



DEWCH I CHWARAE
GYDA'R CINIO MAWR!

GET PLAYFUL WITH
THE BIG LUNCH!



Mae chwarae gemau a chymryd rhan mewn gwahanol gampau yn ffordd wych o wneud eich Cinio Mawr yn fwy cynhwysol, hwylus a difyr. Peidiwch â phoeni am angen llawer o offer - addaswch y gweithgareddau ar gyfer eich cymuned a'ch lleoliad. O gemau traddodiadol eich plentynod fel chwarae cuddio a chwarae esgil, i griced a charades, dyma ychydig syniadau am gemau i'w chwarae ar ddiwrnod Y Cinio Mawr...

Playing games and sports is a great way to make your Big Lunch more inclusive, fun and enjoyable. Don't worry about needing lots of equipment - adapt the activities to suit your community and space. From classic childhood games like hide-and-seek and hopscotch, to cricket and charades, here are a few ideas for getting playful with The Big Lunch...

DEWCH I CHWARAE... GET PLAYFUL...

Berwch ychydig wyau'n galed, ewch â rhai o'r llwyau o'r bwrdd, ac ewch ati i gynnal **RAS WY A LLWY**.

Hard boil a few eggs, steal some spoons from the table and you've got yourself an **EGG AND SPOON RACE**.


Dewch o hyd i **GYLCHAU HWLA**, **RHAFFAU SGIPIO** neu raffau cyffredinol a threfnwch heriau a gemau eich hun. Beth am herio'ch gwesteion i weld pwy all gadw i fynd hiraf gyda'r cylch hwla, neu drefnu **CYSTADLEUAETH TYNNU RHAFF** neu **RAS DEIRCOES**, tai ag odrifau yn erbyn tai ag eilrifau.

Grab some **HULA HOOPS**, **SKIPPING** or general ropes and make up your own challenges and games. Get competitive with who can do the most hulas, odd house numbers versus even for a **TUG-O-WAR** or run a **THREE-LEGGED RACE**.



Rhowch ychydig ddillad sy'n hawdd eu gwisgo a rhedeg ynddynt (hetiau, sgarffiau, esgidiau glaw mawr ac ati) ar lein neu mewn pentwr a chynhaliwch **RAS GYFNEWID GWISG FFANSI** - rhannwch eich lluniau gyda **#YCinioMawr**.

Space out some clothes in a line that are easy to put on and run in (hats, scarfs, large wellie boots etc.), or in a pile, and have a **DRESS-UP RELAY RACE** - share your pics with **#TheBigLunch**.



Eisiau cynnal pencampwriaeth Wimbledon eich hun ond bod dim cwrt gennych chi? Beth am gynnal pencampwriaeth **TENNIS BWRDD** yn lle?

Fancy your own Wimbledon Championships but don't have a court? What about setting up a **TABLE TENNIS** tournament instead?


Mae gêm **TIG ANIFEILIAID** yn llawer o hwyl. Mae un person yn bloeddio enw anifail ac yna rhaid i bawb arall symud ac ymddwyn fel yr anifail wrth iddynt geisio osgoi cael eu dal.

A good game for a giggle is **ANIMAL TAG**. Whoever's 'it' calls out an animal, everyone has to act and move like it as they try to avoid being tagged.



Gallwch chwarae gemau fel **SIMON SAYS**, **CHARADES** a **PWY YDW I?** os ydych eistedd, ac maen nhw'n wych mewn parti.

SIMON SAYS, **CHARADES** and **WHO AM I?** are all games you can play if you want to stay sitting down, and they're great for a party.



Cynyddwch eich chwant am Y Cinio Mawr gyda gêm **PÊL-DROED PUM BOB OCHR**. Gallwch daflu'ch siwmperi ar y llawn fel pyst gôl!

Build up your appetite for a Big Lunch with a game of **FIVE-A-SIDE FOOTBALL**. We've all thrown our jumpers on the floor for goalposts!

Eisiau gêm o **GRICED?** Defnyddiwch fin fel wicedi, ac os nad oes llawer o amser gennych, chwaraewch Griced Kwik!

Ewch i ecb.co.uk am fanylion ar sut i chwarae.

Fancy a game of **CRICKET**? Wheel out a wheelie bin or drag out a dustbin to use as wickets, and if you haven't much time play Kwik!

See ecb.co.uk for how to play.



NEU, BETH AM: CHWARAE ROWNDERS, FFRISBI, DUCK DUCK GOOSE A STUCK IN THE MUD, TREFNU HELFA DRYSOR, ADEILADAU CUDDFANNAU NEU WEITHGAREDD DAWNSIO!

OR YOU COULD: PLAY ROUNDRS, FRISBEE, DUCK DUCK GOOSE AND STUCK IN THE MUD, SET UP A TREASURE TRAIL OR A TREASURE HUNT, BUILD DENS, OR DANCE!



Mae chwarae yn rhoi cyfle i bawb ymuno ac mae'n cychwyn sgysrsiau - am ragor o syniadau a gemau, ewch i [THEBIGLUNCH.COM](https://www.thebiglunch.com)

Rhowch wybod i ni pa gemau byddwch chi'n eu chwarae gyda **#YCINIOMAWR**

Playing is a great way for people join in, and starts conversations – for more ideas and games, head to [THEBIGLUNCH.COM](https://www.thebiglunch.com)

Let us know what you'll be playing with **#THEBIGLUNCH**



y cinio mawr
the big lunch

ganyr
an

eden project

THE NATIONAL LOTTERY