

# 12 ACTIVITIES FOR CHILDREN IN PARC CEFN ONN



## 1) Scavenger Hunt

Find–

Something furry, soft, flaky, smooth, bristly, round, perfectly straight, 5 different shaped leaves, 3 different seeds, a feather, a skeleton leaf.



## 2) Look under logs

What mini beasts can you find under fallen branches and logs? Follow a crawling insect, how fast does it move? See if you can find out where it lives and what it eats.



## 3) Close your eyes

Focus on your other senses take a minute for each one:  
Listen - name all the things you can hear.

Smell - what can you pick out with your nose, what does it remind you of?

Feel - how does the air feel on your skin?

## 4) Role play

Pretend to be different things you see in the park; can you move like a squirrel or a leaf? Can you copy the natural noises you hear? Have a go at guessing what others are pretending to be.



## 5) Look for signs of wildlife

Can you find any footprints? Droppings? Nibble marks on bark or acorns?



## 6) Try a different perspective

Take in the view from the board walk, are there things you can see from this angle that you couldn't see from the ground? Imagine how the park would look if you were a bird flying over.



## 7) Nature alphabet

Look at twigs, leaves stones and other natural things, do some look like letters? Can you spell a word?



## 8) Find the tree

Play in pairs or as a group, blindfold one person, turn them round a couple of times and lead them to a tree. Let them get to know the tree by feeling the bark, feeling for branches, wrapping their arms round the tree to feel the size, smell the tree. Lead them back to the place you started and turn them round again then remove the blindfold. Can they work out which tree they were led to?



## 9) Tree voices

Put an ear up to the trunk of a tree and listen, can you hear the tree moving? Do different trees have different sounds?

11) Play 'shop' in the summer house  
Use leaves, stones and other things you can find.



## 11) Make a piece of art

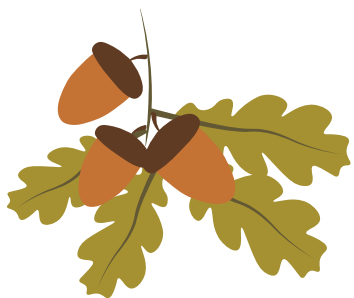
Start with 4 straightish sticks and lay them out as a frame. Find things that interest you, they might be a nice colour or shape and arrange them in your frame.



## 12) Play with seed pods

Find some sycamore or acer seed pods, these are the ones that look like helicopter wings, throw them in the air and watch them spin as they make their way down to the ground.





# 12 O WEITHGAREDDAU I BLANT YM MHARC CEFN ONN

## 1) Helfa natur Ffeindiwch

Rywbeth blewog, meddal, brau, llyfn, pigog, crwn, perfffaith syth, 5 deilen o siapiau gwahanol, 3 hadyn gwahanol, pluen, deilen sgerbwed.



**2) Edrychwch o dan foncyff**  
Pa fwystfilod bach allwch chi ddod o hyd iddyn nhw o dan ganghennau a boncyffion sydd wedi disgyn? Dilynwch bryfyn sy'n cropian - pa mor gyflym mae'n symud, allwch chi ddod o hyd i'w gartref a beth mae'n fwyta?



**3) Caewch eich llygaid**  
Canolbwyntiwch ar eich synhwyrau eraill a threuliwch funud ar bob un: Gwrandwch - enwch yr holl bethau gallwch chi glywed. Aroglwch - beth allwch chi ei synhwyro gyda'ch trwyn, o beth mae'n eich atgoffa? Teimlwch - sut mae'r aer yn teimlo ar eich croen?

## 4) Chwarae rôl

Smaliwch fod yn wahanol bethau rydych chi'n eu gweld yn y parc; allwch chi symud fel gwiwer neu ddeilen? Allwch chi gopïo'r synau naturiol rydych chi'n eu clywed? Ceisiwch ddyfalu beth mae pawb arall yn smalio bod.



## 5) Cadwch olwg am arwyddion o fywyd gwyllt

Allwch chi weld unrhyw olion traed? Baw? Marciau cnoi ar risgl neu fes?



## 6) Rhowch gynnig ar bersbectif gwahanol

Mwynhewch yr olygfa o'r llwybr pren. Oes yna bethau y gallwch eu gweld o'r ongl hon na allech eu gweld o'r ddaear? Dychmygwch sut byddai'r parc yn edrych pe baech chi'n aderyn yn hedfan drosodd.



## 7) Wyddor byd natur

Edrychwch ar frigau, dail, cerrig a phethau naturiol eraill. A oes rhai yn edrych fel llythrennau? Allwch chi sillafu gair?



**8) Dod o hyd i'r goeden**  
Chwaraewch mewn parau neu fel grŵp - rhowch fwgwd dros lygad un person, ei droi o gwmpas ambell dro ac yna ei arwain at goeden.

Rhowch gyfle i'r person ddod i adnabod y goeden drwy deimlo'r rhisgl, teimlo am ganghennau, rhoi ei freichiau o gwmpas y goeden i deimlo'r maint, aroglu'r goeden. Ewch ag ef yn ôl i le dechreuoch chi a'i droi o gwmpas eto, yna tynnwch y mwgwd. A yw'n gallu dod o hyd i'r goeden?



**9) Lleisiau coed**  
Rhowch glust ar foncyff coeden a gwrandwch. Allwch chi glywed y goeden yn symud? Oes gan wahanol goed synau gwahanol?



**10) Chwarae 'siop' yn y tŷ haf**  
Defnyddiwch ddail, cerrig a phethau eraill y gallwch eu ffeindio.



**11) Gwnewch ddarn o gelf**  
Dechreuwch gyda'r 4 brigyn sythaf y gallwch chi eu ffeindio, a'u gosod fel ffrâm. Dewch o hyd i bethau sydd o ddiddordeb i chi - efallai eich bod yn hoffi eu lliw neu eu siâp. Trefnwch nhw yn eich ffrâm.



**12) Chwarae gyda chodennau hadau**  
Dewch o hyd i godennau hadau sycamorwydden neu fasarnen - dyma'r rhai sy'n edrych fel adenydd hofrennydd. Taflwch nhw i'r awyr a'u gwyllo'n troelli ar eu ffordd i lawr i'r ddaear.

