



# TOGETHER WE CAN

## CHANGE YOUNG LIVES

# GYDA'N GILYDD GALLWN NI

## NEWID BYWYDAU IFANC

JOIN US AND  
FEEL GOOD THIS

## BBC CHILDREN IN NEED DAY

YMWUNWCH Â NI A  
THEIMLO'N DDA AR

## DDIWRNOD BBC PLANT MEWN ANGEN

Friday 19 November is set to be a whole play day of fabulous fun for early years children nationwide. With lots of exciting activities to take part in, all designed to fit in perfectly with the nursery day.

Everyone will love to get crafty, dance, dress up and sing along with Bing - all while raising funds to change the lives of children across the UK. This year more than ever, these children need our help to overcome the extra challenges they face due to the impact of Covid-19.

Make sure everyone has a chance to make a difference. You can celebrate your BBC Children in Need Day with the children any day of the week.

Gwnewch yn siŵr bod pawb yn cael cyfle i wneud gwahaniaeth. Gallwch ddathlu Diwrnod BBC Plant mewn Angen gyda'r plant unrhyw ddiwrnod o'r wythnos.

Bydd dydd Gwener 19 Tachwedd yn ddiwrnod chwarae llawn hwyl i blant y blynyddoedd cynnar ledled y wlad. Gyda llawer o weithgareddau cyffrous i gymryd rhan ynddyn nhw, maen nhw i gyd wedi'u cynllunio i gyd-fynd yn berffaith â diwrnod y feithrinfa.

Bydd pawb wrth eu bodd yn bod yn greffus, yn dawnsio, yn gwisgo i fyny ac yn canu gyda Bing - ar yr un pryd â chodi arian i newid bywydau plant ledled y DU. Eleni yn fwy nag erioed, mae angen ein help ni ar y plant hyn i oresgyn yr heriau maen nhw'n eu hwynebu oherwydd effaith Covid-19.



### WITH SOME FAMILIAR FACES

### GYDA RHAI WYNEBAU CYFARWYDD

We're delighted to have TV favourite Bing and his friends on board this year to help children have fun and learn their colours with the brilliant Rainybow Song!

Rydyn ni'n falch iawn o gael cwmni Bing, sy'n ffefryn ar y teledu, a'i ffrindiau eleni i helpu plant i gael hwyl a dysgu eu lliwiau gyda'r rhaglen Rainybow Song!



*Look the part! Edrychwch yn wych!*

Order your Pudsey goodies now!  
Archebwch eich nwyddau Pudsey nawr!

You can still order your Pudsey merchandise ready for the big day at  
Gallwch archebu eich nwyddau Pudsey yn barod ar gyfer y diwrnod mawr ar  
**BBCCHILDRENINNEEDSHOP.CO.UK**

# TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

## HAVE FUN & RAISE MONEY GAEL HWYL A CHODI ARIAN

There are lots of really fun and exciting ways to get your nursery fundraising on BBC Children in Need Day - making it into one big play-day to raise funds that make a big difference all year-round.

Mae llawer o ffyrdd hwyliog a chyffrous o godi arian yn eich meithrinfa ar Ddiwrnod BBC Plant mewn Angen - gan ei wneud yn un diwrnod chwarae mawr i godi arian sy'n gwneud gwahaniaeth mawr drwy gydol y flwyddyn.

**£1 or £2 is all it takes**

Just ask children to donate a small amount, dress up and have fun on Friday 19 November

**Dim ond £1 neu £2 sydd ei angen**

Gofynnwch i blant gyfrannu rhodd fechan, gwisgo i fyny a chael hwyl ddydd Gwener 19 Tachwedd



**GET CRAFTY** by making Sula hearts to use as stickies or decorating magic sparkle wands - just two of the fun, crafty ideas we have online!

**HWYL EFO CREFFTAU** drwy wneud calonnau Sula i'w defnyddio fel sticeri neu i addurno hudlathau disglair - dim ond dau o'r syniadau llawn hwyl sydd gennym ar-lein!



**SING WITH BING** Helping children learn their colours couldn't be more fun than with Bing's Rainybow Song! Head to our website to share the song with your children.

**CANU GYD BING** Ni allai helpu plant i ddysgu eu lliwiau fod yn fwy o hwyl na gyda Rainybow Song Bing! Ewch i'n gwefan i rannu'r gân â'ch plant.



**DRESS UP OR PJ DAY** is when children and staff can dress up and play all day. Or why not wear some PJs - Pudsey and Bing will be wearing theirs!

**DIWRNOD GWISGO I FYNY NEU BYJAMAS** pan fydd plant a staff yn gallu gwisgo i fyny a chwarae drwy'r dydd. Neu beth am wisgo pyjamas - bydd Pudsey a Bing yn gwisgo eu rhai nhw!



**MUSICAL STATUES/DANCEATHON**

BBC Children in Need Day is a great excuse for a party! Play musical statues with the children & see who can stand statue-still when the music stops!

**DELWAU CERDDOROL/DAWSATHON**

Mae Diwrnod BBC Plant mewn Angen yn esgus gwych i gael parti! Chwaraewch ddelwau cerddorol gyda'r plant a gweld pwy sy'n gallu aros yn stond pan fydd y gerddoriaeth yn dod i ben!

**TREASURE HUNT** Hide the Bing characters found in your pack around the nursery or pre-school and watch the children have lots of fun finding them!

**HELFA DRYSOR** Cuddiwch gymeriadau Bing sydd yn eich pecyn o amgylch y feithrinfa neu'r lleoliad cyn-ysgol, a gwyllo'r plant yn cael llawer o hwyl wrth ddo o hyd iddyn nhw!

Visit [BBCCHILDRENINNEED.CO.UK/SCHOOLS](http://BBCCHILDRENINNEED.CO.UK/SCHOOLS) for everything you need to get started and to find out how we're supporting children in your community

Ewch i [BBCCHILDRENINNEED.CO.UK/SCHOOLS](http://BBCCHILDRENINNEED.CO.UK/SCHOOLS) ar gyfer popeth sydd ei angen arnoch i ddechrau arni ac i gael gwybod sut rydyn ni'n cefnogi plant yn eich cymuned



Our dedicated supporter care team are here to help. Get in touch on **0345 609 0015** (standard geographical charges apply) or email [pudsey@bbc.co.uk](mailto:pudsey@bbc.co.uk)

Mae ein tîm gofal cefnogwyr ymroddedig yma i helpu. Cysylltwch ar **0345 609 0015** (codir pris galwadau daearyddol safonol) neu anfonwch e-bost at [pudsey@bbc.co.uk](mailto:pudsey@bbc.co.uk)



**BBC**  
Plant mewn Angen  
Children in Need



**VISIT / EWCH I [BBCCHILDRENINNEED.CO.UK/SCHOOLS](http://BBCCHILDRENINNEED.CO.UK/SCHOOLS)**

For lots more fun, fundraising ideas and to download resources i gael llawer mwy o syniadau codi arian hwyliog ac i lwytho adnoddau i lawr