

Think of all the things that you are pleased about.

You can make a list.

Thank You

Maybe there is someone you would like to thank? You can make a thank you card.

01

Fold a piece of card in half

02

Now decorate the front of the card however you like best. Maybe think about the person you are thanking, and what they like?

03

Write your thank you message inside.

Now Try:

You can keep adding to your list of things you are pleased about. Each day or week might bring new things!



**Meddylia am
yr holl bethau rwyf
ti'n eu mwynhau.**

**Galli di wneud
rhestr.**

Diolch

**Efallai bod
rhywun hoffet
ti ddiolch? Galli
di greu cerdyn
diolch.**

01

**Plyga ddarn o
gerdyn yn hanner**

02

**Nawr addurna blaen
y garden sut bynnag rwyf ti'n
hoffi orau. Efallai meddylia
am y person rwyf ti'n diolch,
a beth maen nhw'n hoffi?**

03

**Ysgrifenna dy neges
o ddiolch tu fewn.**

Nawr tria:

**Galli di barhau i ychwanegu
at dy restr o bethau rwyf ti'n eu
mwynhau. Efallai daw pob diwrnod
ac wythnos â phethau newydd!**

