



NeWyddion da!!!! Good News!!!
CanFyddiadau'r Holiadu/FINDINGS OF THE QUESTIONNAIRE



Comisiynydd Plant Cymru
Children's Commissioner for Wales

Mae llawer o blant a phobl ifanc wedi sôn am agweddau cadarnhaol ar eu profiad o'r argyfwng coronafeirws.
 Mae llawer wedi cael pleaser yn treulio mwy o amser gyda'u teulu, yn dysgu sgiliau newydd ac yn mwynhau'r awyrg iach yn yr ardd ac yn eu hymarfer corff dyddiol.
 I rai, mae'r cyfnod hwn wedi bod yn seibiant hefyd o bwysau cymdeithasol a iechyd blaendrol, fel arwysterau iechyd meddwl a bwlio.

*Many children and young people spoke of positive aspects of the experience of the coronavirus crisis.
 For many there has been a pleasure in spending more time with their family, learning new skills and enjoying the outdoors in gardens and during daily exercise.
 For some, this period has also brought relief from previous social and health pressures such as mental health difficulties or bullying.*

Am ragor o wybodaeth: <https://www.complantcymru.org.uk/coronafeirws-a-fi-canfyddiadau/>
 For more information: <https://www.childcommwales.org.uk/coronavirus-and-me-results/>

SELF-SOOTHING

Self-Soothing is a quick and effective way to reduce the intensity of negative emotions.

Sight
 Low lighting
 Soothing colors
 Sleeping masks
 Coloring books

Touch
 Soft things
 Cuddle things
 Massage
 Hot/cold shower
 Heated/weighted blanket

Sound
 Calming noise
 Nature sounds
 Guided meditations

Smell
 Aromatherapy
 Fresh air
 Candles/incense
 Comforting smells

Taste
 Strong flavors
 Warm drinks
 Eat slowly
 Nostalgic flavors

National Online Safety
14 WAYS TO BE KIND ONLINE
 Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to many, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

- 1. BE POSITIVE**
Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.
- 2. OFFER TO HELP**
If somebody you know has done something good or shown kindness themselves, thank them for it. It says nothing and shows them that you appreciate it. Means so much.
- 3. SHOW APPRECIATION TO OTHERS**
Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.
- 4. SHARE FUNNY VIDEOS OR IMAGES**
If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.
- 5. LIKE, LOVE & CELEBRATE**
If somebody posts something that you like on social media, like it. A like or a comment on it is a small gesture but could mean a lot.
- 6. VIDEO CALL YOUR FRIENDS & FAMILY**
It can be easy to be consumed by daily things like Zoom. Don't forget to take time out for connecting with other people. You're thinking of them even though you're not in person.
- 7. SEND A MESSAGE**
Send a message to someone you care about. It could be a simple "I'm thinking of you" or "I hope you're well".
- 8. SHARE POSITIVE POSTS**
If you see something online that inspires you, share it with friends and family. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.
- 9. HOST AN ONLINE QUIZ**
Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.
- 10. THINK BEFORE YOU COMMENT**
Sometimes thinking before you act can be just as significant as acting in the first place. Think about whether your comment could stop you something helpful, supportive or positive. It can be better to post positively or post nothing at all.
- 11. DON'T POST NEGATIVE COMMENTS**
If you're feeling angry or frustrated, it's important to take a break. Don't post anything that could hurt someone else's feelings. Remember, you're not alone. There are people who care about you and who will help you if you need it.
- 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS**
You may know two people among your friends and family who have similar interests and hobbies. Introducing them can be a great way for them to make new friends. But remember to always ask their permission first.
- 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS**
If you enjoy doing something online, such as playing a game or watching a great streaming service, share it with others. Even if you've watched a good film, being others know can be a great way to share them. Don't comment or praise at a time when they might need it the most.
- 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS**
Sometimes your friends or family might post something online that they're proud to have done. It might be an achievement they've worked hard on or just completing a task. Either way, it's always kind to recognize their hard work and effort through praise and celebration.

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NEVER ALONE

www.nspcc.org.uk (child abuse)
 www.refuge.org.uk (women's shelter)
 www.mind.org.uk (mental health)
 www.vicarious.org (rape help)
 www.cruse.org.uk (bereavement support)
 www.ncdv.org.uk (domestic violence)
 www.werehourglass.org (elder abuse)
 www.childline.org.uk (children's wellbeing)
 www.samaritans.org.uk (crisis aid & suicide)
 www.womensaid.org.uk (domestic abuse)
 www.mensadviceline.org.uk (men's domestic abuse)

PAN FO ERALL YN GWLUD CYMYLAU, BYDD YN ENFYD

GWYBODAETH O CHILDLINE / INFORMATION FROM CHILDLINE
BREATHING EXERCISES

Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

Breathe in, breathe out

If you're feeling overwhelmed, take some long, deep breaths.



Breathe and sigh



Breathe in through your nose
 Make a big sigh and drop your shoulders downwards as you breathe out through your mouth
 Repeat 4 times

Calming words



Breathe in while you say to yourself "1 feet calm"
 Breathe out while you say to yourself "1 let go of stress"
 Breathe in while you say to yourself "Feel calm"
 Breathe out and say to yourself "Let go of stress"

Heddiw, rydw i'n ddiolchgar am...

#criwcymraegyua

Llenchi y jar gyda geriau positif