



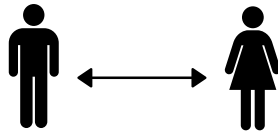
A STROLL FOR THE SENSES



Explore your local area and take in the sights, sounds and smells. What do you notice?



Keep a log of all of the things that you notice on your stroll



Remember to keep 2m from those who don't live with you

WHAT CAN YOU SEE?




Count the rainbows you see in people's windows

Can you see something from every colour of the rainbow on your walk?



WHAT CAN YOU HEAR?



Bird song  A dog barking 

The wind in the trees 

Cars  A bicycle bell 

People  Train 

WHAT CAN YOU SMELL?



Grass  BBQ 

Sea Air  Car Fumes 

Flowers 

Farm  Rain 

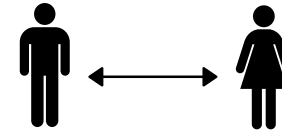
MYND AM DRO GYDA'CH SYNHWYRAU



Edrychwch o gwmpas eich ardal leol; pa drysor allwch chi ddod o hyd iddo ar eich taith?



Cadwch gofnod o'r holl bethau y byddwch yn sylwi arnynt ar eich taith



Cofiwch gadw 2m oddi wrth y rhai nad ydych chi'n byw gyda nhw

BETH WYT TI'N GALLU EI WELD?



Cyfrwch yr enfysau yr ydych yn dod o hyd iddynt yn ffenestri pobl

Allwch chi weld rhywbeth o bob lliw o'r enfys ar eich taith gerdded?



BETH ALLWCH CHI EI GLYWED?



Cân yr adar



Ci yn cyfarth



Y gwynt yn y coed



Ceir



Cloch beic



Pobl



Tren

BETH ALLWCH CHI EI AROGLU?



Glaswellt



BBQ



Awyr y môr



Blodau



Mygdarth ceir



Fferm



Glaw

Cyngor Bro Morgannwg - Tîm Datblygu Chwaraeon a Chwarae



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