoga



Rhowch
ganmoliaeth i rywun



Cael diwrnod 'dim
cyfryngau
cymdeithasol'



Dal i fyny gyda
ffrind



Rhowch gynnig ar
Ffyrdod am 5
munud



Gwrandewch ar
bodlediad



Ewch i'r gwely 30
munud yn gynt nag
arfer



Ysgrifennwch 3 pheth
rydych chi'n
ddiolchgar amdanynt



DRESS TO EXPRESS



Wellbeing Challenge

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs of sleep



Do a deep breathing exercise



Go for a walk



Wear something that makes you feel good



Take time out to read a book



Eat your favourite food



Go for a walk in your local park



Drink 2L of water



Do 30 minutes of yoga



Give someone a compliment



Have a 'no social media' day



Catch up with a friend



Try a 5 minute meditation



Listen to a podcast



Go to bed 30 minutes earlier than usual



Write down 3 things you're grateful for

