

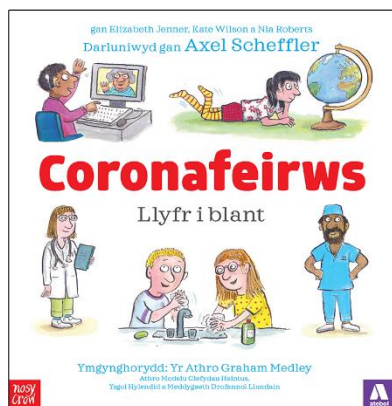
Llyfrau ar gyfer Iechyd a Lles Meddyliol ac Emosiynol – Books for Mental & Emotional Health and Well-being Y Cyfnod Sylfaen – Foundation Phase

Teitl y Llyfr – Title of Book

Ble gallwch brynu'r llyfr – Where to buy the book

Coronafeirws/Coronavirus

Coronafeirws: Llyfr i blant gan Elizabeth Jenner, Kate Wilson a Nia Roberts. Darluniwyd gan Axel Scheffler



Beth yw'r coronafeirws, a pham mae pawb yn siarad amdano?

Wedi'i ddarlunio'n ddiddorol gan Axel Scheffler, mae'r llyfr agos-atoch ac amserol hwn yn helpu i ateb y cwestiynau hyn a llawer mwy, gan roi esboniadau clir a hygyrch i blant 5-10 oed a'u rhieni am y coronafeirws a'i effeithiau - o safbwynt iechyd a'r effaith y mae'n ei gael ar fywyd teuluol o ddydd i ddydd.

Gyda mewnbwn gan yr ymgynghorydd arbenigol yr Athro Graham Medley o Ysgol Hylendid a Meddygaeth Drofannol Llundain, yn ogystal â chynghor gan athrawon a seicolegwyr plant, mae hwn yn adnodd ymarferol ac addysgiadol i helpu i egluro'r newidiadau yr ydym i gyd yn eu profi ar hyn o bryd.

Mae'r llyfr yn rhad ac am ddim i'w ddarllen a'i lawrlwytho,

Rhwydwaith Ysgolion Iach ar HWB / *Healthy Schools Network on HWB*

<https://hwb.gov.wales/api/storage/0572072e-b44c-4abf-96ac-7aecaaf7021e/Coronafeirws-Llyfriblant-DarlunyddAxelSheffler-Cymraeg.pdf>

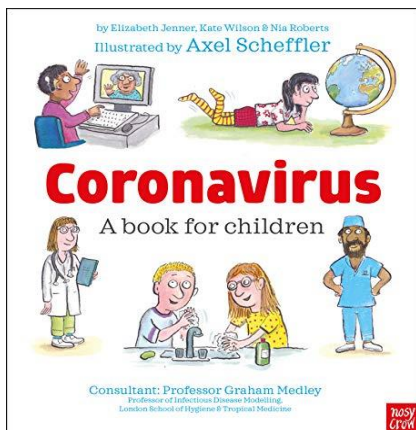


Atebol:

<https://atebol-siop.com/coronafeirws-llyfr-i-blant.html>



Coronavirus A book for Children by Elizabeth Jenner, Kate Wilson & Nia Roberts. Illustrated by Axel Scheffler



What is the coronavirus, and why is everyone talking about it?

Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life.

With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing.

The book is free to read and download.

A free audio version available:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>



Free to download here:

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf



Free on Amazon:

https://www.amazon.co.uk/Coronavirus-Book-Children-Kate-Wilson-ebook/dp/B086SX6HY7/ref=sr_1_1?dchild=1&keywords=coronavirus+a+book+for+children&qid=1592333981&sr=8-1

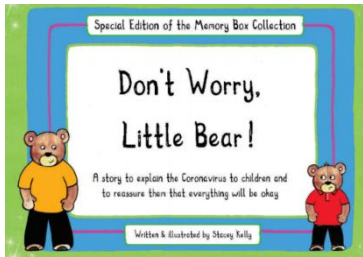


Don't worry little Bear written and illustrated by Stacey Kelly (Saesneg/English)

Early Years Story Box:

Fersiwn gwreiddiol // Original Version:

https://subscriptions.earlyyearsstorybox.com/dont-worry-little-bear-book/?_ga=2.71922007.577160551.1592335118-961089404.1592335118



Stori i egluro'r Coronafeirws i blant ac i dawelu eu meddwl y bydd popeth yn iawn.

A story to explain the Coronavirus to children & to reassure them that everything will be ok.



Ferswin wedi'i diweddarau / Updated version:

https://subscriptions.earlyyearsstorybox.com/dont-worry-little-bear-book-updated/?_ga=2.28065400.577160551.1592335118-961089404.1592335118



Rhwydwaith Ysgolion Iach ar Hwb / Healthy Schools Network on Hwb:

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/a5d1106b-c879-4795-b073-589e9f00d69c>



The Stinky Sticky Virus by Lauren Cooper (Saesneg/English)



Amazon:

<https://www.amazon.co.uk/Stinky-Sticky-Virus-Lauren-Cooper-ebook/dp/B086H7Z5GF>



Stori sy'n egluro'r sut mae veirws yn teithio.

A story to explain how a virus travels.

Rhwydwaith Ysgolion Iach / Healthy Schools Network

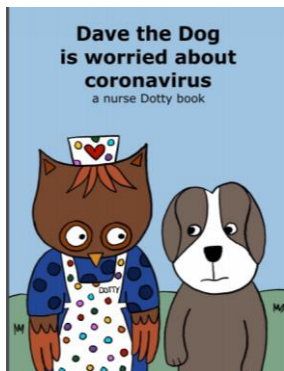
<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/a5d1106b-c879-4795-b073-589e9f00d69c>



https://drive.google.com/file/d/1cUfmXkCYOOikRXSbfGN5LrjMnXYQBx_Z/view



Dave the Dog is worried about Coronavirus written and illustrated by Molly Watts (Saesneg/English)



Llyfr i blant am coronafirws sy'n ceisio rhoi gwybodaeth heb ofn.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>



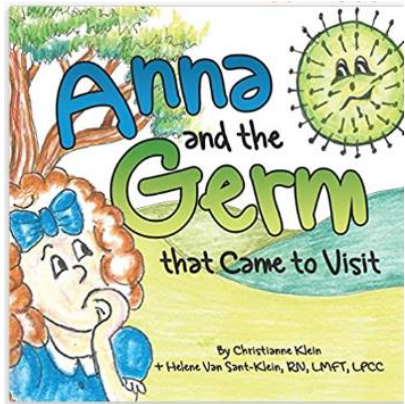
<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>



Gyda phopeth sy'n digwydd ar hyn o bryd; newidiadau mawr i arferion plant a llawer o straeon ar y newyddion gall fod yn amser brawychus iawn i blant. Nod y llyfr hwn yw i ddechrau'r sgwrs am coronafirws a rhai o'r pethau y gallent fod yn clywed amdanynt a darparu gwybodaeth wir mewn modd calonogol a chyfeillgar i blant.

A book for children about coronavirus that aims to give information without fear. With everything that is going on at the moment; big changes to children's routines and lots of stories on the news it can be a really scary time for children. This book aims to open up the conversation about coronavirus and some of the things they might be hearing about it and provide truthful information in a reassuring and child friendly manner.

Anna and the Germ that Came to Visit by Christianne Klein (Saesneg/English)



Newidiodd pandemig y byd dros nos ... Nawr beth?

- Sut mae siarad â fy mhlant amdano?
- Pa offer y gallaf eu rhoi iddynt i ddelio â'r dryswch, ofn, tristwch, diflastod ac unigrwydd y maent wedi bod yn ei deimlo?
- Sut alla i egluro beth maen nhw wedi mynd drwyddo mewn ffordd gyfeillgar i blant?
- Symud ymlaen ... Sut alla i eu helpu i baratoi ar gyfer "ton arall yn y dyfodol" wrth barhau i roi gobaith iddyn nhw am eu dyfodol?

Amazon:

https://www.amazon.co.uk/dp/0984013229/ref=sspa_dk_detail_6?p_sc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUPFPSIFURDk5RIgZSUEmZW5jcnlwdGVkSWQ9QTEwNDYxMjkxQVpKUERER0ZGU002JmVuY3J5cHRIZEFkSWQ9QTA1NTIwMTk1OVZEQlZVN1BGOVkm2lkZ2V0TmFtZT1zcF9kZXRhWwmYWN0aW9uPWNSaWNRUmVkaXJlY3QmZG9Ob3R Mb2dDbGljaz10cnVl



A pandemic changed the world overnight... Now what?

- How do I talk to my children about it?
- What tools can I give them to deal with the confusion, fear, sadness, boredom, and loneliness they've been feeling?
- How can I explain what they've gone through in a kid-friendly way?
- Moving forward... How can I help them prepare for a potential "future wave" of the pandemic, while still giving them hope for their future?

Hello, Sunshine by Tasha & Miranda Marsh (Saesneg/English)



Mae'r llyfr lliwgar hwn yn rhoi safbwynt plentyn ar y pandemig byd-eang cyfredol, pellhau cymdeithasol, coronafirws, covid-19. Bydd y llyfr hwn yn helpu'ch plentyn i weld ochr ddisglair aros gartref ac archwilio cwestiynau a allai fod ganddo. Gyda diwedd glo siriol, bydd y llyfr hwn yn hyrwyddo heddwch, hapusrwydd a gobaith ym meddwl eich plentyn.

This light-hearted, colourful book gives a child's point-of-view on the current global pandemic, social distancing, coronavirus, covid-19. This book will help your child see the bright side of staying at home and explore questions they may have. With a cheerful ending, this book will promote peace, happiness, and hopefulness in your child's mind.

Amazon:

https://www.amazon.co.uk>Hello-Sunshine-Childs-View-Social-Distancing/dp/B0875YMYSL/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=B0875YMYSL&pd_rd_r=52216c52-0480-4ada-8cdb-dd3a89babf45&pd_rd_w=NlxEO&pd_rd_wg=CJ8yi&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=JSTGPS1RYXHQJFK61Z2D&pvc=1&refRID=JSTGPS1RYXHQJFK61Z2D



Alone Together by Julia Seal (Saesneg/English)



Gall gorfod aros adref fod yn ddrislyd ac yn unig i blant. Mae'r stori galonogol hon gan yr awdur-ddarlunydd Julia Seal yn tynnu sylw at bwysigrwydd cyfeillgarwch a chymuned yn ystod yr amseroedd heriol hyn. Bydd y lluniau hyfryd a neges o obaith yn helpu plant i weld pŵer undod, ac yn deall, er y gallem deimlo fel ein bod ar ein pennau ein hunain, ein bod ar ein pennau ein hunain gyda'n gilydd.

Having to stay home can be confusing and lonely for children. This heart-warming story by author-illustrator Julia Seal highlights the importance of friendship and community during these challenging times. The beautiful illustrations and message of hope will help children to see the power of togetherness and understand that even though we might feel like we're alone, we're alone together.

Amazon:

https://www.amazon.co.uk/Alone-Together-Julia-Seal/dp/0241481791/ref=pd_sbs_14_7?encoding=UTF8&pd_rd_i=0241481791&pd_rd_r=b5010082-a24c-4402-835a-ba816648a16c&pd_rd_w=yypNc&pd_rd_wg=kKdGJ&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=758CDVK21XFP196VSDM7&psc=1&refRID=758CDVK21XFP196VSDM7



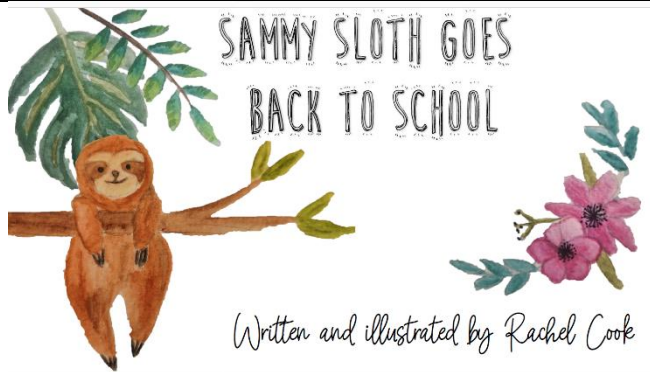
Sammy Sloth Goes Back To School by Rachel Cook (Saesneg/English)



Ar gael o Rwydwaith Ysgolion Iach Sir Gâr:

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/f5207689-927a-41eb-8fb4-9d28e43051ac>





Llyfr yn sôn am fynd yn ôl i'r ysgol wedi'r coronafeirws.

A story about returning to school following the coronavirus pandemic.

Teimladau/Feelings

All About Feelings by Felicity Brooks & Allen & Frankie Allen
(Saesneg/English)



Mae'r llyfr hwn yn fan cychwyn gwyh i siarad am deimladau, pam mae eu bod gyda ni a sut rydyn ni'n eu mynegi. Llyfr ffeithiol addysgiadol, wedi'i ddarlunio'n dda gyda chynigion defnyddiol ar gyfer gweithgareddau a myfyrio. Yn arbennig o ddefnyddiol ar gyfer cefnogi plant sy'n ei chael hi'n anodd i ddeall emosiynau.

Amazon:

https://www.amazon.co.uk/All-About-Feelings-Felicity-Brooks/dp/147493711X/ref=sr_1_1?dchild=1&keywords=All+About+Feelings&qid=1591558077&s=books&sr=1-1



This book is a great starting point to talk about feelings, why we have them and how we express them. Informative, well-illustrated non-fiction book with useful prompts for activities & reflection. Especially useful for supporting children finding it difficult to understand emotions.

Sut Dwi'n Teimlo gan Maureen Healy (Cymraeg/Welsh)



Mae'r llyfr meddylgar, gafaelgar hwn yn llawn awgrymiadau a thechnegau defnyddiol ar gyfer helpu plant i ddysgu adnabod a mynegi eu hemosiynau. Gall teimladau fod yn gymhleth, ac mae dysgu eu mynegi yn sgîl y mae'n rhaid ei datblygu.

This thoughtful, engaging book is packed with helpful hints, tips, and techniques for helping children learn to recognise and express their emotions. Feelings can be complicated and learning to express them is a skill that must be developed.

Cefin y Coala Carcus gan Jim Field a Rachel Bright (Cymraeg/Welsh)

Amazon:

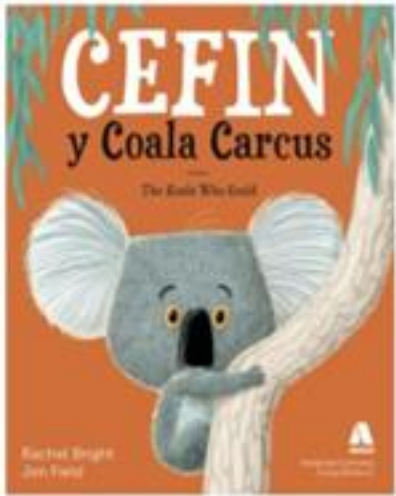
https://www.amazon.co.uk/Sut-Dwin-Teimlo-Maureen-Healy/dp/1849674213/ref=sr_1_1?dchild=1&keywords=sut+dwi%27n+teimlo&qid=1590660595&s=books&sr=1-1



Mae stori Cefin y Coala Carcus ar gael o Amazon:

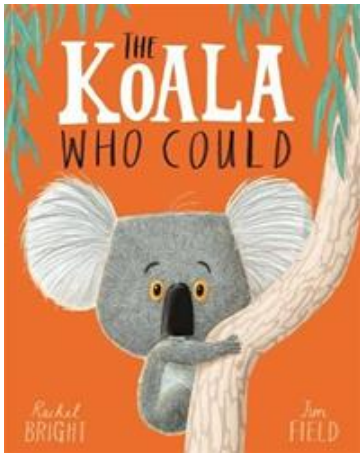
https://www.amazon.co.uk/Cefin-Coala-Carcus-Rachel-Bright/dp/1910574627/ref=sr_1_fkmr0_1?dchild=1&keywords=Cefin+y+Coals+Carcus&qid=1588263424&sr=8-1-fkmr0





Naratif odli hwyliog sy'n cael ei ategu'n berffaith gan ddarluniau beiddgar Jim Field mewn stori ysbrydoledig am Cevin y Coala pwylllog sy'n dysgu y gall camu y tu allan i'ch parth cysur arwain at anturiaethau mawr.

