
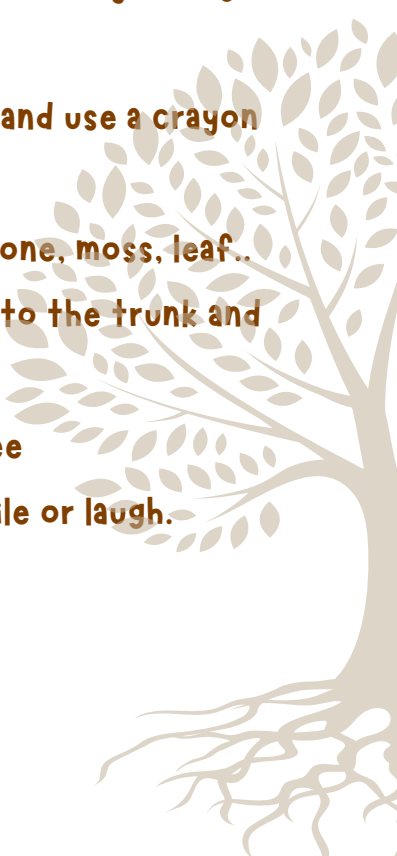




10 things to do with children to reconnect to each other and nature

1. Plan a route using a map and let the children lead the way
 2. Find a stick each and play 'This isn't a stick it's a.....' and act it out
 3. Climb to a viewpoint and point out the things you can see in the distance
 4. Visit a castle and touch the wall imagining what it was like all those years ago
 5. Build a den or a family HQ
 6. Look at the different trees, notice the different patterns and use a crayon or charcoal to do a bark rubbing
 7. Make up a scavenger hunt to find things: a feather, seed, stone, moss, leaf..
 8. Measure the girth of trees by hugging them, press your ear to the trunk and listen to the sap rising.
 9. Lie on the ground and gaze at clouds, what shapes can you see
 10. Do a 'happy treasure hunt', find 10 things that make you smile or laugh.
- 
- 

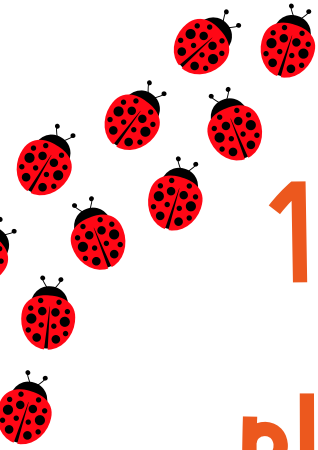


cometo.wales





Halkyn Castle Wood
Events and Education





10 peth i'w gwneud efo plant i ailgysylltu gyda'ch gilydd a gyda natur



1. Cynllunio eich llwybr ar fap a gadael i'r plant arwain
 2. Dod o hyd i ffon a chwarae'r gêm 'Nid ffon ydi hon, mae'n' ac actio hynny
 3. Dringo i olygfan a nodi'r pethau y medrwch eu gweld yn y pellter
 4. Ymweld â chastell a chyffwrdd y wal a dychmygu sut le oedd yno yr holl flynyddoedd yn ôl
 5. Adeiladu den neu bencadlys i'r teulu
 6. Edrychwch ar y gwahanol goed, sylwch ar y gwahanol batrymau a defnyddiwch greion neu siarcol i rwbio'r rhisgl
 7. Lluniwch restr helpa: pluen, hadyn, carreg, mwsogl, deilen
 8. Mesur lled coed trwy eu cofleidio. Pwyswch eich clust yn erbyn y boncyff a gwrando ar y sudd yn codi
 9. Gorweddwch ar y ddaear a sylu ar y cymylau. Pa siapiau fedrwch chi eu gweld?
 10. Gwnewch 'helpa drysor hapus' – dod o hyd i 10 peth sy'n gwneud i chi chwerthin neu wenu
- 



cometo.wales



Halkyn Castle Wood
Events and Education

