



**Cymru**  
National Day Nurseries Association

# Factsheet



## Parts of the Body Songs

Wales

## Parts of the body songs

## Caneuon am rhannau o'r corff

Songs to do with parts of the body in English and Welsh. These activities will help the children to develop their language skills using Welsh appropriately in a structured play activity.

### Fingers dancing

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.

### Standing up/Sitting down

Here we are standing up  
Here we are sitting down  
Here we are standing up  
And here we are sitting down

### One finger one thumb

One finger one thumb keeps moving  
One finger one thumb keeps moving  
One finger one thumb keeps moving  
Moving, can you see

### One hand up

### Bysedd yn dawnsio

Un bys, dau fys 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

### Sefyll i fyny/Eistedd i lawr

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

### Un bys un bawd

Un bys un bawd yn symud  
Un bys un bawd yn symud  
Un bys un bawd yn symud  
Yn symud, welwch chi

### Un llaw i fynu

One hand up  
One hand down,  
One hand up,  
And one hand down  
Two hands up  
Two hands down  
Two hands up  
And two hands down  
One foot up,  
One foot down,  
One foot up,  
And one foot down  
Two feet up,  
Two feet down  
Two feet up,  
And two feet down.

### **Head, shoulders, knees and toes**

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

Un llaw i fynu  
Un llaw i lawr  
Un llaw i fynu  
Ag un llaw i lawr  
Dwy law i fynu  
Dwy law i lawr  
Dwy law i fynu  
A dwy law i lawr  
Un droed i fynu  
Un droed i lawr  
Un droed i fynu  
Ag un droed i lawr  
Dwy droed i fyny  
Dwy droed i lawr  
Dwy droed i fyny  
A dwy droed i lawr

### **Pen, ysgwyddau, coesau, traed**

Pen, ysgwyddau, coesau, traed,  
coesau, traed,  
Pen, ysgwyddau, coesau, traed,  
coesau, traed,  
Llygaid, clustiau, trwyn a ceg,  
Pen, ysgwyddau, coesau, traed,  
coesau, traed

## Suggested activity ideas

## Awgrymiadau a syniadau o weithgareddau

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 shapes, 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 the hands and feet in Welsh and discussing the colours of the paints in Welsh.

### Making face pictures

### Gwneud Llyniau o'r gwyneb

Use different shapes such as a potato cut in half and dip it into the paint 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.

Parts of the body and face can be found in separate factsheets the details are below in further support.

## Word bank and useful phrases

## Geirfa ac ymadroddion defnyddiol

### Basic colours

### Lliwiau sylfaenol

Red

Coch

Yellow

Melyn

Blue

Glas

Green

Gwyrdd

Brown

Brown

### Numbers one to five

### Rhifau un i bump

Can you count to five?

Wyt ti'n gallu cyfri i bump\*?

Can you count to five?(plural)

Ydych chi'n medru cyfri i bump? \*\*S/

Dach chi'n medru cyfri i bump? \*\*N

One

Un

Two

Dau

Three

Tri

Four

Five

### Shapes

Circle

Square

Triangle

Rectangle

Oblong

Star

Heart

How many shapes are there?

Come and count the shapes

Come and count the shapes (plural)

Count with me

Pedwar

Pump

### Siapiau

Cylch

Sgwâr

Triongl

Petryal

Hirgrwn

Seren

Calon

Sawl siâp sy ma?

Tyrd i gyfri\* y siapiau

Dewch i gyfri y siapiau

Cyfra gyda fi\*\*S/Cyfra efo fi\*\*N

\*indicates a soft mutation e.g Cyfri i bump – pump mutates to bump\* following i and cyfri mutates to gyfri\*

\*\* Please note where \*\*N and \*\*S is indicated, this refers to different dialogue that may be used in North Wales and South Wales

### Further support

- Parts of the Body: <https://bit.ly/3oLTCgK>
- My Body, My Family: <https://bit.ly/34exRN9>
- Features of the Face: <https://bit.ly/3yEpp87>

Published 2021



National Day Nurseries Association

★Brighter thinking  
for early years

# Factsheet

Our factsheets are written by early years experts for the early years workforce. Most NDNA factsheets are free to our members.

NDNA is the national charity and membership association representing children's nurseries across the UK. We are a charity that believes in quality and sustainability, so we put our members' businesses at the very heart of ours.

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](http://www.ndna.org.uk/factsheets)

*The information provided in this factsheet is for use by early years practitioners only. It has been written by early years experts but is not intended to be, and should not be relied upon, as a substitute for professional advice. NDNA has endeavoured to ensure the accuracy of the information presented in this factsheet. NDNA assumes no legal liability or responsibility for your interpretation or use of the information contained within it.*

## National Day Nurseries Association

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ  
tel: 01484 407070 fax: 01484 407060 [info@ndna.org.uk](mailto:info@ndna.org.uk) [www.ndna.org.uk](http://www.ndna.org.uk)