

Relax & Connect

On a warm, sunny day lie down on the grass in a safe place.

Close your eyes and feel the warm sun on your face and body.

What can you hear?

What can you smell?

Take a deep breath and relax.

Now open your eyes.

Look around...

You have an ant's eye view of the world!

Look carefully into the grass in front of you.

What can you see?



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Ymlacio a chysylltu

**Ar ddiwrnod cynnes, heulog
gorwedda ar y glaswellt mewn lle saff.**

Caea dy lygaid a theimla'r
haul cynnes ar dy wyneb a dy gorff.

Beth galli di glywed?

Beth galli di aroglï?

**Anadla'n ddwfn
ac ymlacia.**

Nawr agora dy lygaid.

Edrycha o gwmpas...

Rwyt ti'n gweld y byd fel morgrugyn!

Edrycha'n ofalus i'r
glaswellt o dy flaen.

Beth galli di weld?



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Gweithgaredd
wedi'i greu gan

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