

Haf o Hwyl

Summer of Fun



**Comisiynydd
Plant Cymru**
Children's
Commissioner
for Wales

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Mae'r e-lyfr hwn wedi'i greu gan blant a phobl ifanc ledled Cymru.

Gofynnodd **Comisiynydd Plant Cymru** a **Chwarae Cymru** i blant a phobl ifanc am eu hoff gêm maent yn hoff o chwarae.

Rydyn ni wedi rhoi eu holl gemau a syniadau yn yr e-lyfr hwn er mwyn i chi roi cynnig arnyn nhw.

Os ydych chi'n mwynhau un o'r gemau o'r llyfr neu os hoffech chi rannu eich un chi, rhowch wybod i ni wrth e-bostio post@complantcymru.org.uk neu defnyddiwch #HafoHwyl ar Twitter.



This e-book has been created by children and young people from across Wales.

The **Children's Commissioner for Wales** and **Play Wales** asked children and young people about their favourite game to play.

We have put all of their games and ideas into this e-book so you can try them.

If you enjoy one of the games from the book or would like to share your own, please let us know by emailing **post@childcomwales.org.uk** or use **#HafoHwyl** on Twitter.



Comisiynydd Plant Cymru

Sally Holland yw Comisiynydd Plant Cymru.

Swydd Sally yw sicrhau bod pob plentyn yng Nghymru yn cael ei Hawliau Plant.

Hawliau plant yw'r pethau sydd eu hangen arnoch i dyfu i fyny yn hapus, yn iach ac yn ddiogel.

Chwarae Cymru

Chwarae Cymru yw'r elusen genedlaethol ar gyfer chwarae yng Nghymru.

Mae Chwarae Cymru yn gweithio'n galed i sicrhau bod gan bob plentyn yr hawl i chwarae.

Mae Chwarae Cymru yn gweithio'n galed i sicrhau bod pob oedolyn yn gwybod pa mor bwysig yw chwarae.



Children's Commissioner for Wales

Sally Holland is the Children's Commissioner for Wales.

Sally's job is to make sure that all children in Wales get their Children's Rights.

Children's rights are the things you need to grow up happy, healthy and safe.

Play Wales

Play Wales is the national charity for play in Wales.

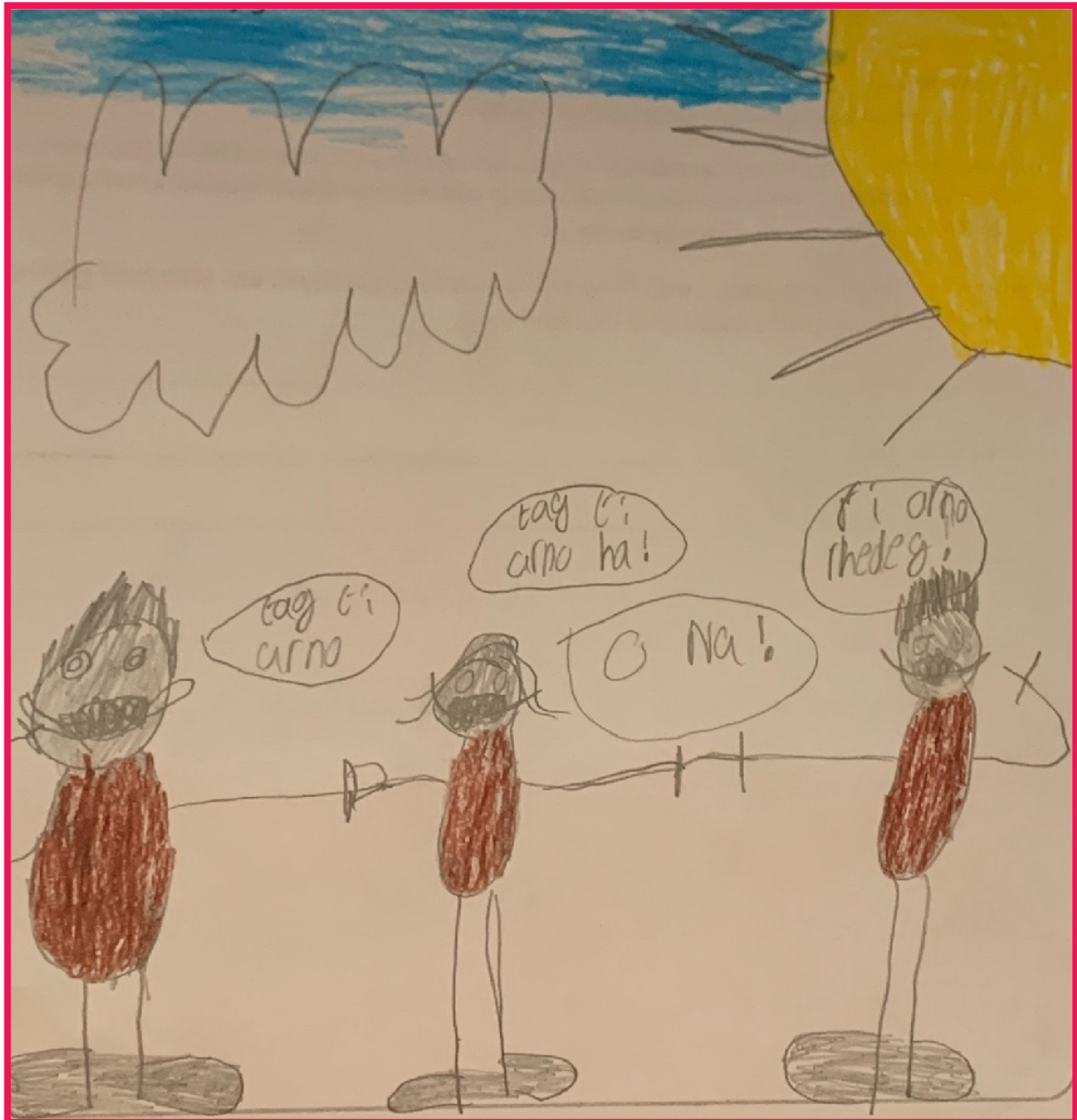
Play Wales works hard to make sure that all children have the right to play.