The Koala Who Could by Jim Field a Rachel Bright (Saesneg/English)



A fun rhyming narrative is perfectly complemented by Jim Field's bold illustrations in an inspiring story about Kevin the cautious koala who learns that stepping outside your comfort zone can lead to big adventures.

Mae'r stori ar gael ar e-bay:

<https://www.ebay.co.uk/itm/Cefin-y-Coala-Carcus-The-Koala-Who-Could-Welsh-Edition/293499179041?epid=225580175&hash=item4455ea1021:g:wzMAAOSwBYteXjeI>



This story book is available from several shops and websites:

Amazon:

<https://www.amazon.co.uk/Koala-Who-Could-Rachel-Bright/dp/1408331632>



Waterstones:

https://www.waterstones.com/book/the-koala-who-could/rachel-bright/jim-field/9781408331644?awc=3787_1588254929_950013eead296afe25edf752744d96e4&utm_source=259955&utm_medium=affiliate&utm_campaign=Genie+Shopping

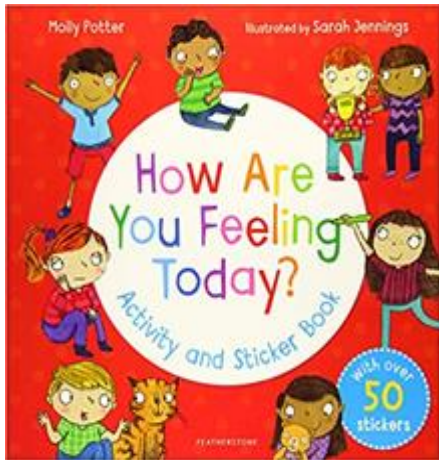


E-bay:

<https://www.ebay.co.uk/itm/The-Koala-Who-Could-9781408331644/312375069794?hash=item48bb014c62:g:uZQAOSwgAdeqfze>



How Are You Feeling Today? by Molly Potter (Saesneg/English)



Mae'r llyfr gweithgareddau hyfryd hwn, sy'n seiliedig ar deitl poblogaidd Molly Potter, How Are You Feeling Today? yn llawn lluniau bywiog a gweithgareddau gafaelgar sy'n delio ag ystod eang o emosiynau, o gyffro ac hapusrwydd i swildod ac eiddgedd.

Mae gan bob un ohonom deimladau; weithiau maen nhw'n teimlo'n gyffyrddus ac weithiau maen nhw'n teimlo'n anghyfforddus. Allwch chi eu datrys a gweithio

This book is available on Amazon:

https://www.amazon.co.uk/Feeling-Today-Activity-Sticker-Book/dp/1472966732/ref=pd_lpo_14_t_0/258-6287728-1765521?encoding=UTF8&pd_rd_i=1472966732&pd_rd_r=954477ba-163b-4439-bd1d-4b608f01120a&pd_rd_w=npAIN&pd_rd_wg=1iUrP&pf_rd_p=7b8e3b03-1439-4489-abd4-4a138cf4eca6&pf_rd_r=MJCGP227X2SHMEWB17T2&psc=1&refRID=MJCGP227X2SHMEWB17T2



allan pa emosiwn yw pa un? Allwch chi lenwi torrwr diflastod smotyn-i-smotyn a thynnu llun anghenfil hapus blewog, sy'n gwenu? Defnyddiwch y llyfr hwn i archwilio sut rydych chi'n teimlo a chwblhewch y gweithgareddau gyda'r sticeri lliwgar!

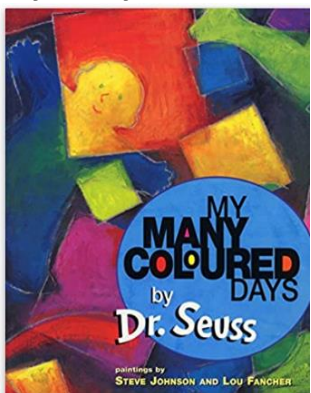
Gydag awgrymiadau defnyddiol i rieni a gofalwyr ynghylch cyflwyno llythrennedd emosiynol ar flaen y llyfr, bydd y llyfr gweithgaredd a sticer hwn yn helpu plant i fynd i'r afael â'u hemosiynau yn ddyddiol.

This delightful activity book, based on Molly Potter's bestselling title How Are You Feeling Today? is filled with lively illustrations and engaging activities about dealing with a whole range of emotions, from excitement and happiness to shyness and jealousy.

We all have feelings; sometimes they feel comfortable and sometimes they feel uncomfortable. Can you sort them out and work out which emotion is which? And can you fill in a dot-to-dot boredom buster and draw a fluffy, smiling, happy monster? Use this book to explore how you are feeling and complete the activities with the colourful stickers!

With useful tips for parents and carers about delivering emotional literacy at the front of the book, this activity and sticker book will help children get to grips with their emotions on a daily basis.

My Many Coloured Days by Dr Seuss (Saesneg/English)



Amazon:

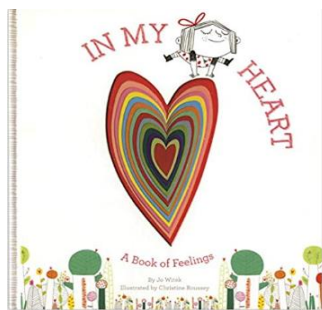
https://www.amazon.co.uk/My-Many-Coloured-Days-Seuss/dp/0099266598/ref=sr_1_1?crid=3NQ0Z9YHWKLT0&dchild=1&keywords=my+many+coloured+days&qid=1590658546&s=books&prefix=my+many%2Cstripbooks%2C156&sr=1-1



Fe fyddwch chi'n synnu faint o ffyrdd rydw i'n newid ar ddiwrnodau o wahanol liwiau. Efallai rai dyddiau rydych chi'n teimlo'n fath o frown fel arth; rydych chi'n teimlo'n araf ac yn isel. Ond yna daw diwrnod melyn a wheeeeeeee! Rydych yn teimlo fel gwenyn prysur, byrlymus. 'Mae Dr Seuss yn tywys y darllenydd ar daith trwy lawer o wahanol hwyliau.

'You'd be surprised at how many ways I change on different coloured days. Maybe some days you feel sort of brown like a bear; you feel slow and low. But then comes a yellow day and wheeeeeeee! You feel like a busy, buzzy bee.' Dr Seuss takes the reader on a journey through many different moods.

In My Heart by Jo Witek (Saesneg/English)



Mae In My Heart yn archwilio emosiynau - hapusrwydd, tristwch, dewrder, dicter, swildod a mwy. Mae'n egluro sut mae emosiwn yn teimlo, yn gorfforol, y tu mewn.

In My Heart explores emotions – happiness, sadness, bravery, anger, shyness and more. It explains what an emotion feels like, physically, inside.

Amazon:

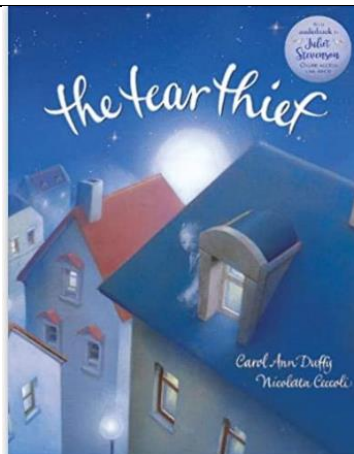
https://www.amazon.co.uk/My-Heart-Feelings-Growing-Hearts/dp/1419713108/ref=sr_1_1?dchild=1&keywords=in+my+heart&qid=1590659318&s=books&sr=1-1



The Tear Thief by Carol Ann Duffy (Saesneg/English)

Amazon:

https://www.amazon.co.uk/Tear-Thief-Carol-Ann-Duffy/dp/1846863945/ref=pd_sbs_14_2/257-1224075-1702755?encoding=UTF8&pd_rd_i=1846863945&pd_rd_r=310508dd-a436-4d47-b54a-6eaacee13112&pd_rd_w=7JQrv&pd_rd_wg=Lqm0w&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=P5BPQM69TDFKAJZXZ9VM&pss=1&refRID=P5BPQM69TDFKAJZXZ9VM

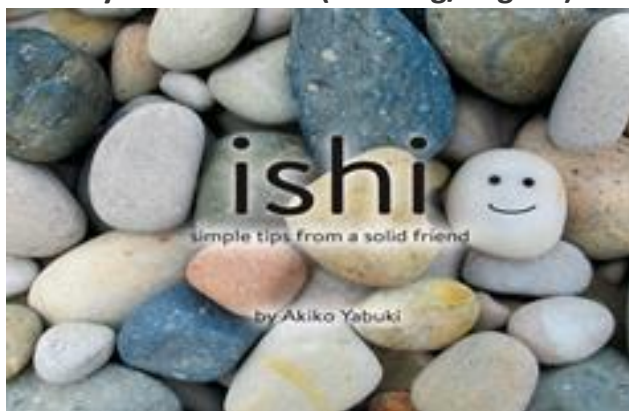


Bob nos, yn yr oriau rhwng swper ac amser gwely mae'r 'Tear Thief' yn cario ei sach ariannaidd gwrth-ddŵr dros ei hysgwydd wrth iddi ddwyn dagrau pob plentyn sy'n crio yn ddi-swn. Ond beth mae hi'n ei wneud gyda'r holl ddagrau hynny? Mae'n stori fodern sy'n darlunio neges glasurol sy'n dysgu plant i werthfawrogi gwir deimladau.

Each night, in the hours between supper and bedtime the Tear Thief carries her waterproof, silvery sack over her shoulder as she soundlessly steals the tears of every child who cries. But what does she do with all of those tears? It is a modern tale that illustrates a classic message which teaches children to value true feelings.



'Ishi' by Akiko Yabuki (Saesneg/English)



Mae copïau o'r llyfr hwn ar gael o wefannau amrywiol /

Copies of this book are available from various websites:

Blackwells for learning for life:

https://blackwells.co.uk/bookshop/product/9781576878163?gC=5a105e8b&gclid=EAIaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYASABEgKTQvD_BwE





Llyfr arobryn, sydd yn llawn lluniau clyd ac sy'n cynnwys 'Ishi', craig fach optimistaidd sy'n atgoffa darllenwyr i ddewis a rhannu hapusrwydd! Mae'r llyfr 'Ishi' yn cynnwys cymeriad craig syml sy'n apelio at gynulleidfa eang, gyda gwersi gwerthfawr mewn tosturi tuag at yr hunan a tuag at eraill.

About Ishi

An award-winning, shareable, cozy hug of a picture **book** featuring **Ishi**, an optimistic little rock who reminds readers to choose and share happiness! The **ISHI book** features a simple rock character which appeals to a wide audience, with valuable lessons in compassion for the self and for others.

WHSmiths:

https://www.whsmith.co.uk/products/ishi-simple-tips-from-a-solid-friend/akiko-yakubi/hardback/9781576878163.html?gclid=EAlaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYAiABEgIMhFD_BwE&gclid=aw.ds



Amazon:

<https://www.amazon.co.uk/Ishi-Akiko-Yabuki/dp/1576878163>



E-bay:

https://www.ebay.co.uk/p/222231146?iid=362981231225&chn=ps&norover=1&mkevt=1&mkrid=710-134428-41853-0&mkcid=2&itemid=362981231225&targetid=879043638628&device=c&mktype=pla&googleloc=1007413&poi=&campaignid=9455575137&mkgroupid=94880575894&rlsarget=pla-879043638628&abId=1139576&merchantid=9778504&gclid=EAlaIQobChMI4_up3OKS6QIVFeztCh1kGgWdEAQYAyABEgIpFvD_BwE



Gwefan 'Ishi'/'Ishi website: <http://www.ishitherock.com/>



Mae addasiad dwyieithog o'r llyfr hefyd wedi'i greu ar ffurf pwynt pŵer ac mae ar gael ar Share point a'r Rhwydwaith Ysgolion Iach ar Hwb:

A bilingual adaption of the book has also been created in a PowerPoint format and is available on Share point and the Healthy Schools Network on Hwb:

Hwb:

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/89c742e9-c45c-49d0-b07c-79bd8731d2a5>



Mae gweithgareddau pellach 'Ishi' ar gael ar Share Point ac hefyd ar Rwydwaith Ysgolion Iach ar Hwb

Further 'Ishi' activities are available on Share point and the Healthy Schools Network on HWB

<https://hwb.gov.wales/networks/3126ca30-7791-4f7a-bda2-7655bc75f0c2/files/89c742e9-c45c-49d0-b07c-79bd8731d2a5>



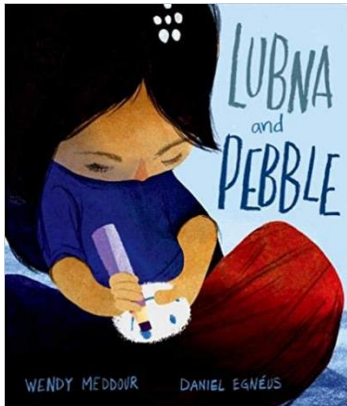
Sharepoint:

<https://hwbwave15.sharepoint.com/sites/669/cwric/Pecynnau%20Gweithio%20Adref/Forms/AllItems.aspx?viewid=8fc9a35b%2Dec26%2D4223%2D9d42%2D01df8e3>

[f3035&id=%2Fsites%2F669%2Fwric%2Fecynnau%20Gweithio%20Adref%2FLles%20%2DWellbeing%20messages%20and%20tips%2FDeunyddiau%20Dysgu%20Learning%20resources](https://www.amazon.co.uk/Lubna-Pebble-Wendy-Meddour/dp/0192767259/ref=sr_1_1?crid=3PRVRVF04AGE9&dchild=1&keywords=lubna+and+pebble+by+wendy+meddour&qid=1591566487&s=books&srefix=Lubna+and+%2Cstripbooks%2C160&sr=1-1)



Lubna and Pebble by Wendy Meddour (Saesneg/English)



Mewn stori fythgofiadwy sy'n mynd i'r afael yn gynnil ag argyfwng ffoaduriaid, rhaid i ferch ifanc benderfynu a yw cyfeillgarwch yn golygu rhoi'r gorau i'r un eitem sy'n rhoi cysur iddi yn ystod cyfnod o ansicrwydd llwyr.

