



Cymru
National Day Nurseries Association

Factsheet



My Body and Movement

Wales

My Body and Movement

Fy Nghorff a Symudiad

The activities in this factsheet are based on the theme 'My Body'. The aim of these activities is to have fun and promote learning through the medium of Welsh.

You can promote children's understanding and communication skills through discussing parts of the body. This activity will help young children identify parts of the body and learn how to describe them. The best way to learn is to do it in a fun way, sing along with the various songs below and enjoy!

Learning outcomes

To join in with songs, games and rhymes
To listen and respond to questions
To be aware of their own feelings
and begin to express them
To highlight similarities
and differences

Amcanion dysgu

Ymuno hefo caneuon, gemau a rhigymau
Gwranddo ac ymateb i gwestiynau
I fod yn ymwybodol o'i teimladau a dechrau ei
mynegi nhw
Amlygu tebygrwydd a
gwahaniaethau

Resources

Paper/card
Paint
Colouring pencils
Oval shape objects
Mirror's

Adnoddau

Papur/cerdyn
Paent
Pensiliau lliw
Gwrthrych siapiau hirgrwn
Drychau

Suggested activity ideas – **Awgrymiadau a syniadau gweithgareddau**

These activities will help the children to develop their language skills using Welsh appropriately in a structured play activity. Children are beginning to become aware of the similarities and differences between themselves and their peers and through such activities they will learn about parts of the body and features of the face, as well as colours and counting (how many eyes they have, how many fingers and toes etc).

Hand and feet painting – **Peintio dwylo a traed**

During this activity, the children will be exploring the shape and features of their hands and feet in Welsh and discussing the colours of the paints in Welsh.

Making face pictures – **Gwneud Lluniau o'r gwyneb**

Use different shapes dipped in paint such as a potato cut in half to make an oval shape to create a face on paper or ask them to paint a self-portrait by looking in the mirror and discussing with them their hair length, eye colour etc.

Word bank and useful phrases

My Body

Head

Mouth

Ear(s)

Eye(s)

Nose

Neck

Shoulder(s)

Chest

Arm/Arms

Hand(s)

Finger(s)

Geirfa ac ymadroddion defnyddiol

Fy Nghorff

Pen

Ceg

Clyst(iau)

Llyg(aid)

Trwyn

Gwddw

Ysgwydd(au)

Brest

Braich/Breichiau

Llaw (Dwylo)

Bys (edd)

Thumb(s)	Bawd (bodiau)
Stomach	Stumog
Belly	Bol
Leg(s)	Coes/Coesau
Ankle(s)	Ffer/Fferau
Foot/Feet	Troed/Traed
Toe/Toes	Bawd/Bodiau
How many toes can we count?	Sawl bodiau fedra ni gyfri?
Shall we count our fingers?	Beth am gyfri ein bysedd?
Long hair	Gwallt hir
Short hair	Gwallt byr
Do you have long hair?	Gwallt hir sy gen ti?
Do you have short hair?	Gwallt byr sy gen ti?
Yes/No	Ia/Na
What eye colour?	Pa liw llygaid?
What's the matter?	Beth/Be sy'n bod?
Do you have a tummy ache?	Oes gen ti boen bol? **N
	Oes bola tost gyda ti? **S
Do you have a headache?	Oes gen ti gur pen? **N
	Oes pen tost gyda ti? **S
Does it hurt?	Ydi o'n brifo?
Yes it does	Ydi mae o
No it does not	Nac ydi
Do you want a cuddle?	Wyt ti eisiau/isho cwttch?

Yes I want a cuddle

Ydw dwi eisiau/isho cwtch

Do you want a drink?

Wyt ti eisiau/isho diod?

Yes/No

Ydw/Nac ydw

Do you want to sleep?

Wyt ti eisiau/isho cysgu?

Basic Colours

Red

Coch

Yellow

Melyn

Blue

Glas

Green

Gwyrdd

Brown

Brown

Numbers – Counting

Rhifau - Cyfri

One

Un

Two

Dau

Three

Tri

Four

Pedwar

Five

Pump

Six

Chwech

Seven

Saith

Eight

Wyth

Nine

Naw

Ten

Deg

Movement

Move

Walk

Run

Hop

Dance

Do you like to dance?

Jump

Shall we jump?

I am going to jump

We are going to jump

Go

Do you want to go and play?