Play Wales works hard to make sure that all adults know how important playing is.



Hide and Seek | Cuddio a Chwilio

by | gan Jayden



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Nadroedd ac ysgolion gan Seren a Rhys

Faint all chwarae?

2+

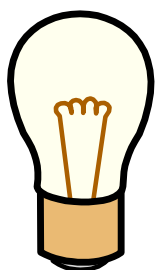
Sut i chwarae:

Yn gyntaf, roliwch y dis, nesaf symudwch eich botwm neu gownter i'r rhif rydych wedi rhoio. Os ydych chi'n rhoio 6 rydych yn cael tro arall. Rydych yn chwarae'r gêm nes i rywun cyrraedd 100. Peidiwch anghofio os ydych yn glanio ar ysgol rydych yn mynd i fyny'r bwrdd ond os i chi'n glanio ar neidr rydych chi'n mynd i lawr y bwrdd.

Rheolau'r gêm:

Pawb i gael tro cyfartal

Bydd angen dis



Os ydych chi eisiau chwarae'r gêm, gallwch chi greu bwrdd chwarae eich hun gan ddefnyddio darn o bapur a defnyddio botymau fel cownteri.



Snakes and Ladders by Seren & Rhys

How many players?

2+

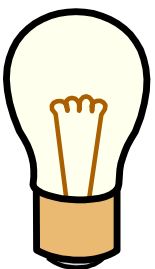
How to play:

First you roll the dice, next you move your button onto the number you get. If you roll a 6 you get another turn. You keep on going until 100. Don't forget if you land on a ladder you go up the game board but if you land on a snake you have to go down the board.

Rules of the game:

Take it in turns

You will need a dice



If you want to try playing the snakes and ladders game you could make your own board using a piece of paper and use buttons for counters.



Pêl Poeth gan Jayden

Faint all chwarae?

2+

Sut i chwarae:

Mae rhywun yn taflu pêl i'r awyr, os i chi'n dal y bêl rydych chi'n cael 5 pwynt. Ond os i chi'n gollwng y bêl rydych chi'n colli 1 pwynt.

Rheolau'r gêm:

Pawb i gael tro i daflu'r bêl.

Mae angen i bob chwaraewr ceisio dal y bêl.



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Hot Ball by Jayden

How many players?