'Pebble' yw ffrind gorau Lubna. Daeth o hyd iddi ar y traeth pan gyrhaeddod nhw'r nos, yna fe syrthiodd i gysgu ym mreichiau hallt Daddy. Mae Lubna yn dweud popeth wrth Pebble. Am adref. Am ei brodyr. Am y rhyfel. Mae Pebble bob amser yn gwranddo ar ei straeon ac yn gwenu pan fydd hi'n teimlo ofn. Ond pan mae bachgen bach coll yn cyrraedd Byd y Pebyll, mae Lubna yn deall bod arno angen 'Pebble' hyd yn oed yn fwy nag y mae hi.

In an unforgettable story that subtly addresses the refugee crisis, a young girl must decide if friendship means giving up the one item that gives her comfort during a time of utter uncertainty.

Lubna's best friend is a pebble. She found it on the beach when they arrived in the night, then she fell asleep in Daddy's salty arms. Lubna tells Pebble everything. About

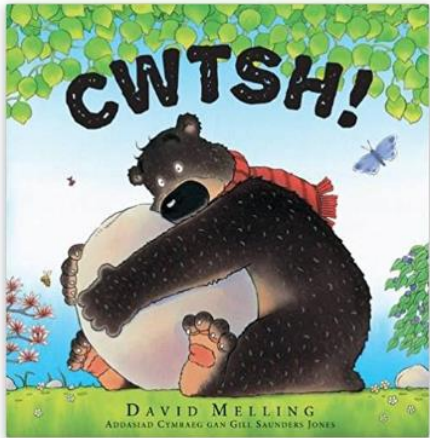
Amazon

https://www.amazon.co.uk/Lubna-Pebble-Wendy-Meddour/dp/0192767259/ref=sr_1_1?crid=3PRVRVF04AGE9&dchild=1&keywords=lubna+and+pebble+by+wendy+meddour&qid=1591566487&s=books&srefix=Lubna+and+%2Cstripbooks%2C160&sr=1-1



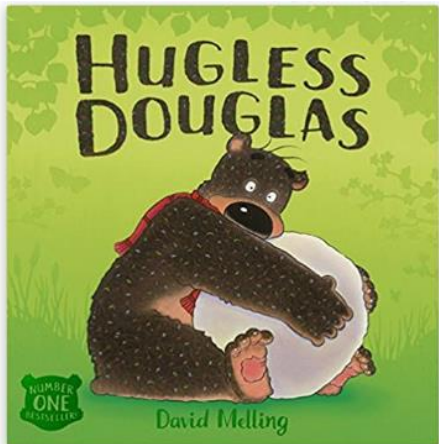
home. About her brothers. About the war. Pebble always listens to her stories and smiles when she feels afraid. But when a lost little boy arrives in the World of Tents, Lubna understands that he needs Pebble even more than she does.

Cwtsh! gan David Melling (Cymraeg/Welsh)



Weithiau, dim ond cwtsh mawr sy'n gwneud y tro. Mae Douglas yr arth fach frown eisiau cwtsh ... ond sut mae dod o hyd i'r cwtsh gorau yn y byd?

Hugless Douglas by David Melling (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Cwtsh-David-Melling/dp/1908574461/ref=sr_1_1?dchild=1&keywords=cwtsh&qid=1590585534&s=books&sr=1-1



'Cwtsh': <https://www.youtube.com/watch?v=CiszzUT2mZ8>

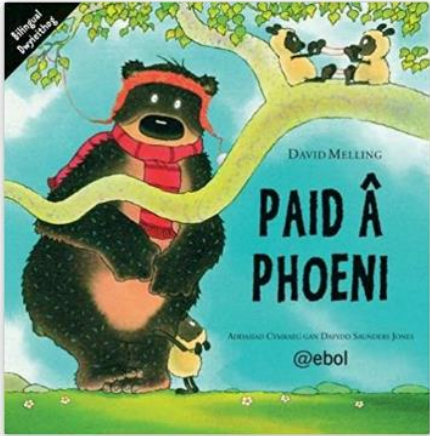


https://www.amazon.co.uk/Hugless-Douglas-David-Melling/dp/0340950633/ref=sr_1_1?dchild=1&keywords=hugless+douglas&qid=1590585722&s=books&sr=1-1



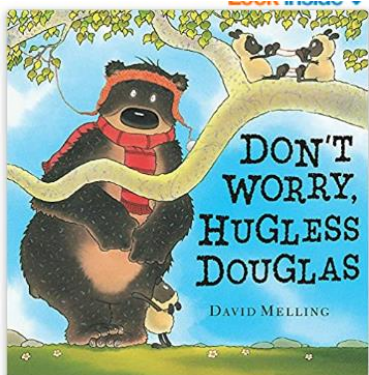
Hugless Douglas is a huggable, lovable young brown bear who wakes up one morning in need of a hug. He goes to try and find one but none of them seem quite right. Join Douglas on his search for the perfect bear hug!

Paid Â Phoeni gan David Melling (Cymraeg/Welsh)



Mae gan Douglas broblem FAWR, ond mae Douglas yn gwybod ei fod yn gallu dibynnu ar Dad. Mae tad Douglas yn rhoi het wlanog newydd hyfryd iddo. Mae'n rasio y tu allan i'w ddangos ac nid yw'n sylweddoli ei fod yn datod! Mae gan ffrindiau Douglas lawer o syniadau ynglŷn â sut i unioni pethau ond mater i'r arth fach yw gweithio allan drosto'i hun y peth gorau i'w wneud.

Don't Worry Hugless Douglas by David Melling (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Paid-Phoeni-David-Melling/dp/1908574992/ref=sr_1_1?dchild=1&keywords=paid+a+phoeni&qid=1590586641&s=books&sr=1-1



'Paid â phoeni': https://www.youtube.com/watch?v=2WI8uX_vAHs

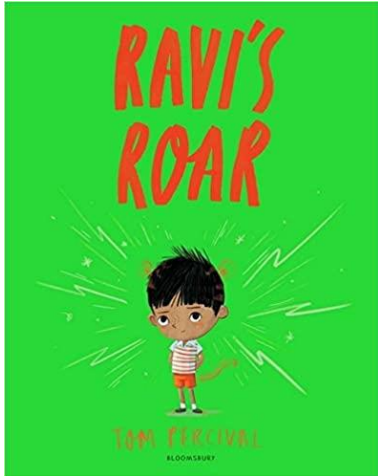


https://www.amazon.co.uk/Worry-Hugless-Douglas-David-Melling/dp/0340999810/ref=sr_1_2?dchild=1&keywords=don%27t+worry+douglas&qid=1590586852&s=books&sr=1-2



Where do you go with a BIG worry? Hugless Douglas knows he can count on Dad. Douglas' dad gives him a wonderful new woolly hat. He races outside to show it off and doesn't realise that it's unravelling! Douglas' friends have lots of ideas about how to put things right but it is left to the little bear to work out for himself the best thing to do...

Ravi's Roar by Tom Percival (Saesneg/English)



Y rhan fwyaf o'r amser gall Ravi reoli ei dymer ond, un diwrnod, mae'n gadael y teigr allan. Mae bod yn deigr yn llawer o hwyl ar y dechrau - gall teigrod wneud UNRHYW BETH maen nhw ei eisiau! Ond pwy sydd eisiau chwarae gyda theigr gwyllt, swnllyd, sy'n rhuo a chwyrnu ac na fydd yn rhannu nac yn chwarae'n braf? Mae Ravi ar fin darganfod rhywbeth pwysig iawn am fynegi ei deimladau a gwneud iawn.

Llyfr clyfar a gafaelgar am strancio tymer, delio ag emosiynau a dysgu mynegi a deall eich teimladau. O gyfres Big Bright Feelings, gan Tom Percival, dyma'r llyfr perffaith ar gyfer helpu gyda diwrnodau gwael a ffrwydradau swnllyd.

Most of the time Ravi can control his temper but, one day, he lets out the tiger within. Being a tiger is great fun at first - tigers can do ANYTHING they want! But who wants to play with a growling, roaring, noisy, wild tiger who won't share or play nicely? Ravi is about to discover something very important about expressing his feelings and making amends.

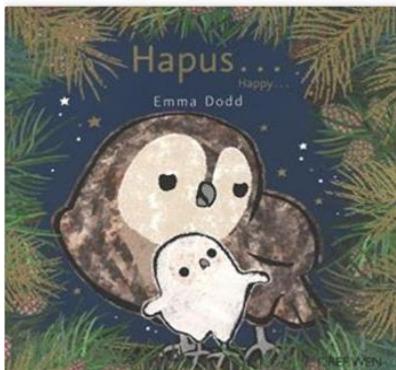
Amazon:

https://www.amazon.co.uk/Ravis-Roar-Tom-Percival/dp/1408892189/ref=sr_1_1?dchild=1&keywords=Ravi%27s+Roar&qid=1591560138&s=books&sr=1-1



A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings. From Tom Percival's bestselling Big Bright Feelings series, this is the perfect book for helping with bad days and noisy outbursts.

Hapus...Happy... gan Emma Dodd (Dwyieithog/Bilingual)



Dwi'n gwybod dy fod ti'n hapus pan wyt ti'n fy neffro â chân. Dwi'n gwybod dy fod ti'n hapus pan wyt ti am sboncio mor lân. Beth sy'n gwneud un gwdi-hw yn hapusach na hapus? Wel, cwtsho a sibrwd 'Rwy'n dy garu.' Addasiad Ceri Wyn Jones o destun annwyl Emma Dodd a ddarluniwyd yn swynol ganddi.

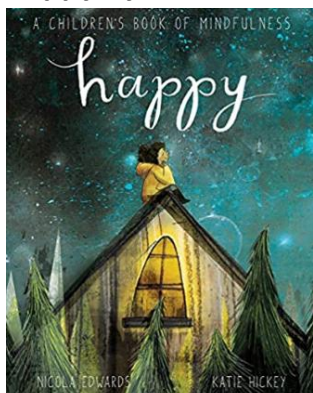
I know that you are happy when you wake me with a song. I know that you are happy when you hop and skip along. What makes one little owl happiest of all? Why, when he cuddles close and whispers, I love you. A Welsh adaptation by Ceri Wyn Jones of Emma Dodd's text which she has charmingly illustrated.

Amazon:

https://www.amazon.co.uk/Hapus-Happy-Emma-Dodd/dp/1784230987/ref=sr_1_1?dchild=1&keywords=hapus&qid=1591642304&s=books&sr=1-1



Happy by Nicola Edwards (Saesneg/English)



Amazon:

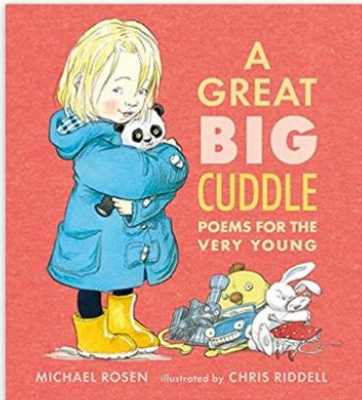
https://www.amazon.co.uk/Happy-Childrens-Mindfulness-Nicola-Edwards/dp/1848578881/ref=pd_sbs_14_31?encoding=UTF8&pd_rd_i=1848578881&pd_rd_r=310508dd-a436-4d47-b54a-6eaacee13112&pd_rd_w=7JQrv&pd_rd_wg=Lqm0w&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=P5BPQM69TDFKAJZX9VM&psc=1&refRID=P5BPQM69TDFKAJZX9VM



Y stori lleddfol perffaith, mae 'Happy' yn annog darllenwyr ifanc i archwilio eu hemosiynau a'r byd hardd o'u cwmpas mewn ffordd ofalus. Mae'r daith farddonol i le o hapusrwydd a phwyll yn ysbrydoli a grymuso eich plentyn i fwynhau yr arfer o ymwybyddiaeth ofalgar.

The perfect soothing read for quiet time, Happy gently encourages young readers to explore their emotions and the beautiful world around them. This poetic journey to a place of happiness and calm will inspire and empower your child to enjoy the practice of mindfulness.

A Great Big Cuddle by Michael Rosen (Saesneg/English)



Casgliad hyfryd o gerddi sy'n ysbrydoli myfyrio ar emosiynau a'n hangen am anwyldeb, tosturi ac yn bwysicach, cysylltiad empathig.

Lovely collection of poems inspiring reflection on emotions and our need for affection, compassion and above all empathic connection.

Amazon:

https://www.amazon.co.uk/Great-Big-Cuddle-Poems-Young/dp/1406343196/ref=sr_1_1?dchild=1&keywords=a+great+big+cuddle&qid=1591611285&s=books&sr=1-1



Joy by Corrine Averris (Saesneg/English)

Amazon:

https://www.amazon.co.uk/s?k=joy+by+corrinne+averiss&i=stripbooks&crd=38MUTJVG2LCA&srefix=Joy+by+Co%2Cstripbooks%2C168&ref=nb_sb_ss_i_1_9

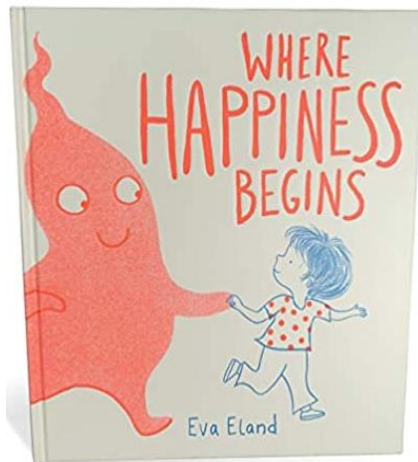


Mae Fern yn gythryblus gan ba mor drist mae ei mam-gu yn ymddangos ac mae'n gweithio allan sut i ddal a throsglwyddo 'Llawenydd'. Mae'r llyfr hwn yn wych ar gyfer siarad am emosiynau a gafael yn yr hyn sydd ei angen ar rywun arall.

Fern is troubled by how sad her granny seems and is working out how to capture and pass on 'Joy'. This book is great for talking about emotions and really grasping what someone else needs.



Where Happiness begins by Eva Eland (Saesneg/English)



Mae'r llyfr lluniau hwn yn helpu plant bach i ddelio ag emosiynau mawr fel hapusrwydd. Mae'n gyflwyniad gwych i ymwybyddiaeth ofalgar a llythrennedd

Amazon:

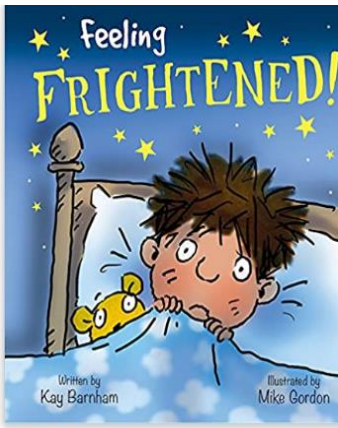
<https://www.amazon.co.uk/Where-Happiness-Begins-Big-Emotions/dp/1783448555>



emosiynol ac mae'n awgrymu y gellir dod o hyd i hapusrwydd bob amser trwy edrych o fewn ac annog darllenwyr i ddod o hyd i hapusrwydd hyd yn oed os yw'n teimlo'n bell i ffwrdd.

This picture book helps little children deal with big emotions such as happiness. It is a great introduction to mindfulness and emotional literacy and suggests that happiness can always be found by looking within and encourages readers to find happiness even if it feels far away.

