

Gwanwyn Celtaidd

Gwanwyn Celtaidd - Celtic Spring
Chwefror / Mawrth - February / March

**Canllaw byr am gweithgareddau
allanol wrtho'i hun
neu gyda ffrindiau.**

Santes Ffraid, Gŵyl Fair y Canhwyllau
Sant Seriol, Sant Teilo, Grawys.

*Edrychwch am Clychau Mair.
Arwain gwydnwch a cryfder natur*

Diwrnod Encil: Treulio hanner neu
diwrnod llawn wrtho'i hun mewn natur.

Dewis darn Tir, Gardd, Parc
Cyhoeddus neu Coedwig.

**A brief guide to activities
outdoors on your own,
or with friends.**

St. Bridget's day, Candlemas,
St. Seriol, St. Teilo, Lent.

*Look for Snowdrops, (Mary's Bells)
Sign of resilience and strength in nature*

Retreat Day: Spend half or a whole day
alone in nature.

Choose a piece of Land, a Garden, a
Public Park or Woodland.

Gweithgareddau:

Crwydro heb cyrchfan, fforio yr ardal,
bod yn chwilfrydig, Edrych,
Gwranddo, Flasu, Arogli, Cyffwrddu,

Man eistedd

Dewis rhywle i eistedd am hanner awr.
Croesewch gwrthdyniadau

Hel Trysor

Gwneud rhestr cyn i chi mynd

Gwneud croes Santes Ffraid, gwithio
hadau blodau gwyllt rhwng y coesyn a
gadael rhywle fel swpreis am bobl arall
hwyr yn y blwyddyn

Cynnig Lletygarwch

Gwneud bocsiâu aderyn



Activities:

Wander without destination,
explore the area, be inquisitive
Look, Listen, Taste, Smell, Touch,

Sit Spot

Choose somewhere to sit for half an
hour. Allow yourself to be distracted

Treasure Hunt

Make a list before you go

Make a cross of St. Brigit, push wild-
flower seeds between the stalks and
leave it somewhere as a surprise for
others later in the year

Offer Hospitality

Make birdboxes