2+

How to play:

You throw a ball in the sky and if you catch it you get 5 points. But on the other hand if you drop it you get -1 point.

Rules of the game:

Take turns throwing the ball.

All players get to try and catch the ball.



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Cuddio a Chwilio gan Leon a Michael

Faint all chwarae?

5 neu mwy

Sut i chwarae:

Mae'r person sy'n chwilio yn cyfri am 80 eiliad. Pryd maen nhw'n cyfri mae pawb arall yn cuddio. Mae angen cuddio mewn lle da.

Mae'r person sy'n chwilio gorfod ffeindio pawb.

Rheolau'r gêm:

Mae gan y person sy'n chwilio (yr un sy'n cyfri) 10 munud i ffeindio pawb.



Hide and Seek by Leon and Michael

How many players?

5 or more

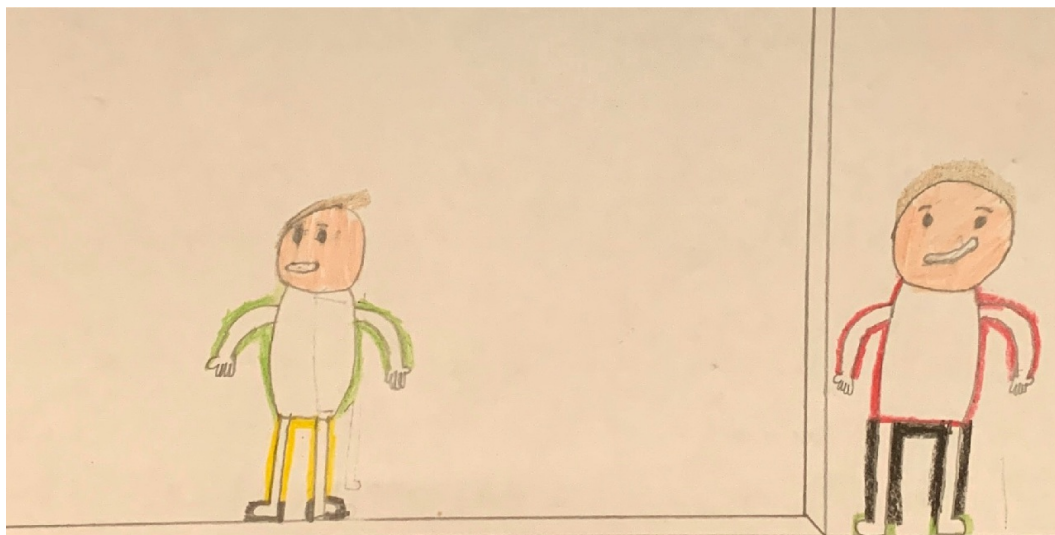
How to play:

The seeker counts to 80 seconds. When they count everyone else hides. You need to hide in a good spot.

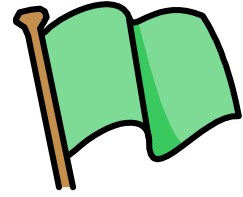
The Seeker has to find everyone.

Rules of the game:

The Seeker (the person who counts) has 10 minutes to find everyone.



Gêm fflag rhifau gan Jessica



Faint all chwarae?

20 ar y man mwyaf (mae angen rhif cyfartal i chwarae ac un arweinydd)

Sut i chwarae:

Mae angen dau grŵp gyda nifer cyfartal ac un person fel yr arweinydd. Mae pob chwaraewr yn cael rhif fel bod ganddynt wrthwynebwr ar y tîm arall.

Mae'r ddau dîm yn sefyll mewn llinell, 30 cam o'r tîm arall.

Mae'r arweinydd yn sefyll yn y canol yn dal banner. Maen nhw'n gwaeddi rhif allan, os mae eich rhif chi yn cael i alw rydych yn rasio i ôl y fflag. Unwaith mae gennych y fflag mae angen rhedeg yn ôl i'ch llinell cyn i'r person arall eich tagio.

Rheolau'r gêm:

Mae rhaid cadw i'ch rhif chi

Mae rhaid cael rhif cyfartal ar y ddau dîm



Number Flag Game by Jessica



How many players?

20 max (you need even numbers for each team and one leader)

How to play:

There's two even numbered groups and one person as the leader. Each player is given a number so they have an opponent on the other team.