Feeling Frightened by Kay Barnham (Saesneg/English)



Mae'r llyfr hwn yn archwilio sut deimlad yw bod ofn a dychryn gan ddefnyddio sefyllfaoedd bob dydd y gallai plant fod yn gyfarwydd â nhw. Mae'r llyfr hwn yn dangos gwahanol resymau pam y gallai pobl ifanc fod yn ofnus, ac yn rhoi cyngor ar sut i ddelio â'r teimladau hyn ac i allu helpu pobl eraill hefyd.

This picture book story explores what it feels like to be scared and frightened using everyday situations that children might be familiar with. This book shows different reasons why young people might be frightened, and gives advice on how to deal with these feelings and to be able to help other people too.

Amazon:

https://www.amazon.co.uk/Feeling-Frightened-Feelings-Emotions-Barnham/dp/152630077X/ref=sr_1_2?dchild=1&keywords=feeling+frightened&qid=1591631710&s=books&sr=1-2



Me and my Fear by Francesca Sanna (Saesneg/English)



Personoliad gweledol sy'n procio'r meddwl o deimladau ofn merch, sy'n chwyddo pan mae hi mewn gwlad ddieithr. Mae hwn yn helpu plant i ddeall sut y gall ofn dwys arwain at unigedd a dicter.

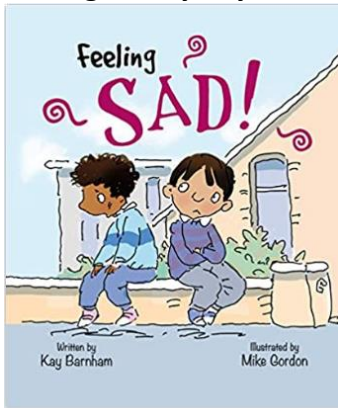
A thought-provoking visual personification of a girls feelings of fear, which magnifies when she's in a strange country. Helps Children understand how profoundly fear can lead to isolation and anger.

Amazon:

https://www.amazon.co.uk/Me-My-Fear-Francesca-Sanna/dp/1911171534/ref=sr_1_1?crid=18DYAR3ZXDWBZ&dchild=1&keywords=m+e+and+my+fear+by+francesca+sanna&qid=1591561569&s=books&sprefix=Me+and+My+Fear%2Cstripbooks%2C169&sr=1-1



Feeling Sad by Kay Barnham (Saesneg/English)



Mae'r llyfr lluniau hwn yn archwilio teimladau o dristwch gan ddefnyddio sefyllfaoedd bob dydd y gallai plant fod yn gyfarwydd â nhw. Mae'n dangos gwahanol resymau pam y gallai pobl ifanc deimlo'n drist ac yn rhoi cyngor ar sut i ymdopi â'r teimlad hwn neu helpu eraill sy'n teimlo'n drist.

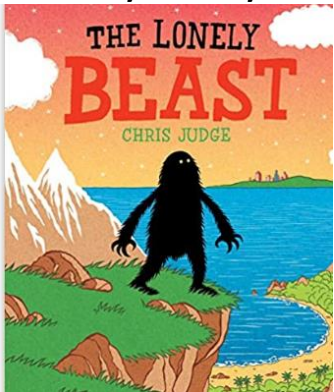
Amazon:

https://www.amazon.co.uk/Feeling-Sad-Feelings-Emotions-Barnham/dp/1526300729/ref=sr_1_7?dchild=1&keywords=feeling+s+ad&qid=1591632104&s=books&sr=1-7



This picture book story explores feelings of sadness using everyday situations that children might be familiar with. This book shows different reasons why young people might be feeling sad and gives advice on how to cope with this feeling or help others who are feeling sad.

The Lonely Beast by Chris Judge (Saesneg/English)



Mae unigrywdd, tosturi a gwerthfawrogi gwahaniaeth yn themâu allweddol yn y stori hon. Sut byddai'n teimlo i fod yn fwystfil ar eich pen eich hun mewn byd o fodau dynol sy'n eich gwrthod?

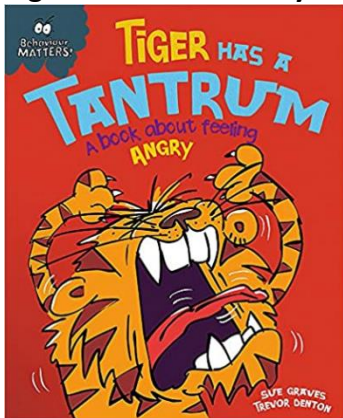
Loneliness, compassion and valuing difference are key themes of this story. How would it feel to be the beast alone in a world of humans who reject you?

Amazon:

https://www.amazon.co.uk/Lonely-Beast-Chris-Judge/dp/1849392552/ref=sr_1_1?dchild=1&keywords=the+lonely+beast&qid=1591643408&s=books&sr=1-1



Tiger has a Tantrum by Sue Graves (Saesneg / English)



Amazon:

https://www.amazon.co.uk/Tiger-Has-Tantrum-feeling-Behaviour/dp/1445147181/ref=pd_sbs_14_6/258-6287728-1765521?encoding=UTF8&pd_rd_i=1445147181&pd_rd_r=c51ee071-16ca-4616-be0a-1100e7676865&pd_rd_w=qPFA3&pd_rd_wg=8AVXf&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=WT3X6R5K8GP225EVWE9W&psc=1&refRID=WT3X6R5K8GP225EVWE9W

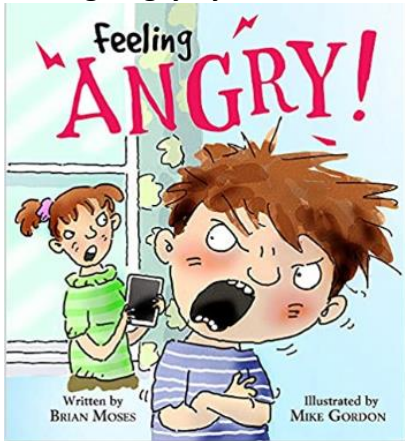


Llyfr lluniau bywiog sy'n archwilio teimladau o ddicter mewn ffordd ddoniol ond calonogol drwy gymeriadau anifeiliaid - perffaith ar gyfer plant ifanc sy'n profi emosiynau blin. Mae'r stori'n cynnig mynediad tyner i drafod yr emosiwn anodd hwn. Ar ddiwedd y stori mae nodiadau i rieni ac athrawon gydag awgrymiadau o ffyrdd i helpu plant i ddelio â ddicter. Mae Tiger mewn hwyliau ofnadwy. Mae wedi bod yn ddig gyda phawb trwy'r dydd. Yna mae Monkey yn dewis y llyfr yr oedd Tiger ei eisiau ar ddamwain ac mae gan Tiger strancio llawn yn y llyfrgell. Sut gall Miss Bird helpu Tiger i reoli ei ddicter, a sut y gall wneud iawn gyda'i ffrindiau?

A lively picture book that examines feelings of anger in an amusing but reassuring way through animal characters - perfect for young children who are experiencing angry emotions. The story offers a gentle way in to discuss this difficult emotion. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with anger.

Tiger is in a terrible mood. He has been angry with everyone all day. Then Monkey accidentally chooses the book that Tiger wanted and Tiger has a full blown tantrum in the library. How can Miss Bird help Tiger to manage his anger, and how can he make up with his friends?

Feeling Angry by Brian Moses (Saesneg/English)



Mae'r stori llyfr lluniau hon yn archwilio teimladau o ddicter mewn ffordd ysgafn gan ddefnyddio sefyllfaoedd bob dydd y gallai plant fod yn gyfarwydd â nhw. Mae'r llyfr hwn yn dangos gwahanol resymau pam y gallai pobl ifanc fynd yn ddig,

Amazon:

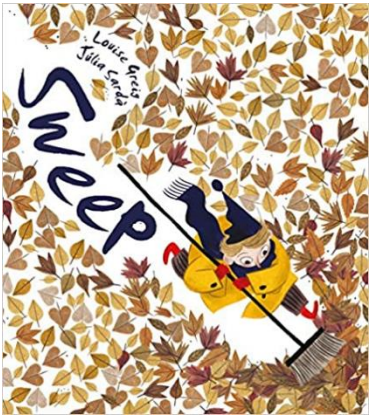
https://www.amazon.co.uk/Feeling-Angry-Feelings-Emotions-Douglass/dp/1526300141/ref=pd_sbs_14_13?_encoding=UTF8&pd_rd_i=1526300141&pd_rd_r=67646573-b4ec-45f9-aa11-134a9309605f&pd_rd_w=5GWoK&pd_rd_wg=eZjmi&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=T6GW78XZKV1G77ZMS6CN&psc=1&refRID=T6GW78XZKV1G77ZMS6CN



yn darlunio senarios ohonynt yn ymddwyn yn ddig, ac yn rhoi cyngor ar sut i dawelu dicter ynoch chi'ch hun ac i allu helpu pobl eraill

This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with. This book shows different reasons why young people might become angry, illustrates scenarios of them behaving angrily, and gives advice on how to calm anger in yourself and to be able to help other people.

Sweep by Louise Greig (Saesneg/English)



Mae Ed yn cael ei sgubo i fyny mewn hwyliau blin iawn ac ni all adael iddo fynd. Stori chwareus greadigol yn annog cydnabod a phrosesu emosiynau.

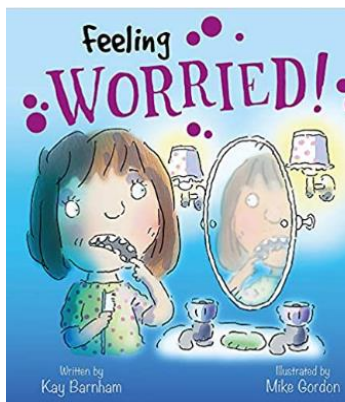
Ed is swept up in a very angry mood and can't just let it go. A creative playful story encouraging the recognition and processing of emotions.

Amazon:

https://www.amazon.co.uk/Sweep-Louise-Greig/dp/1405283777/ref=sr_1_1?crd=1KEB31PF5NC2N&dchild=1&keywords=sweep+louise+greig&qid=1591559546&s=books&sprefix=sweep+by+Louise%2Cstripbooks%2C169&sr=1-1



Feeling Worried by Kay Barnham (Saesneg/English)



Mae'r llyfr hwn yn archwilio teimladau o bryder mewn ffordd ysgafn gan ddefnyddio sefyllfaoedd bob dydd y gallai plant fod yn gyfarwydd â nhw - perffaith ar gyfer plant sy'n cael trafferth gyda phryder. Mae'r llyfr hwn yn dangos gwahanol resymau pam y gallai pobl ifanc boeni, ac yn rhoi cyngor ar sut i dawelu a delio â phryderon ynoch chi'ch hun ac i helpu pobl eraill hefyd.

This picture book story explores feelings of worry in a light-hearted way using everyday situations that children might be familiar with - perfect for children who struggle with anxiety.

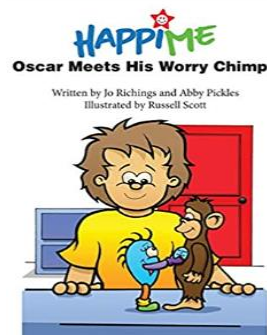
This book shows different reasons why young people might worry, and gives advice on how to calm and deal with worries in yourself and to help other people too.

Amazon:

https://www.amazon.co.uk/Feeling-Worried-Feelings-Emotions-Barnham/dp/1526300745/ref=sr_1_1?dchild=1&keywords=feeling+worried&qid=1591633159&s=books&sr=1-1



Oscar Meets His Worry Chimp by Jo Richings & Abby Pickles (Saesneg/English)



Amazon:

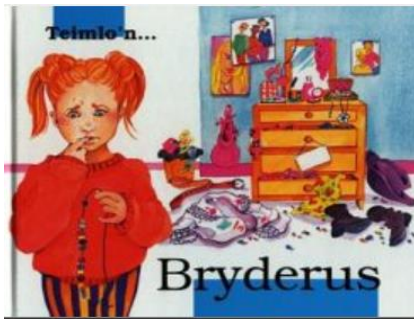
https://www.amazon.co.uk/Oscar-meets-his-Worry-Chimp/dp/1546716521/ref=as_li_ss_tl?ie=UTF8&qid=1504038405&sr=8-1&keywords=oscar+meets+his+worry+chimp&linkCode=s1&tag=wwwthebusin02-21&linkId=bfc9b5cdf58434d220a6eedad68dbc00



Mae Oscar mewn tipyn o bryder. Mewn gwirionedd, mae Oscar fel llawer o blant, yn poeni am lawer o bethau nad oes gwir angen iddo boeni amdanynt; gan gynnwys poeni am yr ysgol, gwneud rhywbeth newydd neu beidio â bod yn dda iawn mewn gweithgaredd newydd. Ymunwch ag ef ar ei daith gyffrous wrth iddo gwrdd â'i Worry Chimp a dysgu sut i roi'r gorau i boeni unwaith ac am byth!

Oscar is a bit of a worrier. In fact, Oscar like many children, worries about lots of things he doesn't really need to worry about; including worrying about school, doing something new or not being very good at a new activity. Join him on his exciting journey as he meets his Worry Chimp and learns how to stop worrying once and for all!

Teimlo'n...Bryderus gan Sally Hewitt (Cymraeg/Welsh)



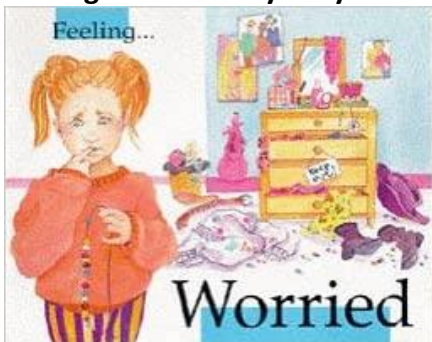
Stori am Catrin yn poeni am gael damwain â ffrog ei chwaer yw hon, mewn cyfres sy'n annog plant i ddeall a thrafod gwahanol deimladau drwy gyfrwng stori diddorol.

GWales.com

http://www.gwales.com/bibliographic/?isbn=9780861740994&tsid=7&session_timeout=1



Feeling... Worried by Sally Hewitt (Saesneg/English)



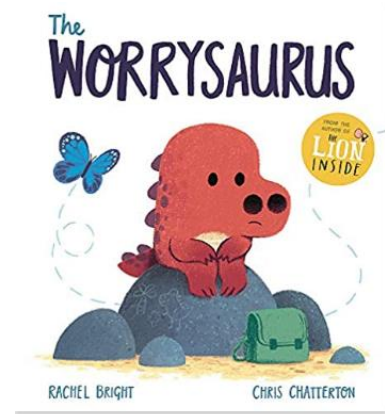
Amazon:

https://www.amazon.co.uk/Worried-Feelings-Sally-Hewitt/dp/0749625988/ref=sr_1_1?dchild=1&keywords=Feeling+worried+by+Sally+Hewitt&qid=591401182&s=books&sr=1-1



A story about Catrin, worried about having an accident with her sister's dress, in a series that encourages children to understand and discuss different feelings through an interesting story.

The Worrysaurus by Rachel Bright & Chris Chatterton (Saesneg/English)



All Worrysaurus ddod o hyd i ffordd gael gwared ar ei ofnau a chael hwyl?
Y llyfr perffaith i helpu pob deinosor bach pryderus i ollwng eu hofnau a theimlo'n hapus yn y foment.

