

# BUILD A DEN

Building a den or hide can help you get up close to nature - birds and animals can't see you. And it's fun!

## HERE'S HOW:

You'll need fallen branches, sticks and leaves.

A tree makes a good base - you can lean long branches against the trunk - like a teepee!

Or, prop one end of a long branch into a fork in a tree - like a backbone. Then collect fallen branches and sticks to lean against it.

Now cover the den frame with small branches, bracken and ferns and leaves.

Use your imagination and see what you come up with!

## GET INSIDE AND LOOK OUT AT NATURE.



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## NOW TRY:

Camouflaging your face with mud. You can even 'wear' bracken or ferns in your hair!

# ADEILADU LLOCHES

Gall adeiladu lloches neu guddfan dy helpu i agoshau at natur – dydy adar ac anifeiliaid ddim yn gallu dy weld. Ac mae'n hwyll!

**DYMA  
SUT:**

Byddi di angen canghennau sydd wedi cwmpo, ffyn a dail.

Mae coeden yn gwneud sylfaen da – galli di bwysu canghennau hir yn erbyn y boncyff – fel 'teepee'!

Neu, gosoda un pen o gangen hir i mewn i fforch mewn coeden – fel asgwrn cefn. Yna casgla canghennau sydd wedi cwmpo a ffyn i bwysu yn ei erbyn.

Nawr gorchuddia ffrâm y lloches gyda changhennau bychain, rhedyn a dail.

Defnyddia dy ddychymyg i weld beth galli di ddyfeisio!

## CER TU FEWN AC EDRYCHA ALLAN AR FYD NATUR.



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Gweithgaredd  
wedi'i greu gan

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**NAWR  
TRIA:**

Defnyddio mwd ar dy wyneb fel cuddliw. Gallu di hyd yn oed 'wisgo' rhedyn yn dy wallt!