



Cymru
National Day Nurseries Association

Factsheet

A photograph of two healthcare professionals, a Black woman on the left and a white woman on the right, both wearing light blue scrubs and stethoscopes. They are smiling and looking at each other in a bright, clinical setting. The image is partially covered by a teal overlay at the bottom.

People Who Help Us

Wales

People who help us

Pobl sy'n ein helpu

The activities in this factsheet are based on the theme 'People who help us'. The aim of these activities are to have fun and promote learning through the medium of Welsh. This will enable the children to learn about the roles of people who help us/**pobl sy'n ein helpu** such as the doctor, nurse, fire-fighters, cook, police, cleaner, builders and many more. It also helps children to communicate with one another through discussing the different jobs that people do.

Learning outcomes

Begin to identify job roles within the community

Attempt to match job roles and uniforms

Discuss how these people can help us

Take part in a role playing activity

Amcanion dysgu

Adnabod swyddi o fewn y gymuned

Ceisio matsio swyddi hefo iwniform

Trafod sut mae'r bobl yn ein helpu

Cymeryd rhan mewn gweithgaredd chwarae rôl

Resources

Masks and dressing up clothes

Picture cards of people in various jobs

Adnoddau

Dillad chwarae rôl a mwgwd

Lluniau o bobl mewn swyddi amrywiol

Activity outline - Amlinell Gweithgaredd

Game/Gêm: Who's helping who?/ Pwy sy'n helpu pwy?

Create laminated picture cards of people in various jobs and ask the child who is helping who. Use the vocabulary below to support the children to develop their Welsh language skills throughout this game. A matching pair's game can also be played, using these picture cards.

Mask making, role-play and singing / Gwneud mwgwd, chwarae rôl a canu

You can design and laminate your own masks and/or provide dressing up clothes for the children to dress up as the characters. Encourage children to choose a character e.g. cook/**cogydd**, provide the children with a mask/ dressing up clothes and use the song provided below to sing along with the children. Extend the activity by encouraging the children to act out the roles of the characters they are portraying.

Who's helping who? game

Who does the Doctor help?
.....help people to get better

Who does the Police Officer help?
.....help to care for the community

Who does the Dentist help?
.....help to care for your teeth

Who does the fireman/firewoman help?
.....put the fire out

Who does the farmer help?
.....feed the animals

Who does the Lollipop man/lady help?
..... people to cross the road safely

Song

I am a cook
I am a cook
Hey ho hey ho
I am a cook

I am a builder
I am a builder
Hey ho hey ho
I am a builder

I am a policeman
I am a policeman
Hey ho hey ho
I am a policeman

I am a firefighter
I am a firefighter
Hey ho hey ho
I am a firefighter

Gêm Pwy sy'n helpu pwy?

Pwy mae'r Meddyg yn helpu?
.....helpu i wella bobl

Pwy mae'r Plismon yn helpu?
....helpu gofalu yn y gymdeithas

Pwy mae'r Deintydd yn helpu?
.....helpu i ofalu am eich dannedd

Pwy mae'r dyn/dynes tân yn helpu?
.....rhoi y tân i ffwrdd

Pwy mae'r ffarmwr yn helpu?
.....bwydo anifeiliaid

Pwy mae'r dyn/dynes lolipop yn helpu?
..... pobl i groesi y ffordd yn saff

Can

Cogydd ydwi
Cogydd ydwi
Hei Ho Hei Di Ho
Cogydd ydwi

Adeiladwr ydwi
Adeiladwr ydwi
Hei Ho Hei Di Ho
Adeiladwr ydwi

Heddwys ydw i
Heddwys ydw i
Hei Ho Hei Di Ho
Heddwys ydw i

Diffoddwr tân ydwi
Diffoddwr tân ydwi
Hei Ho Hei Di Ho
Diffoddwr tân ydwi

Word bank and useful phrases

I am a.....

Man

Woman

Police Officer

Doctor

Nurse

Dentist

Paramedic

Librarian

Shop assistant

Farmer

Lollipop man/woman

Cleaner

Caretaker

Cook

Fireman/Firewoman

Firefighter

Postman

Postwoman

Builder

Teacher

Mechanic/engineer

Window cleaner

Geirfa ac ymadroddion defnyddiol

.....Ydw i

Dyn

Dynes

Swyddog Heddlu

Meddyg

Nyrs

Deintydd

Parafeddyg

Llyfrgellyd

Gweithiwr siop

Ffarmwr

Dyn/Dynes lolipop

Glanhawr

Gofalwr

Cogydd

Dyn tân/Dynes tân

Diffoddwr Tân

Postmyn

Dynes Post

Adeiladwr

Athro/Athrawes

Peiriannydd

Glanhawr ffenestri

Milk man/woman

Hairdresser

Carpenter

Bus driver

Train driver

Farmer

Fisherman

Fisherwoman

Vet

Who wants to dress up as a Doctor?

Who wants to dress up as a Police Officer?

Me please

What are you doing?

I am putting the fire out

What are you doing? (Plural)

We are putting out the fire

What is she doing?

What is he doing?

He/she is putting out the fire

Who is putting out the fire?

The Firefighters

They are putting out the fire

Are you a Farmer?

Who is the farmer?

Dyn/dynes llaeth/llefrith

Dyn/Dynes trin gwallt

Saer

Gyrrwr bws

Gyrrwr tren

Ffermwr

Pysgotwr

Pysgotwraig

Milfeddyg

Pwy sy isho/eisiau gwisgo fel Meddyg?

Pwy sy isho/eisiau gwisgo fel Heddwas?

Fi plis

Beth/Be wyt ti'n neud?

Dwi'n diffodd y tân

Beth/be dych chi'n wneud?

Da ni'n diffodd y tân

Beth/be mae hi'n wneud?

Beth/be mae o'n wneud?

Mae o / Mae hi yn diffodd y tân

Pwy sy'n diffodd y tân?

Y Diffoddwyr tân

Mae nhw yn diffodd y tân

Ffarmwr wyt ti?

Pwy ydi'r ffermwr?

I am the Farmer

..... is the Farmer

He/she is feeding the animals

Is he/she helping people?

Yes / no

Are you a Doctor?

Yes I am a Doctor

Who's next?

Who's helping who? game

Y fi ydi'r Ffermwr

..... ydi'r Ffermwr

Mae o / Mae hi yn bwydo'r anifeiliaid

Ydi o/ydi hi yn helpu pobl?

Ydi / Nac ydi

Meddyg wyt ti?

Ia Meddyg ydw i

Pwy sy nesa?

Gêm pwy sy'n helpu pwy?





Further support - Pobl syn ein helpu: www.youtube.com/watch?v=I6GxwbsnFNU

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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

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