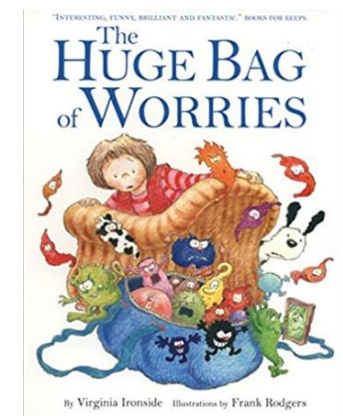
Can Worrysaurus find a way to chase his fears away and have fun?
The perfect book to help every anxious little dinosaur let go of their fears and feel happy in the moment.

Amazon:

https://www.amazon.co.uk/Worrysaurus-Rachel-Bright/dp/1408356120/ref=sr_1_1?dchild=1&keywords=the+worrysaurus&qid=1590656913&s=books&sr=1-1



The Huge Bag of Worries by Virginia Ironside (Saesneg/English)



Amazon:

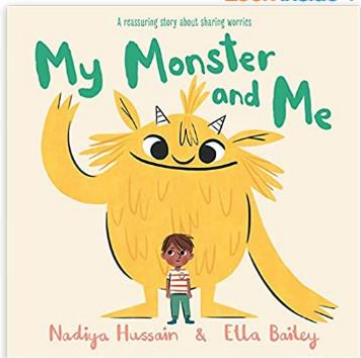
https://www.amazon.co.uk/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=sr_1_1?crid=2K6HQZSBL16MD&dchild=1&keywords=the+huge+bag+of+worries&qid=1590655662&s=books&sprefix=the+huge+%2Cstripbooks%2C188&sr=1-1



Golwg ddoniol a chysurlon ar ddelio â phryderon a phryder, i'w ddefnyddio fel sbringfwrdd i sgysiau pwysig gyda phlant.

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring-board into important conversations with children.

My Monster and Me by Nadiya Hussain (Saesneg/English)



Stori deimladwy am fachgen bach y mae ei anghenfil pryderus yn ei ddilyn i bobman y mae'n mynd. Mae yno pan fydd yn gwisgo, pan mae eisiau chwarae gyda'i deganau, a hyd yn oed pan ddaw ei ffrindiau draw i ymweld. Sut y gall ddiann rhag ei bryderon?

Ar ôl dioddef ag anhwylder panig ei hun cyhyd ag y gall gofio, ysgrifennodd Nadiya y stori galonogol hon i helpu i roi'r offer sydd eu hangen i blant a rhieni i siarad am bryderon a phryder, er mwyn sicrhau nad oes unrhyw blentyn yn dioddef mewn distawrwydd.

A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries?

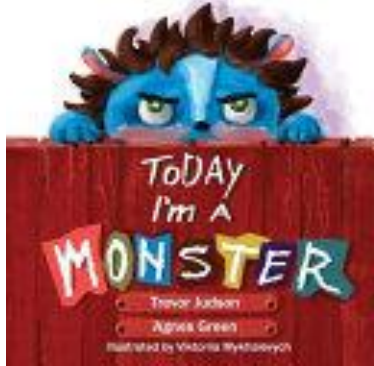
Having suffered with panic disorder herself for as long as she can remember, Nadiya wrote this heartfelt story to help give children and parents the tools they need to talk about worries and anxiety, to ensure that no child suffers in silence.

Amazon:

[https://www.amazon.co.uk/My-Monster-Me-Nadiya-Hussain/dp/1444946447/ref=sr_1_1?crd=35NTBQKJER7PP&dchild=1&keywords=my+monster+and+me&qid=1591023107&s=books&sprefix=my+monster+and%2Cs tripbooks%2C1165&sr=1-1](https://www.amazon.co.uk/My-Monster-Me-Nadiya-Hussain/dp/1444946447/ref=sr_1_1?crd=35NTBQKJER7PP&dchild=1&keywords=my+monster+and+me&qid=1591023107&s=books&sprefix=my+monster+and%2Cs%20tripbooks%2C1165&sr=1-1)



Today I'm a Monster by Agnes Green (Saesneg/English)



Mae'r llyfr hwn yn ffordd wych o ddechrau siarad â'ch plentyn am emosiynau mor anodd â dicter, tristwch, pryder, ac ati. Stori hudolus bachgen bach a ddeffrodd mewn hwyliau drwg iawn yn wir yw Agnes Green a Trevor Judson's Today I'm a Monster. O'r munud y mae'n codi o'r gwely, mae'n benderfynol o fod yn anghenfil a rhoi pawb arall mewn hwyliau drwg gyda'i ymddygiad gwael. Os mai camymddwyn, strancio, taro a chicio yw'r hyn yr oeddech chi'n ei wynebu â'ch plentyn, mae'r llyfr hwn ar eich cyfer chi! Mae'n dangos y bydd yr holl bethau drwg hyn yn pasio. Mae pawb yn cael dyddiau gwael. Mae'ch plentyn yn dal i gael ei garu a'i ddeall. Mae'r trawsnewidiad sydyn o anghenfil i fod yn fachgen bach yn cael ei gynorthwyo'n syml gan gyffyrddiad lleddfol a chariadus mam sy'n gwybod bod pob un ohonom yn cael amser gwael. Archebwch Heddiw, Rwy'n Bwystfil nawr am stori swynol sy'n ennyn diddordeb rhieni a'u plant fel ei gilydd.

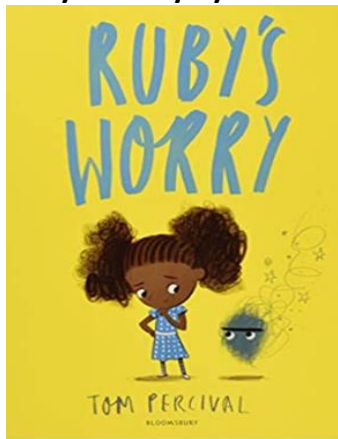
This book is a great way to start talking to your kid about such difficult emotions as anger, sadness, anxiety, and so on. Agnes Green's and Trevor Judson's Today I'm a Monster is the enchanting tale of a little boy who woke up in a very bad mood indeed! From the minute he gets out of bed, he is determined to be a monster and put everyone else in a bad mood with his bad behavior. If misbehavior, tantrums, hitting, and kicking are what you faced with your child, this book is for you! It shows that all these bad things will pass. Everybody has bad days. Your kid is still loved and understood. The sudden transformation from a monster into a little boy is aided simply by the soothing and loving touch of a mommy who knows that we all have a bad time. Order Today I'm A Monster now for a charming story that engages parents and their children alike.

Amazon:

https://www.amazon.co.uk/dp/1532377932/ref=sspa_dk_detail_4?psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwODQ1MzAxMUxSWFRWWVlaVzQ2TiZlbnNyUjMwZWRBZEIkPUEwODkzMzE0RVRBMldKTzVNUORTJndpZGdldE5hbWU9c3BfZGV0YWIsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==



Ruby's Worry by Tom Percival (Saesneg/English)



Mae Ruby wrth ei bodd yn Ruby. Tan, un diwrnod, mae hi'n cael pryder. Ar y dechrau, nid yw'n bryder mor fawr, ac mae hynny'n iawn, ond yna mae'n dechrau tyfu. Mae'n mynd yn fwy ac yn fwy bob dydd ac mae'n gwneud Ruby yn drist. Sut all Ruby gael gwared arno a theimlo'i hun eto?

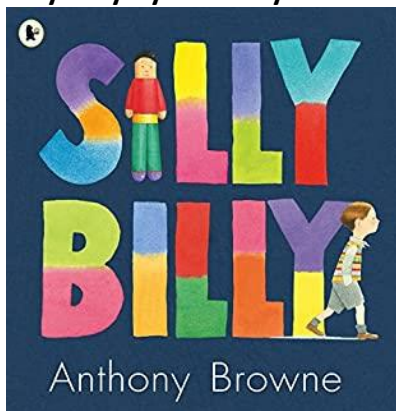
Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel herself again?

Amazon:

https://www.amazon.co.uk/Rubys-Worry-Tom-Percival/dp/1408892154/ref=sr_1_1?dchild=1&keywords=ruby%27s+worry&qid=1590655843&s=books&sr=1-1



Silly Billy by Anthony Browne (Saesneg/English)



Mae Billy pryderi dipyn. Mae'n poeni am hetiau ac esgidiau. Mae'n poeni am gymylau a glaw ac adar anferth. Yn bennaf oll mae'n poeni am aros yn nhai pobl

Amazon:

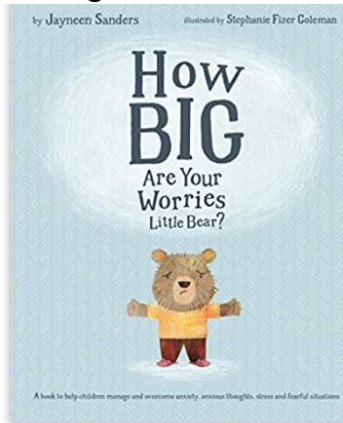
https://www.amazon.co.uk/Silly-Billy-Anthony-Browne/dp/1406305766/ref=sr_1_2?dchild=1&keywords=silly+billy&qid=1590656285&s=books&sr=1-2



eraill. Mae ei fam a'i dad yn ceisio helpu, ond mae Billy yn dal i boeni ... tan iddo ymweld â'i nain a ddangosodd iddo sut i oresgyn ei ofnau gyda chymorth ei ddychymyg - a rhai doliau poeni bach.

Billy is a bit of a worrier. He worries about hats and shoes. He worries about clouds and rain and giant birds. Most of all he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries...until a visit to his grandma's shows him how to overcome his fears with the aid of his imagination – and some tiny worry dolls.

How Big Are Your Worries Little Bear? By Jayneen Sanders (Saesneg/English)



Mae Little Bear yn pryderi dipyn. Mae'n poeni am bopeth! Ond gyda chymorth Mama Bear, mae'n fuan yn dysgu nad yw ei bryderon mor fawr wedi'r cyfan. Trwy'r stori hon, bydd plant yn dysgu y gellir goresgyn pryderon ac ofnau bob dydd. Mae'n cymryd parodrwydd i rannu gyda gwrandäwr cymwynasgar a deall mai gwneud camgymeriadau yw sut rydyn ni'n dysgu. Cynhwysir hefyd Gwestiynau Trafod i rieni, rhoddwyr gofal ac addysgwyr ac awgrymiadau a chynghorion ychwanegol i helpu plant i reoli eu pryder.

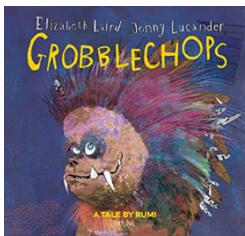
Little Bear is a worrier. He worries about everything! But with Mama Bear's help he soon learns his worries are not so big after all. Through this story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener and an understanding that making mistakes is how we learn. Also included are Discussion Questions for parents, caregivers and educators and extra hints and tips to help children manage their anxiety.

Amazon:

https://www.amazon.co.uk/How-Your-Worries-Little-Bear/dp/1925089207/ref=sr_1_1?crid=3TU6PJHWTSLY7&dchild=1&keywords=how+big+are+your+worries+little+bear&qid=1590656423&s=books&sprefix=how+big+are+%2Cstripbooks%2C320&sr=1-1



Gobblechops by Elizabeth Laird (Saesneg/English)



Mae anghenfil yn cuddio o dan y gwely! Daw'r ofn clasurol hwn o amser gwely yn fyw yn ddoniol gan yr awdur arobryn Elizabeth Laird a'r darlunydd o'r Ffindir Jenny Luncander.

Mae Amir yn meddwl y bydd anghenfil yn dod i'w fwyta i fyny! Ac efallai y bydd gan yr anghenfil fam a dad hefyd! Ond mae Dad yn sicrhau Amir, os daw'r teulu anghenfil i chwarae, yna bydd y rhieni'n cael hen sgwrs dda tra bod Amir yn gwneud ffrind newydd.

There's a monster hiding under the bed! This classic bedtime fear is hilariously brought to life by award-winning author Elizabeth Laird and Finnish illustrator Jenny Luncander.

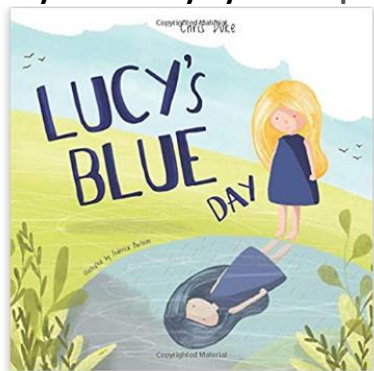
Amir thinks that a monster will come and eat him up! And maybe the monster will have a mum and dad too! But Dad reassures Amir that if the monster family comes to play, then the parents will have a good old chat whilst Amir makes a new friend.

Amazon:

https://www.amazon.co.uk/Gobblechops-Tales-Rumi-Elizabeth-Laird/dp/1910328413/ref=pd_sbs_14_9?encoding=UTF8&pd_rd_i=1910328413&pd_rd_r=c2dae53c-b2b0-4797-85ed-6ab9ad9b5567&pd_rd_w=a3JV7&pd_rd_wg=bGS44&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=9WVD5T49DXVDAX61E0FG&psc=1&refRID=9WVD5T49DXVDAX61E0FG



Lucy's Blue Day by Christopher Duke and Federica Bartolini (Saesneg/English)



Mae Lucy yn ferch fach arbennig iawn gyda gwallt hudol. Mae'n newid lliw gyda'i hemosiynau. Os yw hi'n teimlo'n hapus mae'n borffor, os yw hi'n genfigennus bydd

Amazon:

https://www.amazon.co.uk/Lucys-Blue-Day-Childrens-Mental/dp/1790586720/ref=sr_1_1?dchild=1&keywords=lucy%27s+blue+day&qid=1590659097&s=books&sr=1-1



yn troi'n wyrdd. Y stori swynol hon yw'r hanes pan mae Lucy yn deffro a'i gwallt yn las ac nid yw'n deall pam. Cyn bo hir mae'n dysgu mai #OKNotToBeOK ydyw.

Lucy is a very special little girl with magical hair. It changes colour with her emotions. If she is feeling happy it is purple, if she is jealous it will turn green. This charming story is the tale of when Lucy wakes up and her hair is blue and she doesn't understand why. She soon learns that it is #OKNotToBeOK

Profedigaeth/Bereavement

Y Goeden Gofio gan Britta Teckentrup (Cymraeg/Welsh)



Llyfr lluniau hyfryd a chalonnog i helpu plant i ddathlu'r atgofion sy'n cael eu gadael ar ôl pan fydd rhywun annwyl yn marw

Mae Cadno wedi byw bywyd hir a hapus yn y goedwig, ond erbyn hyn mae wedi blino. Mae'n gorwedd i lawr yn ei hoff gliriad, ac yn cwmpo i gysgu am byth. Cyn hir, mae ffrindiau Fox yn dechrau ymgynnull yn y llannerch. Fesul un, maen nhw'n adrodd straeon am yr eiliadau arbennig y gwnaethon nhw eu rhannu â Chadno. Ac felly, wrth iddyn nhw rannu eu hatgofion, mae coeden yn dechrau tyfu, gan ddod

Y Goeden Gofio ar gael trwy Gomer

<https://www.gomer.co.uk/y-goeden-gofio.html>



yn fwy ac yn gryfach gyda phob cof, gan gysgodi ac amddiffyn yr holl anifeiliaid yn y goedwig, yn union fel y gwnaeth Cadno pan oedd yn fyw.