Each team stands in a line 30 steps away from the other team.

The Leader is in the middle holding up a flag. They shout out a number and if your number is called you race to get the flag. Once you have the flag you have to run back to your line before the person on the other team tags you.

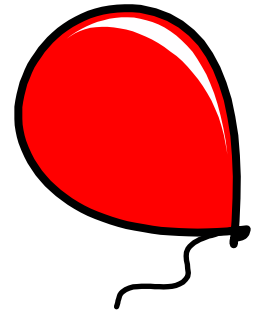
Rules of the Game:

You must stick to your number

Even numbers on each team



Cadwa i lan! gan Mackenzie



Faint all chwarae?

2

Sut i chwarae:

Mae angen balwn i chwarae, mae hefyd angen amserydd neu ffôn i amseri.

Felly i chwarae mae'r ddau ohonoch chi yn mynd ar naill ochr ac mae rhywun yn taflu fe lan, wedyn mae'r ddau ohonoch chi yn taro'r balwn i gadw fe i lan.

Rheolau'r gêm:

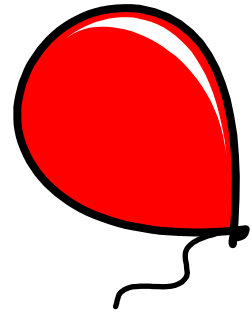
Paid gadael e i ddisgyn neu mae'r person arall yn ennill

Ceisiwch neud triciau am fwy o hwyl. Os mae'r balwn yn popio wedyn mae'r person sydd wedi ei popio'n colli.

Chi methu taro'r nenfwd.



Keep it up! by Mackenzie



How many players?

2

How to play:

You need a balloon to play, you also need a stop watch or phone to time.

So to play you both go on each side and someone throws it up, from then you both hit the balloon to keep it up.

Rules of the game:

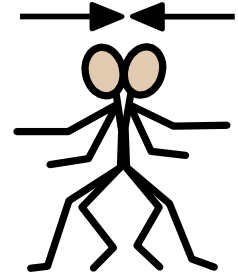
Don't drop it or the opposite person will win.

Try and do tricks for more fun. If the balloon pops then the person who popped it loses

You can't hit the ceiling.



Pynciau Poeth gan Anest a Leia



Faint all chwarae?

3

Sut i chwarae:

Mae un person yn sefyll ar yr ochr, y ddau/dwy berson arall yn gefn wrth gefn.

Rhaid i'r person sydd yn sefyll yn y canol ddewis pwnc e.e. fferins a siocled.

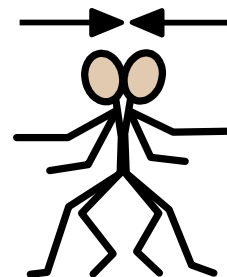
Yna mae'r person yn dweud rhywbeth fel 'buttons, fredo, toblerone' unwaith maent o leiaf 4 metr i ffwrdd yna mae'r person yn y canol yn gweiddi rhywbeth hollol wahanol e.e. 'soffa', yna y cyntaf i droi rownd a saethu y person arall sy'n ennill.

Rheolau'r gêm:

Dim mwy na tri pherson yn cael chwarae.



Top topics by Anest and Leia



How many players?

3

How to play:

One person stands in the middle, the other two stand back to back.

The person in the middle has to choose a topic e.g. sweets and chocolate.

Then the person says something like 'buttons, freda, toblerone.' When they are at least 4 meters apart then the person in the middle shouts something totally different e.g. 'soffa,' and the the first to turn around and shoot the other person first wins.

Rules of the game:

No more than 3 people can play.



**Tag gan Jensen, Alex, Ela, Tomos, Elsa
a Scarlett**

Faint all chwarae?