Up

Down

Across

Through

Under

Over

Around

Before

After

Between

During

Symudiad

Symud

Cerdded

Rhedeg

Hercian

Dawnsio

Wyt ti'n hoffi/lico dawnsio?

Neidio

Da ni am neidio?

Dw i'n mynd i neidio

Da ni'n mynd i neidio

Mynd

Wyt ti eisiau/Wyt ti isho mynd i chwarae?

I fyny

I lawr

Ar draws

Trwy

O dan

Dros

O amgylch

Cyn

Ar ôl

Rhwng

Yn ystod

In	I mewn
Out	Allan
With	Gyda/efo
Without	Heb

Activity – sing songs whilst pointing out the relevant part of the body

<p>This is the way we touch our nose</p> <p>This is the way we touch our nose Touch our nose, Touch our nose This is the way we touch our nose Early in the morning.</p> <p>(Then replace nose with chin, head etc.)</p>	<p>Dyma ni yn cyffwrdd ein trwyn</p> <p>Dyma ni yn cyffwrdd ein trwyn Cyffwrdd ein trwyn, Cyffwrdd ein trwyn Dyma ni yn cyffwrdd ein trwyn Yn gynnar yn y bore</p> <p>(Cyfnewid trwyn gyda gen, pen, ayyb)</p>
<p>Fingers dancing</p> <p>One finger, two fingers, three fingers dancing, Four fingers, five fingers, six fingers dancing, Seven fingers, eight fingers, nine fingers dancing, Ten fingers dancing happily.</p>	<p>Bysedd yn dawnsio</p> <p>Un bys, dau bys, tri bys yn dawnsio, Pedwar bys, pump bys, chwech bys yn dawnsio, Saith bys, wyth bys, naw bys yn dawnsio, Deg bys yn dawnsio'n llon.</p>
<p>One hand up</p> <p>One hand up, One hand down, One hand up, And one hand down.</p> <p>Two hands up, Two hands down, Two hands up, And two hands down.</p> <p>One foot up, One foot down, One foot up, And one foot down.</p> <p>Two feet up, Two feet down, Two feet up, And two feet down.</p>	<p>Un llaw i fyny</p> <p>Un llaw i fyny, Un llaw i lawr, Un llaw i fyny, Ag un llaw i lawr.</p> <p>Dwy law i fyny, Dwy law i lawr, Dwy law i fyny, A dwy law i lawr.</p> <p>Un droed i fyny, Un droed i lawr, Un droed i fyny, Ag un droed i lawr.</p> <p>Dwy droed i fyny, Dwy droed i lawr, Dwy droed i fyny, A dwy droed i lawr.</p>

<p>Standing up/Sitting down</p> <p>Here we are standing up, Here we are sitting down, Here we are standing up, And here we are sitting down.</p>	<p>Sefyll i fyny/Eistedd i lawr</p> <p>Dyma ni'n sefyll i fyny, Dyma ni'n eistedd i lawr, Dyma ni'n sefyll i fyny, A dyma ni'n eistedd i lawr.</p>
<p>Head, shoulders, knees and toes</p> <p>Head, shoulders, knees and toes, knees and toes, Head, shoulders, knees and toes, knees and toes, Eyes and ears and mouth and nose, Head, shoulders, knees and toes, knees and toes.</p>	<p>Pen, ysgwyddau, coesau, traed</p> <p>Pen, ysgwyddau, coesau, traed, coesau, traed, Pen, ysgwyddau, coesau, traed, coesau, traed, Llygaid, clustiau, trwyn a ceg, Pen, ysgwyddau, coesau, traed, coesau, traed.</p>
<p>One finger one thumb</p> <p>One finger one thumb keeps moving, One finger one thumb keeps moving, One finger one thumb keeps moving, Moving, you can see.</p>	<p>Un bys un bawd</p> <p>Un bys un bawd yn symud, Un bys un bawd yn symud, Un bys un bawd yn symud, Yn symud, welwch chi.</p>

Further support

- My Body, My Family: <https://bit.ly/3hNNYcJ>
- Dressing Teddy: <https://bit.ly/3wBFV6Z>
- Parts of the Body: <https://bit.ly/34iDOE5>

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National Day Nurseries Association

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Factsheet

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We are the voice of the 21,000-strong nursery sector, an integral part of the lives of more than a million young children and their families. We provide information, training and advice to support nurseries and the 250,000 people who work in them to deliver world-class early learning and childcare.

See the full range of NDNA factsheets at www.ndna.org.uk/factsheets

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