Fersiwn Saesneg isod / English version below

The Memory Tree by Britta Teckentrup (Saesneg/English)



A beautiful and heartfelt picture book to help children celebrate the memories left behind when a loved one dies

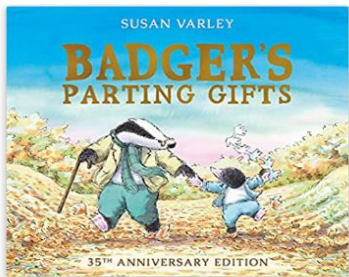
Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing and falls asleep forever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

The Memory Tree available from Amazon:

https://www.amazon.co.uk/Memory-Tree-Britta-Teckentrup/dp/1408326345/ref=sr_1_1?dchild=1&keywords=the+memory+tree&qid=1588245823&s=books&sr=1-1



Badger's Parting Gift by Susan Varley (Saesneg/English)



Mae 'Badger' mor hen ei fod yn gwybod bod yn rhaid iddo farw cyn bo hir, felly mae'n gwneud ei orau i baratoi ei ffrindiau. Pan fydd yn marw o'r diwedd, maen nhw'n dioddef galar, ond fesul un maen nhw'n cofio'r pethau arbennig a ddysgodd iddyn nhw yn ystod ei fywyd. Trwy rannu eu hatgofion, maent yn sylweddoli, er nad yw Moch Daear gyda nhw yn gorfforol mwyach, ei fod yn byw ymlaen trwy ei ffrindiau.

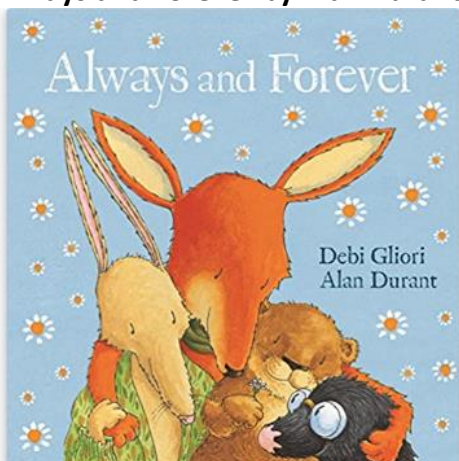
Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends.

Amazon:

https://www.amazon.co.uk/Badgers-Parting-Gifts-35th-Anniversary/dp/1849395144/ref=sr_1_1?crid=3RPJY5DVOAWRW&dc_hild=1&keywords=badgers+parting+gifts&qid=1590659458&s=books&sprefix=badger%2Cstripbooks%2C156&sr=1-1



Always and Forever by Alan Durant (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Always-Forever-Alan-Durant/dp/0552567655/ref=sr_1_1?dchild=1&keywords=always+and+forever&qid=1590659677&s=books&sr=1-1



Pan fydd 'Fox' yn marw mae gweddill ei deulu yn hollol drallodus. Sut fydd 'Mole', 'Otter' a 'Hare' yn mynd ymlaen heb eu ffrind annwyl? Ond, fisoedd yn ddiweddarach, mae 'Squirrel' yn eu hatgoffa i gyd o ba mor ddoniol oedd Fox yn arfer bod, ac maen nhw'n sylweddoli bod Fox yn dal i fod yno yn eu calonnau a'u hatgofion.

When fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

The Invisible String by Patrice Karst (Saesneg/English)



Mae rhieni, addysgwyr, therapyddion, a gweithwyr cymdeithasol fel ei gilydd wedi datgan y llyfr 'The Invisible String' fel yr offeryn perffaith ar gyfer ymdopi â phob math o bryder gwahanu, colled a galar. Yn y clasur cyfoes trosglwyddadwy a chysurlon hwn, mae mam yn dweud wrth ei dau blentyn bod llinyn anweledig yn cysylltu pob un ohonyn nhw. "Mae hynny'n amhosib!" mae'r plant yn mynnu, ond yn dal i fod eisiau gwybod mwy: "Pa fath o linyn?" Yr ateb yw'r gwir syml sy'n ein clymu ni i gyd: Llinyn Anweledig wedi'i wneud o gariad. Er na allwch ei weld â'ch llygaid, gallwch ei deimlo'n ddwfn yn eich calon, a gwybod eich bod bob amser yn gysylltiedig â'r rhai rydych chi'n eu caru. Oes gan bawb Llinyn Anweledig? Pa mor bell mae'n cyrraedd? A yw byth yn diflannu? Mae'r llyfr lluniau torcalonnus hwn ar gyfer pob oedran yn archwilio cwestiynau am y cysylltiadau anghyffyrddadwy ond na ellir eu torri rhyngom, ac yn agor sgysiau dyfnach am gariad

E-bay:

The Invisible String story book is available on e-bay:

<https://www.ebay.co.uk/i/202953891223?chn=ps>



The Invisible String story book is available on Amazon:

https://www.amazon.co.uk/Invisible-String-Patrice-Karst/dp/031648623X/ref=sr_1_1?dchild=1&keywords=the+invisible+string&qid=1590582160&s=books&sr=1-1



Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us and opens up deeper conversations about love.

If all the World were..... by Joseph Coelho (Saesneg/English)



Llyfr lluniau telynegol teimladwy am gariad merch ifanc at ei thad-cu a sut mae hi'n ymdopi pan mae wedi mynd, wedi'i ysgrifennu gan y bardd a'r dramodydd Joseph Coelho.

Mae'r llyfr darluniadol hyfryd hwn a'r testun dyrchafol yn y pen draw yn ffordd ddelfrydol o gyflwyno'r cysyniad o farwolaeth a marw i blant, yn enwedig plant sydd wedi colli nain neu daid.

Gyda gwaith celf hyfryd 'Allison Colpoys' yn arllwys o bob tudalen, ewch gyda merch a'i thad-cu dros y gwanwyn, yr haf a'r hydref. Cewch weld sut mae'n ei dysgu i ddychmygu, i greu, ac i fwynhau'r pethau bach mewn bywyd, a sut, pan ddaw'r gaeaf, mae'n byw ymlaen yn ei chalon.

Amazon:

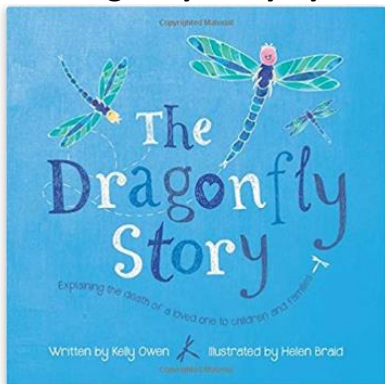
https://www.amazon.co.uk/s?k=if+all+the+world+were+by+joseph+coelho&i=stripbooks&crd=1TAPC4L13NOQZ&sprefix=if+all+the+world%2Cstripbooks%2C166&ref=nb_sb_ss_i_2_16



A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he's gone, written by poet and playwright Joseph Coelho. This beautifully illustrated, powerful and ultimately uplifting text is the ideal way to introduce children to the concept of death and dying, particularly children who have lost a grandparent.

With Allison Colpoys' gorgeous artwork spilling from each page, accompany a girl and her granddad over spring, summer and autumn. See how he teaches her to imagine, to create, and to enjoy the small things in life, and how, when winter comes, he lives on in her heart.

The Dragonfly Story by Kelly Owen (Saesneg/English)



Mae'r stori hyfryd hon yn addasiad o chwedl trawsnewidiad gwas y neidr. Mae'r chwedl wedi cael ei defnyddio ers amser i egluro marwolaeth a gobaith y nefoedd. Nid yw'r llyfr yn cilio oddi wrth bwnc marwolaeth, ond mae'n ceisio ei egluro mewn ffordd real a chariadus.

This beautifully illustrated story is an adaptation of the fable of the transformation of the dragonfly. The fable has been long used to explain death and the hope of heaven. The book does not shy away from the subject of death, but aims to explain it in a real and loving way.

When Sadness Calls by Eva Eland (Saesneg/English)

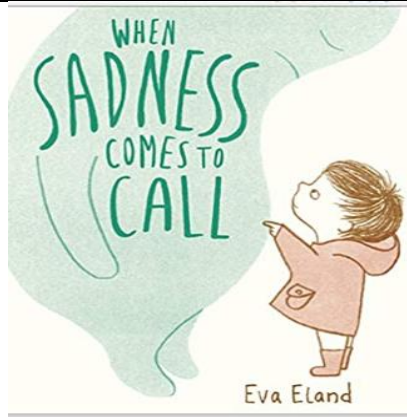
Amazon:

https://www.amazon.co.uk/Dragonfly-Story-Explaining-children-families/dp/1723880191/ref=sr_1_1?crid=1JI600FRDQ7W2&dchild=1&keywords=the+dragonfly+story&qid=1590659811&s=books&prefix=the+dragonfly+%2Cstripbooks%2C166&sr=1-1



Amazon:

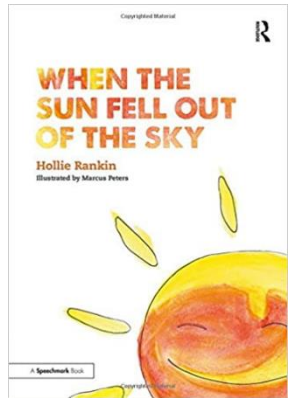
https://www.amazon.co.uk/When-Sadness-Comes-Call-Emotions/dp/1783447958/ref=pd_sbs_14_30?encoding=UTF8&pd_rd_i=1783447958&pd_rd_r=a514ef3a-bd9b-4df5-a49b-80253203691e&pd_rd_w=rCyAf&pd_rd_wg=9cwqn&pf_rd_p=2773aa8e-42c5-4dbe-bda8-



Pan fydd Tristwch yn cyrraedd, ceisiwch beidio â bod ofn: rhowch enw iddo, gwrandewch arno a threuliwch ychydig o amser gyda'ch gilydd. Efallai mai'r cyfan y mae ei eisiau yw gwybod bod croeso iddo. Mae'r ymddangosiad hyfryd hwn gan dalent yr awdur-ddarlunydd Eva Eland yn edrych yn ingol ond yn ddyrchafol ar ddelio â thristwch.

When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. This beautiful debut by author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with sadness.

When the Sun fell out of the Sky by Hollie Rankin (Saesneg/English)



Mae'r llyfr lluniau therapiwtig darluniadol hyfryd hwn yn adrodd stori Stan y Jiráff. Mae Stan wrth ei fodd â'r haul a themlo ei gynhesrwydd ar ei gefn hir; ond un

[5cdf226aa078&pf_rd_r=7MRXTK0F0G5Q5P33HGHB&psc=1&refRID=7MRXTK0F0G5Q5P33HGHB](https://www.amazon.co.uk/dp/1138360449/ref=rdr_ext_sb_ti_sims_2)



Amazon:

https://www.amazon.co.uk/dp/1138360449/ref=rdr_ext_sb_ti_sims_2



diwrnod mae'n cwmpo'n sydyn ac yn annisgwyl o'r awyr ac yn diflannu o'i fywyd. Mae Stan yn profi llawer o emosiynau gwahanol ac anodd drwy gydol y stori, gan adlewyrchu y saith cam galaru. Nod y stori yw normaleiddio'r teimladau hyn, a all fod yn frawychus i blant a'r rhai o'u cwmpas.

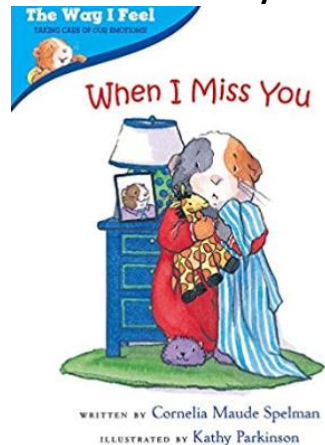
Ysgrifennwyd y llyfr stori hwn i gynorthwyo oedolion allweddol i helpu plant mewn profedigaeth i ddod o hyd i ffordd i ymdopi, ei reoli ac i oresgyn eu galar.

This beautifully illustrated, therapeutic picture book tells the story of Stan the Giraffe. Stan loves the sun and to feel its warmth on his long back; but one day it suddenly and unexpectedly falls from the sky and disappears from his life. Stan experiences many different and difficult emotions throughout the story, reflecting the seven stages of grief. The story aims to normalise these feelings, which for children and those around them, can be frightening.

This storybook has been written to support key adults in helping bereaved children to find a way to cope, manage and make it through their grief.

Pryder Gwahanu/Separation Anxiety

When I Miss You by Cornelia Maude Spelman (Saesneg/English)



Mae plant ifanc yn aml yn profi pryder pan gânt eu gwahanu oddi wrth eu mamau neu eu tadau. Mae'r teitl mwyaf newydd hwn yng nghyfres The Way I Feel yn

Amazon:

https://www.amazon.co.uk/When-Miss-You-Feel-Books/dp/0807589039/ref=sr_1_1?crid=3SBWMYFHONG5&dchild=1&keywords=when+i+miss+you&qid=1591021553&s=books&prefix=when+i+miss%2Cstripbooks%2C740&sr=1-1



cynnwys mochyn cwta ifanc sy'n mynegi ei thralod pan fydd ei mam a'i thad yn mynd i ffwrdd.

Young children often experience anxiety when they are separated from their mothers or fathers. This newest title in The Way I Feel series features a young guinea pig who expresses her distress when her mother and father go away.

**Help Your Dragon Overcome Separation Anxiety by Steve Herman
(Saesneg/English)**



Mae'n gallu eistedd, rhoio drosodd, a chwarae ... Mae'n gallu cynnau kannwyll cacen pen-blwydd, cynnau tân gwerysll, neu gymaint o bethau cŵl eraill ... Ond beth os yw'ch draig yn poeni'n gyson pan fydd wedi gwahanu oddi wrthy ch chi? Rydych chi'n ei ddysgu mai gyda chariad, ni fydd y cysylltiadau yn torri rhyngom ni...

Rydych chi'n rhoi sicrwydd iddo y bydd y cariad anghyfyrdadwy yn ein rhwymo ni gyda'n gilydd er nad ydyn ni yn yr un lle...

Rydych chi'n ei helpu i oresgyn ei bryder gwahanu.

He can sit, roll over, and play... He can light a candle on a birthday cake, light a campfire, or so many other cool things...

But what if your dragon is constantly worrying when he's separated from you?

You teach him that with LOVE, there will be unbreakable connections between us...

You reassure him the intangible Love will keep us bound together even though we're not in the same place...

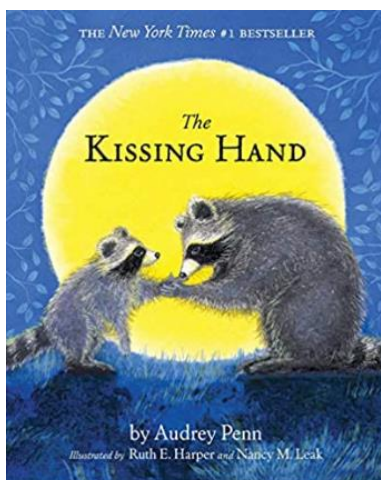
You help him overcome his separation anxiety

Amazon:

https://www.amazon.co.uk/dp/1950280314/ref=sspa_dk_detail_0?p_sc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEySlpaRFE3WDFUMIFSJmVuY3J5cHRlZElkPUEwMzU5OTQ3M1FNQlE1WTA2WVUxViZlbnNyeXB0ZWZlZElkPUEwMDgwMzUxMUc0QlQk2NUdBWTJCNiZ3aWRnZXROYW1lPjNwX2RldGFpbCZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=



The Kissing Hand by Audrey Penn (Saesneg/English)



Stori i blant sy'n wynebu gwahanu.
A story for children facing separation.