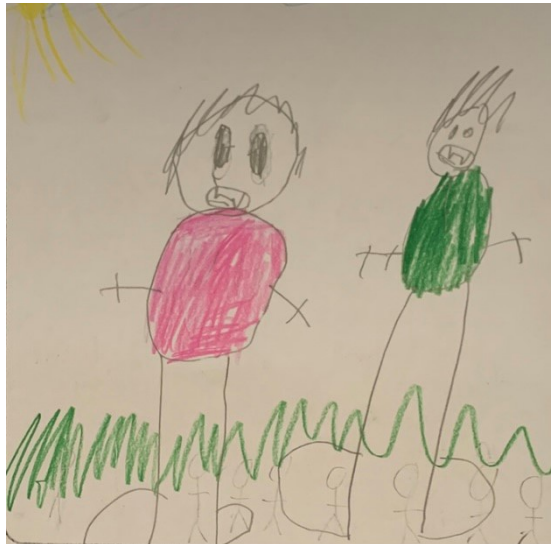
Does dim ots

Sut i chwarae:

Mae un person ymlaen (person sy'n tagio). Os maen nhw yn cyffwrdd chi rydych chi ymlaen wedyn.

Rheolau'r gêm:

Rhaid i ti dagio ar y fraich neu bola.



Tag by Jensen, Alex, Ela, Tomos, Elsa and Scarlett

How many players?

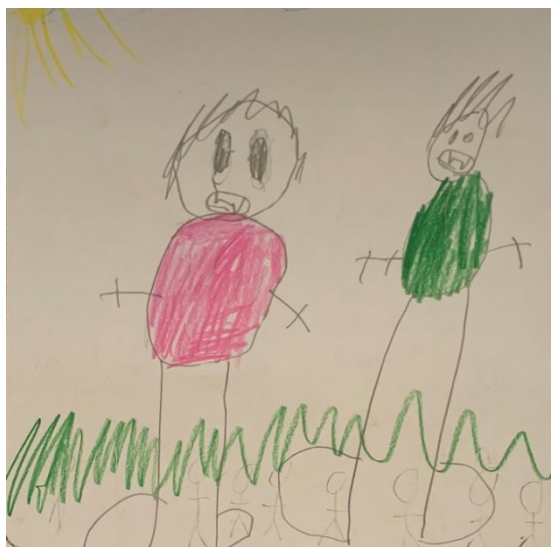
Any amount

How to play:

One person is on. If they touch you they you are on.

Rules of the game:

You have to tag somebody on their arm or belly.



Mob Mob gan Eleanor

Faint all chwarae?

3-10

Sut i chwarae:

Rydych chi'n dewis man cartref ac un person i fod y chwiliwr. Maen nhw'n cyfri i 10 ac mae rhaid i bawb arall rhedeg i ffwrdd a chuddio.

Unwaith i'r chwiliwr orffen cyfri mae rhaid i bawb ceisio cyrraedd y man cartref heb cael eu dal gan y chwiliwr.

Rheolau'r gêm:

Mae angen gosod pellter synhwyrol i chwarae'r gêm.

Y person cyntaf i gael i ddal ydy'r chwiliwr nesaf.

Mae'r man cartref gorfod bod yn rhywbeth neu le maint synhwyrol.

Unwaith i chi cyrraedd y man cartref mae rhaid symud mas o'r ffordd i weddill y chwaraewyr.



Mob Mob by Eleanor

How many players?

3-10

How to play:

You choose a home base and one person to be the seeker. They count to 10 and everyone else has to run away and hide.

Once the timer is up everyone has to try and get back to base without getting caught.

Rules of the game:

You have to set a reasonable distance for the game

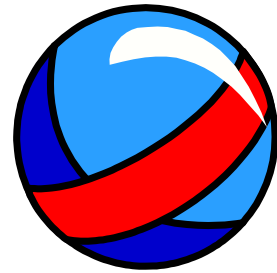
First person to get caught is the next seeker

The base has to be a reasonable size or object

Once you've reached base you need to move out of the way for others



Pêl Osgoi gan Nathan



Faint all chwarae?

Bydd angen rhif cyfartal

Sut i chwarae:

Mae dau dîm y taflu peli meddal at ei gilydd.

Os i chi'n cael i daro rydych chi mas.

Yr enillydd yw'r tîm sydd â'r mwyaf o chwaraewyr ar ôl ar y diwedd.

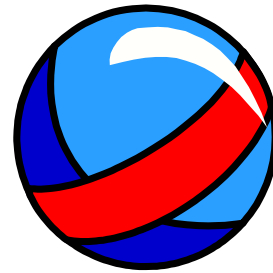
Rheolau'r gêm:

Dim ond taro pobl islaw i'r ysgwyddau

Os mae rhywun yn dal pêl, mae'r person a wnaeth ei daflu mas



Dodgeball by Nathan



How many players?

