




	Cyn 9yb / Before 9am	Deffro Brecwast, gwisgo, brwsio dannedd, gwneud eich gwely. <i>Wake up Breakfast, get dressed, brush teeth, make your bed.</i>
	9-10am	Taith gerdded boreol i'r teulu <i>Morning family walk</i>
	10-11am	Amser dysgu - cyflawni gweithgaredd o'r daflen gweithgareddau a awgrymir <i>Learning time - complete activity from suggested activities sheet</i>
	11-12	Amser creadigol - Peintio, darlunio, cerddoriaeth, lego, crefftio <i>Creative time - Painting, drawing, music, lego, crafting</i>
	12 - 12:30	Cinio <i>Lunch</i>
	12.30-1pm	Gwaith tŷ - Sychu arwynebau, hwfro, tacluso ystafell gwely <i>Chore time - Wipe all surfaces, Hoover, tidy bedroom</i>
	1.30-2.30pm	Amser tawel Darllen, posau. <i>Quiet time Reading, puzzles.</i>
	2.30-4pm	Amser dysgu - cyflawni gweithgaredd arall o'r daflen gweithgareddau a awgrymir <i>Learning time - complete another activity from suggested activities sheet</i>
	4-5pm	Awyr iach - Chwarae y tu allan, sgwteri, beic <i>Fresh air - Play outside, scooters, bike</i>
	5-6pm	Amser te <i>Tea time</i>
	6-8pm	Amser teledu ac amser cawod <i>TV time and shower time</i>
	8pm	Amser gwely <i>Bedtime</i>