Amazon:

https://www.amazon.co.uk/Kissing-Hand/dp/1933718102/ref=sr_1_1?crid=XFQ30JF5M800&dchild=1&keywords=the+kissing+hand&qid=1590660254&s=books&sprefix=the+kissing%2Cstripbooks%2C324&sr=1-1



Ysgariad/Divorce

Mum and Dad Glue by Kes Gray (Saesneg/English)



Amazon:

https://www.amazon.co.uk/Mum-Dad-Glue-Kes-Gray/dp/0340957115/ref=sr_1_1?crid=23LEQUGXDCLGI&dchild=1&keywords=mum+and+dad+glue&qid=1590657177&s=books&sprefix=mum+and+%2Cstripbooks%2C173&sr=1-1



Mae bachgen bach yn ceisio dod o hyd i bot o 'lud rhiant' i lynu ei fam a'i dad yn ôl at ei gilydd. Mae ei rieni wedi cael eu datod ac mae am drwsio eu priodas, glynu eu gwenau yn ôl a'u gwneud yn well. Ond mae'n dysgu, er y gallai perthynas ei rieni gael ei thorri, nid yw eu cariad tuag ato.

A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick their smiles back on and make them better. But he learns that even though his parents' relationship may be broken, their love for him is not.

Hunangymorth/Self help

Y Goeden Ioga gan Leisa Mererid (Cymraeg/Welsh)



Llyfr stori a llun sy'n cyflwyno symudiadau ioga syml i blant ac oedolion. Mae'r llyfr hwn yn mynd â ni i fyd natur a chylch bywyd yr hedyn wrth iddo egin a thyfu'n goeden fawr gryf a thyfu dail. Buan iawn daw'r Hydref a'i wynt i chwythu'r hadau ac ail gychwyn ar gylch bywyd natur unwaith eto.

A story and picture book which introduces simple yoga positions to children and adults. This book takes us to the world of nature and the life cycle of the seed as it sprouts and grows into a big strong tree and grows leaves. But quickly the Autumn comes and the wind blows the seeds away and begins the circle anew.

Mae'r llyfr 'y Goeden Ioga' ar gael ar Amazon:

<https://www.amazon.co.uk/Goeden-Ioga-Y-Leisa-Mererid/dp/1785622196>

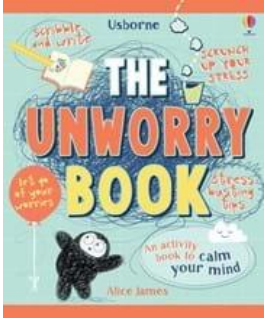


Mae'r llyfr ar gael o Gwsg Gomer hefyd:

<https://www.gomer.co.uk/y-goeden-gofio.html>



The Unworry Book by Alice James (Saesneg/English)



Mae'r llyfr ysgrifennu ysbrydoledig hwn yn becyn cymorth di-boen, sy'n llawn pethau i'ch tawelu a lle i roi eich pryderon - ac rydyn ni i gyd yn poeni! Ymhlith y gweithgareddau mae creu blwch poeni, gwneud grid hwyliau a gweithgareddau ymwybyddiaeth ofalgar fel lliwio, dwdlo a drysfeydd. Mae wedi'i ysgrifennu gyda chymorth seicolegydd ac mae dolenni i wefannau i gael awgrymiadau, cyngor a chefnogaeth hefyd

This inspiring write-in book is an unworry toolkit, full of things to calm you down and places to put your worries - and we all worry! Activities include creating a worry box, making a mood grid and mindfulness activities such as colouring, doodling and mazes. Written with the help of a psychologist, there are links to websites for tips, advice and support too.

Mae'r llyfr hwn ar gael o'r gwefannau canlynol / This book is available from the following websites:

Usborne Children's Books:

https://cdn.usborne.com/catalogue/covers/eng/max_covers/9781474950770-unworry-book.jpg?width=180



Blackwells for learning – for life:

https://blackwells.co.uk/bookshop/product/9781474950770?gC=5a105e8b&gclid=EA1a1QobChMIqL3j7oWR6QIVBrDtCh28TQf_EAQYBSABEgLFvD_BwE



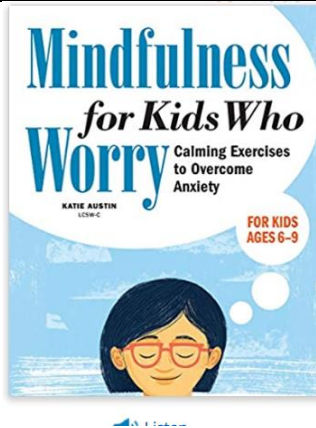
E-bay: <https://www.ebay.co.uk/p/13027096641>



Mindfulness for Kids Who Worry by Katie Austin (Saesneg/English)

Amazon:

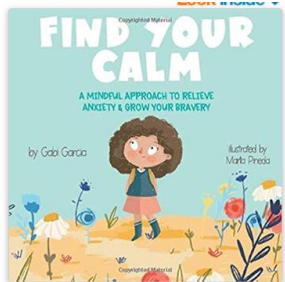
https://www.amazon.co.uk/Mindfulness-Kids-Who-Worry-Exercises/dp/1641527668/ref=sr_1_3?crd=15MN956SJRXP&dchild=1&keywords=mindfulness+for+kids+who+worry&qid=1590654935&s=books&prefix=mindfulness+for+kids+who%2Cstripbooks%2C246&sr=1-3



Mae'r llyfr hwn yn darparu cyngor a gwybodaeth i blant 6-9 oed. Mae'n dangos i blant ffyrdd o guro nerfusrwydd a chadw pryder rhag dangos ei ben hyll yn y dyfodol megis ysgrifennu cyfnodolyn a braslunio meddyliau gwamal. Mae ganddo leoedd ar ôl pob pennod i blant ysgrifennu meddyliau positif a thynnu golygfeydd hapus ar y dudalen honno.

This book provides advice and information to children ages 6-9 years of age. It shows children ways to beat nervousness and keep worry from showing its ugly head in the future such as writing a journal & sketching out worrisome thoughts. It has spaces after each chapter for children to write positive thoughts and draw happy scenes onto that page.

Find Your Calm by Gabi Garcia (Saesneg/English)



Mae 'Find Your Calm' yn llyfr rhyfeddol o hygyrch sy'n dysgu plant sut i fanteisio ar yr ymdeimlad hwnnw o ddiogelwch pan fydd pryder yn anfon larwm ffug, fel y gallant ddod o hyd i'w tawelwch. Yn cynnwys gweithgareddau syml iddynt ymarfer



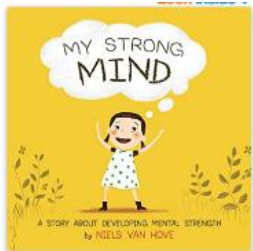
Amazon:

https://www.amazon.co.uk/Find-Your-Calm-Mindful-Approach/dp/1949633128/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1590655151&sr=1-3



Find Your Calm is a wonderfully accessible book that teaches children how to tap into that sense of safety when anxiety sends a false alarm, so they can find their calm. Includes simple activities for them to practice

My Strong Mind by Niels Van Hove (Saesneg/English)



Ydych chi eisiau dysgu'ch plant am Hyder, Gwydnwch a Meddylfryd Twf? Gyda My Strong Mind bydd eich plant yn cael eu cyflwyno i gryfder meddyliol ac yn dysgu am dechnegau i ddatblygu eu meddwl cryf eu hunain.

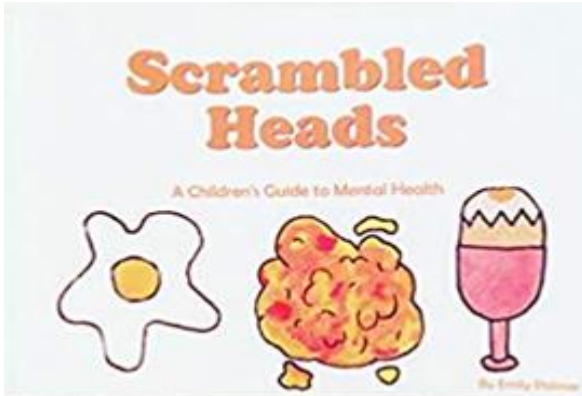
Do you want to teach your children about **Confidence, Resilience** and a **Growth Mindset**? With **My Strong Mind** your children will be introduced to mental strength and learn about techniques to develop their own strong mind.

Amazon:

https://www.amazon.co.uk/dp/0648085910/ref=sspa_dk_detail_4?psc=1&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUExWFFWQ1BaUUQ3ODVUMjVUyY3J5cHRIZElkPUEwODY2MTEyMkJFWVNJWTFHQVVDNyZlbnNyeXB0ZWRBZEIkPUEwMDA4ODExMjdYVUQ2NIZORjJFViZ3aWRnZXROYW1IPXNwX2RldGFpbCZyY3Rpb249Y2xpY2tSZWRpc mVjdCZkb05vdExvZ0NsaWNrPXRydWU=



Scrambled Heads by Emily Palmer (Saesneg / English)



Llyfr plant am iechyd meddwl yw Scrambled Heads. Gall y llyfr gefnogi plant sy'n dioddef â'u hiechyd meddwl, ond hefyd eu brodyr a'u chwiorydd, eu teulu, ffrindiau, cyd-ddisgyblion a hefyd blant rhieni sy'n dioddef o iechyd meddwl gwael.

Mae'r llyfr hwn ar gael o Amazon – This book is available on Amazon:

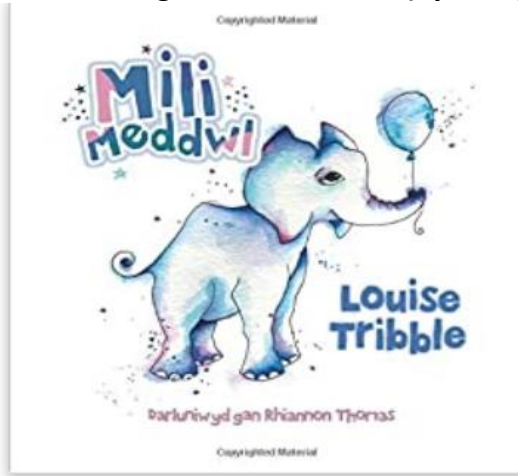
<https://www.amazon.co.uk/Scrambled-Heads-Childrens-Mental-Health/dp/1911357263>



Mae'r llyfr yn hawdd ei ddeall ac yn egluro iechyd meddwl mewn ffordd hwyliog, er mwyn helpu i dorri'r tabŵ o siarad am iechyd meddwl.

Scrambled Heads is children's book about mental health. The book can support children who are suffering with their mental health, but also their siblings, family, friends, classmates and children of parents who are suffering with poor mental health. The book is easy to understand and explains mental health in a fun way, to help break the taboo of talking about mental health.

Mili Meddwl gan Louise Tribble (Cymraeg/Welsh)



Mae Mili yr elffant yn byw yn y presennol. Mae'n defnyddio sgiliau meddwl i ddal pob eiliad ac i helpu eraill drwy ddysgu technegau i adeiladu iechyd meddwl positif.

Mili the elephant lives in the present. He uses thinking skills to capture every moment and to help others by learning techniques to build positive mental health

Amazon:

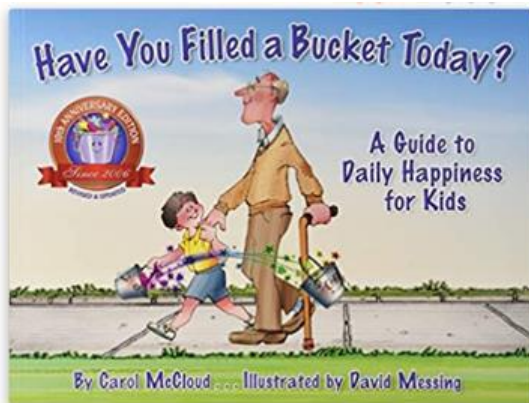
https://www.amazon.co.uk/Mili-Meddwl-Louise-Tribble/dp/1999794818/ref=sr_1_1?dchild=1&keywords=mili+meddwl&qid=1590660451&s=books&sr=1-1



Have You Filled a Bucket Today? by Carol McCloud (Saesneg/English)

Amazon:

https://www.amazon.co.uk/Filled-Bucket-Today-Bucketfilling-Books/dp/099609993X/ref=sr_1_1?crid=2G0OGYSH6HFHV&dchild=1&keywords=have+you+filled+a+bucket+today&qid=1590656149&s=books&srefix=have+%2Cstripbooks%2C255&sr=1-1



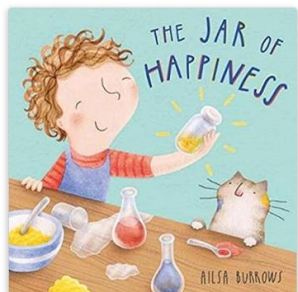
Mae'r llyfr twymgalon hwn yn annog caredigrwydd tuag at eraill. Mae'n annog ymddygiad cadarnhaol trwy ddefnyddio'r cysyniad concrit o 'fwced anweledig' sy'n dal eich holl feddyliau a theimladau da. Mae'r llyfr yn canolbwyntio ar sut mae ein rhyngweithiadau cymdeithasol yn effeithio'n gadarnhaol neu'n negyddol ar eraill ac yn annog pawb i fod yn garedig.

This heart-warming book encourages kindness towards others. It encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds all your good thoughts and feelings. The book focuses on how our social interactions positively or negatively affect others and encourages all to be kind.



Cyfeillgarwch/Friendship

The Jar of Happiness by Alisha Burrows (Saesneg/English)



Amazon:

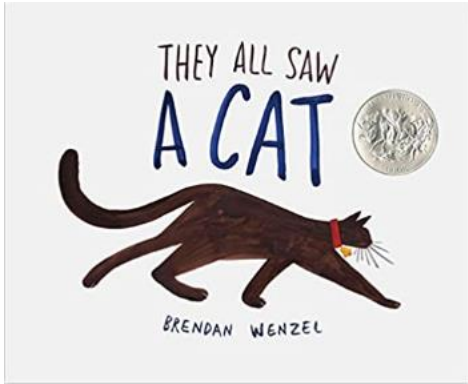
https://www.amazon.co.uk/Jar-Happiness-Childs-Play-Library/dp/1846437288/ref=sr_1_1?crid=CZ22LQWULGGC&dchild=1&keywords=the+jar+of+happiness&qid=1591609582&s=books&prefix=the+jar+%2Cstripbooks%2C192&sr=1-1



Mae Meg yn ferch fach sy'n creu ei hapusrwydd ei hun mewn jar. Mae'r jar hapusrwydd yn codi calon pawb a phan mae hi'n ei golli, mae Meg yn drist iawn. Mae cefnogaeth a charedigrwydd ffrindiau a theulu yn helpu Meg i gydnabod o ble mae ei hapusrwydd yn dod ac nad yw i'w gael mewn jar. Bydd y llyfr hyfryd hwn yn helpu plant ifanc i ddeall yr hyn y mae'n ei olygu i fod yn ffrind da.