An even amount is good

Rules of the game:

Only hit from shoulders and below

If someone catches the ball, the person who threw it is out

How to play:

Two teams throw balls at each other.

If you get hit you are out.

The team at the end with the most players left is the winner.



Ninja Swirl gan Edo

Faint all chwarae?

3+

Sut i chwarae:

Mae un person yn sefyll yn llonydd gyda'i llygaid ar gau. Maen nhw'n cyfri yn ôl o 30 eiliad. Mae'r chwaraewyr arall yn rhedeg a chuddio.

Os ar ôl 30 eiliad mae'r person sy'n cyfri yn agor ei llygaid ac yn gweld chi, chi mas. Os ddim, rydych chi'n ddiogel.

Ar ôl i'r person sy'n cyfri orffen dweud pwy maen nhw gallu gweld, maen nhw'n galw pawb yn ôl i ddechrau eto.

Rheolau'r gêm:

Mae'r person sy'n cyfri methu symud

Dydych chi ddim gallu cuddio tu mewn

O ydych chi'n yn cael i alw mae rhaid i chi ddod allan

Y person olaf sy'n cuddio sydd yn ennill

Y person cyntaf sydd yn cael i weld ac galw sy'n cyfri y tro nesaf



Ninja Swirl by Edo

How many players?

3+

How to play:

One person stands still with their eyes shut. They count down from 30 seconds. The other players run and hide.

If after 30 the counter opens their eyes and sees you, your out. If not you are safe.

After the person in the middle says they can't see anyone else they call everyone back in to start again.

Rules of the game:

The counter can't move

You can't hide indoors

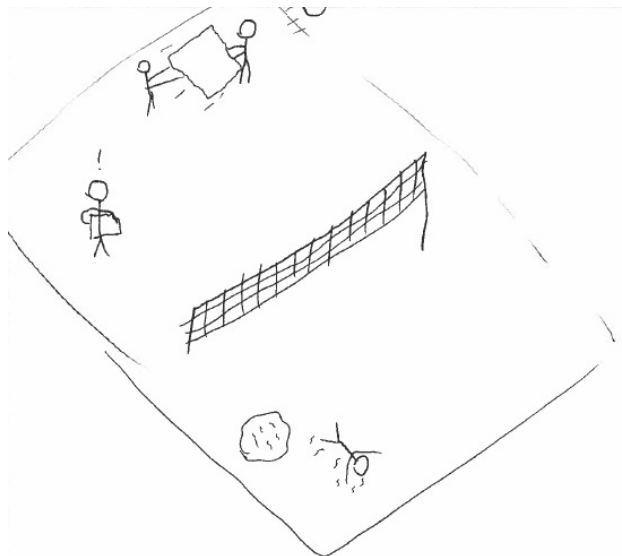
When found/ called you must come out

Last person found wins

First person found becomes the counter in the next round



Brwydr blanced dŵr



Faint all chwarae:

Does dim ots

Sut i chwarae:

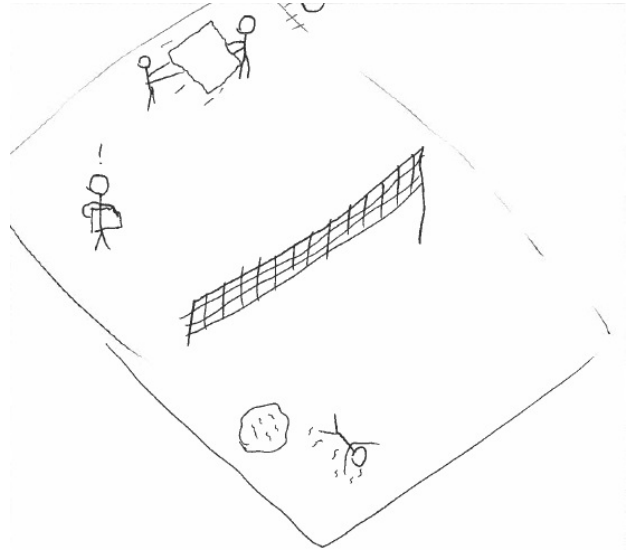
Mae pobl yn dal blanced ar led ac yn fflat. Rhowch balwn ddŵr arno a lansiwch tuag at y tîm arall.

Rheolau'r gêm:

Dydych chi ddim yn cael defnyddio eich dwylo

Mae rhaid defnyddio'r blanced

Water Balloon Volley Ball Blanket Toss



How many players:

As many as you like

How to play:

People hold blankets openly and flat. Place a water balloon inside and catapult or sling the water balloon at the other team.

Rules of the game:

You cannot use your hands

You must use the blanket



SBLAT! gan Mirain, Morgan, Meleri a Ethni

Faint all chwarae:

4+

Sut i chwarae:

I ddechrau mae rhaid dewis saethwr. Mae rhaid i bawb arall sefyll mewn cylch a'r saethwr yn y canol. Mae'r saethwr yn pwyntio at rywun a gwaeddi SBLAT! Mae'r person yna gorfod cwrcwd yn gyflym cyn i'r ddau wrth eu hochr saethu ei gilydd a dweud 'BANG!' Mae'r person olaf i ddweud bang allan a gorfod eistedd i lawr. Mae'r ddau olaf yn mynd cefn wrth gefn yna bydd rhaid i'r saethwr dewis categori e.e. Siocled a dweud enwau bariau siocled ond os bydd rhywbeth gwahanol fel 'ciwcymbr' yn cael i alw, y person cyntaf i droi a gwaeddi SBLAT! sydd yn ennill.

Rheolau'r gêm:

Os mae'r ddau berson yn dweud BANG! yr un pryd maen nhw dal i mewn.

Y saethwr sydd yn dewis pwy sydd allan

Y person sy'n ennill ydy'r saethwr nesaf



SPLAT! by Mirain, Morgan, Meleri a Ethni

How many players:

4+

How to play:

To start you have to choose a shooter. Everybody else stands in a circle and the shooter is in the middle. The shooter points at somebody and shouts 'SPLAT!' That person then has to duck quickly and the two people either side have to shoot at each other and shout 'BANG!' The last person to say bang is out of the game and has to sit down. The last two players have to stand back to back, the shooter picks a category e.g. chocolate. The shooter names bars of chocolates but if they say a random word like 'cucumber' the last two players have to turn around quickly and shout 'SPLAT!' The first to do this is the winner.

Rules of the game:

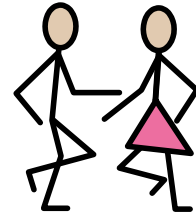
If the two people shout 'BANG' at the same time they stay in

The shooter chooses who's out

The person who wins is the next shooter



Ditectif a Dawnsiwr gan Ela ac Lois



Faint all chwarae:

4+

Sut i chwarae:

Mae pawb yn sefyll mewn cylch ac mae un person yn cael ei dewis fel ditectif, mae rhaid i'r ditectif mynd allan o'r ystafell i ddechrau. Mae un person yn y cylch yn cael ei dewis fel y dawnsiwr, mae rhaid i bawb copio'r dawnsiwr yn ystod y gêm. Mae'r ditectif yn dod yn ôl i mewn a sefyll yng nghanol y cylch. Mae rhaid i bawb ddechrau dawnsio a chopio'r dawnsiwr, mae'r dawnsiwr yn gallu newid y ddawns ar unrhyw bryd. Mae'r ditectif yn gorfod ceisio dyfalu pwy sydd yn newid y ddawns ac yw'r dawnsiwr.

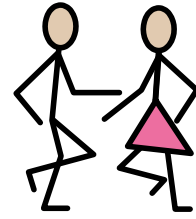
Rheolau'r gêm:

Os mae'r ditectif yn dewis y dawnsiwr anghywir 3 gwaith maen nhw'n colli ac mae'r dawnsiwr yn ennill.

Mae'r ditectif yn gallu dewis y dawnsiwr gorau yn y cylch i fod y ditectif nesaf.



Detective and dancers by Ela ac Lois



How many players:

4+

How to play:

Everybody has to stand in a circle and you choose one person to be a detective. The detective must leave the room to start so you can pick the dancer. Everybody must copy the same dance moves as the dancer in the game. The detective comes back into the room and stands in the middle. Everybody starts to dance copying the dancer, the dancer can change the moves at any point. The detective has to work out who the dancer is to win the game.