Meg is a little girl who creates her own happiness in a jar. The jar of happiness cheers everyone up and when she loses it, Meg is distraught. The support and kindness of friends and family helps Meg to recognise where her happiness really comes from and that it isn't found in a jar. This lovely book will help young children to understand what it means to be a good friend.

They All Saw a Cat by Brendan Wenzel (Saesneg/English)



Llawer o greaduriaid - llygoden, ystlum, a physgod – yn cael y profiad o'r un gath, ond yn cael profiadau gwahanol iawn. Llyfr gwych ar gyfer dysgu sut i weld pethau o safbwyntiau eraill, sgil empathi allweddol.

Lots of creatures – a mouse, bat, and fish - experience the same cat, but very differently. Brilliant book for learning how to see things from other perspectives, a key empathy skill.

Amazon:

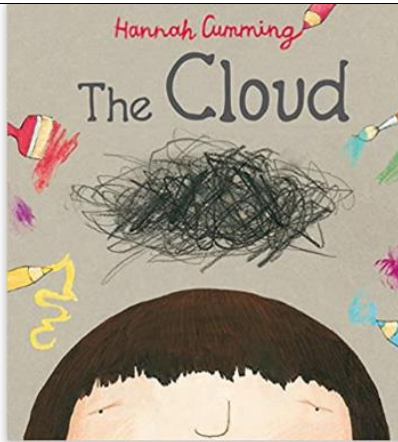
https://www.amazon.co.uk/They-All-Saw-Brendan-Wenzel/dp/1452150133/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1591642981&sr=1-1



The Cloud by Hannah Cumming (Saesneg/English)

Amazon:

https://www.amazon.co.uk/Cloud-Childs-Play-Library/dp/1846433436/ref=sr_1_3?dchild=1&keywords=the+cloud&qid=1591023585&s=books&sr=1-3

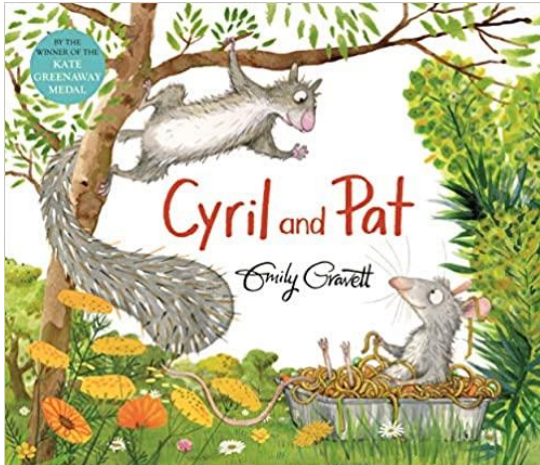


Mae pawb yn cael diwrnodau gwael, ac nid yw plant yn eithriad. Pan fydd cwmwl du yn disgyn ar ferch fach yn yr ysgol, mae cefnogaeth gan gyd-ddisgybl gyda llawer iawn o ddychymyg yn helpu i fywiogi bywydau pawb

Everyone has bad days, and children are no exception. When a black cloud descends on a little girl at school, support from a classmate with a great deal of imagination helps to brighten up everyone's lives.



Cyril and Pat by Emily Gravett (Saesneg / English)



Cyril yw'r unig wiwer ym Mharc y Llyn, ac mae'n unig iawn. Tan un diwrnod, mae'n cwrdd â Pat. Mae Cyril a Pat yn cael llawer o anturiaethau a hwyl gyda'i gilydd ac mae Cyril mor falch ei fod wedi gwneud ffrind. Ond mae pawb yn dweud na all

Amazon:

https://www.amazon.co.uk/Cyril-Pat-Emily-Gravett/dp/1509857281/ref=sr_1_1?crd=24RLIM1USLG00&dchild=1&keywords=cyril+and+pat+by+emily+gravett&qid=1591569280&s=b&sprefix=Cyril+and+pa%2Cstripbooks%2C161&sr=1-1



Cyrl a Pat fod yn ffrindiau, a buan iawn maen nhw'n datgelu pam: mae Pat, fel mae'r darlennydd wedi gwybod ar ei hyd, yn LLYGODEN FAWR mewn gwirionedd! Ond mae bywyd Cyril yn llawer mwy diflas ac ychydig yn fwy dychrynlyd heb Pat wrth ei ochr, ac yn y diwedd mae'r ddau ffrind yn dysgu bod rhai pethau'n bwysicach na bod yr un peth, neu wrando ar eraill.

Cyrl is the only squirrel in Lake Park, and he's very lonely. Until one day he meets Pat. Cyril and Pat have lots of adventures and fun together and Cyril is so pleased he's made a friend. But everyone says that Cyril and Pat simply cannot be friends, and they soon reveal why: Pat, as the reader has known all along, is actually a RAT! But Cyril's life turns out to be a lot duller and quite a bit scarier without Pat by his side, and in the end the two friends learn that some things are more important than being the same, or listening to others.

Unigrywiaeth/Uniqueness

Mae'n Iawn Bod yn Wahanol gan Todd Parr (Cymraeg/Welsh)



Mae 'Mae'n Iawn Bod yn Wahanol' yn lyfr clyfar sy'n cyflwyno'r negeseuon pwysig o dderbyn, deall a magu hyder mewn fformat hygyrch, cyfeillgar i blant sy'n cynnwys lluniau llachar a golygfeydd gwirion. Wedi'i dargedu at blant ifanc sy'n dechrau darllen, bydd y llyfr hwn yn ysbrydoli plant i ddathlu eu hunigoliaeth trwy dderbyn eraill a hunanhyder.

Amazon:

https://www.amazon.co.uk/Maen-lawn-Wahanol-Okay-Different/dp/1908574488/ref=sr_1_1?dchild=1&keywords=mae%27n+iawn+bod+yn+wahanol&qid=1590584713&s=books&sr=1-1



'Mae'n Iawn Bod yn Wahanol':

<https://www.youtube.com/watch?v=uPx9-b0tGwc>



It's Okay to Be Different by Todd Parr (Saesneg/English)



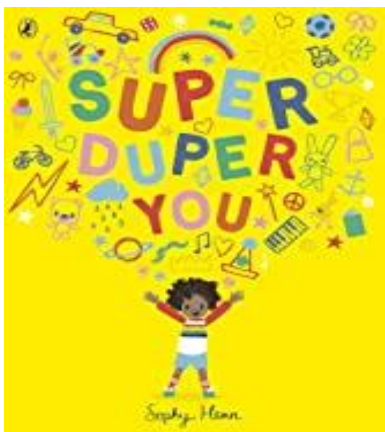
It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colours and silly scenes. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence.

Amazon:

https://www.amazon.co.uk/Okay-Different-Todd-Parr-Classics/dp/0316043478/ref=sr_1_4?crd=2ZT4XERPXTWZ4&dchild=1&keywords=its+ok+to+be+different&qid=1590584811&s=books&prefix=its+ok%2Cstripbooks%2C227&sr=1-4



Super Duper You by Sophy Henn (Saesneg/English)



Llyfr lluniau odli lliwgar positif sy'n annog plant i ddathlu eu natur unigryw a rhoi'r gorau i boeni am beidio â ffitio gyda'r dorf.

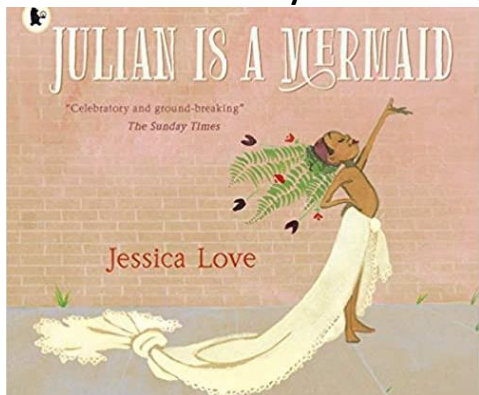
A positive colourful rhyming picture book that encourages children to celebrate their uniqueness and stop worrying about not fitting with the crowd.

Amazon:

https://www.amazon.co.uk/Super-Duper-You-Sophy-Henn/dp/0141385480/ref=sr_1_1?crd=UHHYAFQMO7EW&dchild=1&keywords=super+duper+you+sophy+henn&qid=1591566901&s=books&prefix=Super+Duper+you%2Cstripbooks%2C165&sr=1-1



Julian is a Mermaid by Jessica Love (Saesneg/English)



Yn syfrdanol ac yn llawn calon, mae'r llyfr hwn yn ddarlun gorfoleddus o hunan-gariad ac yn ddathliad gloyw o unigoliaeth.

Wrth reidio'r isffordd adref gyda'i Nana un diwrnod, mae Julian yn sylwi ar dair menyw wedi gwisgo'n ysblennydd. Mae eu gwallt yn ymledu mewn arlliwiau gwych, mae eu ffrogiau'n gorffen mewn cynffonau pysgod, ac mae eu llawenydd yn llenwi cerbyd y trê. Pan fydd Julian yn cyrraedd adref, mae'n breuddwydio ar yr hud a welodd, y cyfan y gall feddwl amdano yw gwisgo i fyny yn union fel y menywod a gwneud ei wisg forforwyn wych ei hun. Ond beth fydd Nana yn ei feddwl am y llanastr y mae'n ei wneud - ac yn bwysicach fyth - beth fydd hi'n ei feddwl am sut mae Julian yn gweld ei hun?

Mesmerizing and full of heart, this book is a jubilant picture of self-love and a radiant celebration of individuality.

While riding the subway home with his Nana one day, Julian notices three women spectacularly dressed up. Their hair billows in brilliant hues, their dresses end in fishtails, and their joy fills the train carriage. When Julian gets home, daydreaming of the magic he's seen, all he can think about is dressing up just like the ladies and making his own fabulous mermaid costume. But what will Nana think about the mess he makes – and even more importantly – what will she think about how Julian sees himself?

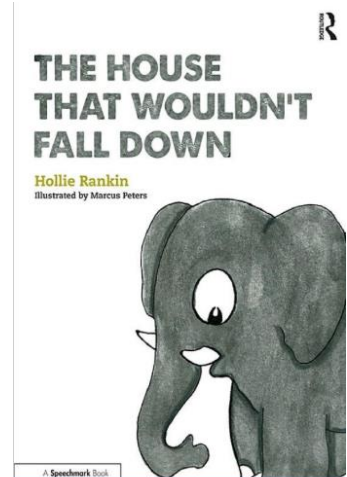
Amazon:

https://www.amazon.co.uk/Julian-Mermaid-Jessica-Love/dp/1406386421/ref=sr_1_1?crid=PVWBCP8J90ZI&dchild=1&keywords=julian+is+a+mermaid+by+jessica+love&qid=1591567472&s=books&sprefix=Julian+is+a+Mermai%2Cstripbooks%2C181&sr=1-1



Trawma/Trauma

The House That Wouldn't Fall Down by Hollie Rankin (Saesneg/English)



Mae'r llyfr lluniau therapiwtig darluniadol hyfryd hwn yn adrodd stori Ava yr Eliffant. Mae Ava yn byw mewn tŷ lle nad yw hi bob amser yn teimlo'n hapus ac yn ddiogel, ond mae'n dŷ y mae Ava yn ei garu. Un diwrnod mae tŷ Ava yn cwmpo i lawr. Mae Ava yn eliffant penderfynol iawn ac mae'n mynd ati i chwilio am gartref newydd. Mae hi'n rhoi cynnig ar lawer o wahanol dai ar ei thaith, ond nid oes yr un ohonynt yn ymddangos yn hollol iawn; ni ymddangosai yr un yn ddigon sefydlog na diogel iddi.

Ysgrifennwyd y llyfr stori hwn i gynorthwyo oedolion allweddol i helpu plant sydd wedi'u trawmateiddio i ddod o hyd i ffordd i ymddiried eto. Mae'r stori'n annog plant i uniaethu â rhywfaint o brofiad Ava ac archwilio'r teimladau y mae'n eu profi. Mae'r llyfr yn helpu i hyrwyddo trafodaeth a myfyrio; a'i nod yw sicrhau plant ei bod yn bosibl dod o hyd i 'dŷ na fydd yn cwmpo i lawr'.

This beautifully illustrated, therapeutic picture book tells the story of Ava the Elephant. Ava lives in a house where she doesn't always feel happy and safe, but it is a house that Ava loves. One day Ava's house falls down. Ava is a very determined elephant and sets out in search of a new home. She tries many different houses on her journey, but none seem quite right; none seem stable or safe enough to her. This storybook has been written to support key adults in helping traumatised children to find a way to trust again. The story encourages children to identify with

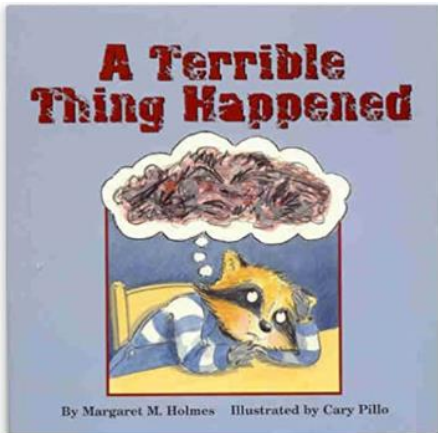
Amazon:

<https://www.amazon.co.uk/House-That-Wouldnt-Fall-Down/dp/1138360481>



some of Ava's experience and to explore the feelings she experiences. The book helps promote discussion and reflection; and aims to reassure children that it is possible to find a 'house that won't fall down'.

A Terrible Thing Happened by Margaret M. Holmes (Saesneg/English)



Gwelodd Sherman Smith y peth mwyaf ofnadwy yn digwydd. Ar y dechrau fe geisiodd anghofio amdano, ond yn fuan iawn fe ddechreuodd rhywbeth y tu mewn iddo drafferthu. Weithiau bydd ei stumog yn brifo. Roedd ganddo freuddwydion drwg. A dechreuodd deimlo'n ddig a gwneud pethau cas, a gafodd hynny mewn trafferth. Yna cyfarfu â Ms Maple a'i helpodd i siarad am y peth ofnadwy yr oedd wedi ceisio ei anghofio. Nawr mae Sherman yn teimlo'n llawer gwell. Mae'r stori ysgafn hon ar gyfer plant sydd wedi bod yn dyst i unrhyw fath o bennod dreisgar neu drawmatig. Mae ôl-eiriau yn darparu awgrymiadau helaeth ar gyfer helpu plant sydd wedi'u trawmateiddio, gan gynnwys rhestr o ffynonellau eraill sy'n canolbwyntio ar ddigwyddiadau penodol.

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told story is for children who have witnessed any kind of violent or traumatic episode. An afterword provides extensive suggestions for helping traumatised children, including a list of other sources that focus on specific events.

Amazon:

https://www.amazon.co.uk/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr_1_1?crid=11FOO4GE760KQ&dchild=1&keywords=a+terrible+thing+happened&qid=1590658858&s=books&srefix=a+terri%2Cstripbooks%2C157&sr=1-1