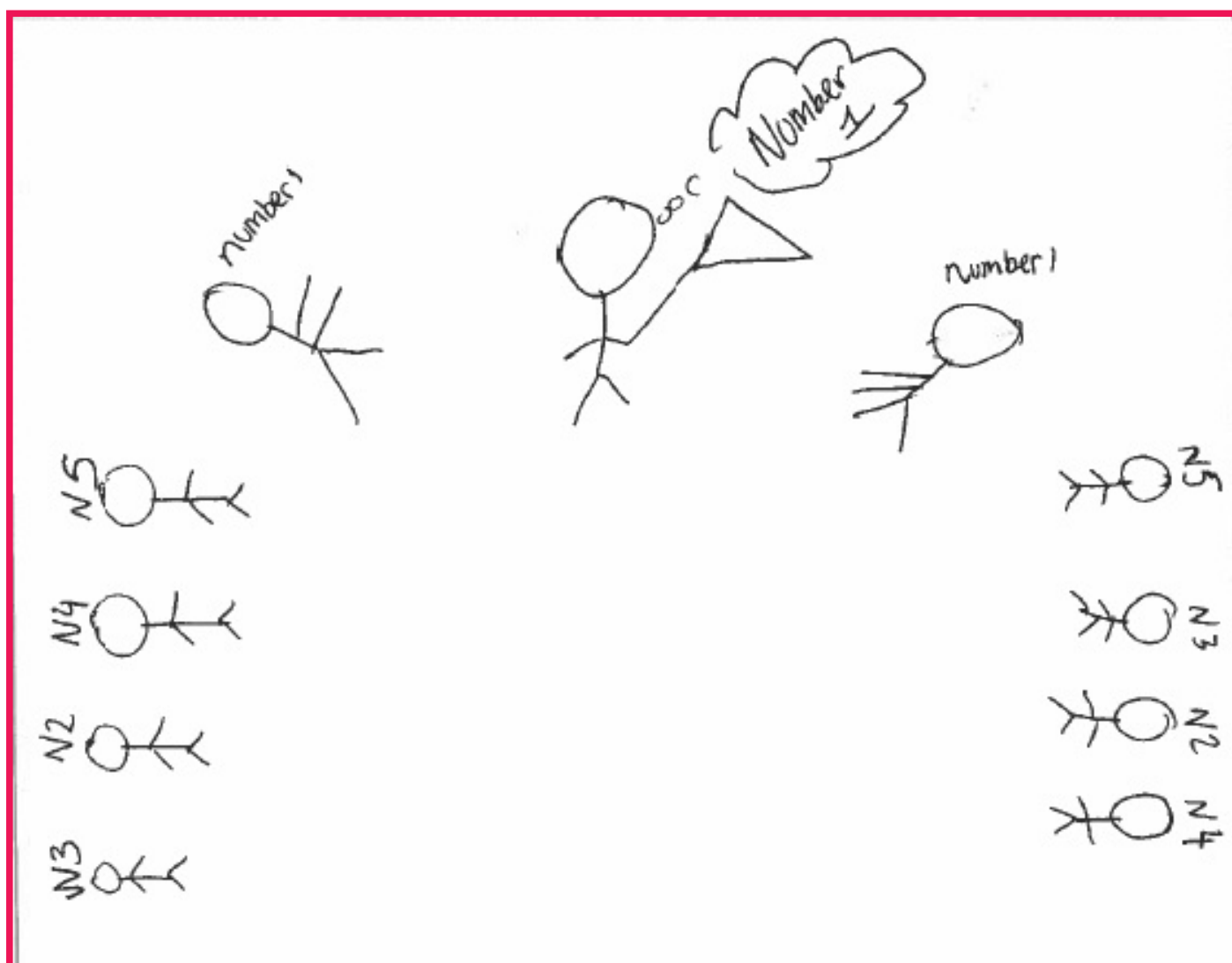
Rules of the game:

If the detective chooses the wrong dancer 3 times they lose and the dancer wins.

The detective gets to choose the best dancer in the circle to be the next detective.



Jessica's example of how to play the Number Flag game.



Esiampyl Jessica ar sut i chwarae'r gêm fflag rhifau.



Fy hoff gêm i chwarae yw...

My favourite game to play is...

