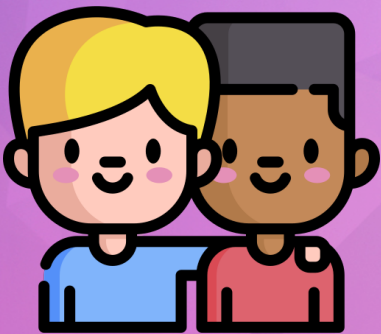


# BETH I'W WNEUD OS YDYCH YN TEIMLO'N UNIG

**Siaradwch â rhywun rydych yn  
ymddiried ynddynt**

**Ffrind**



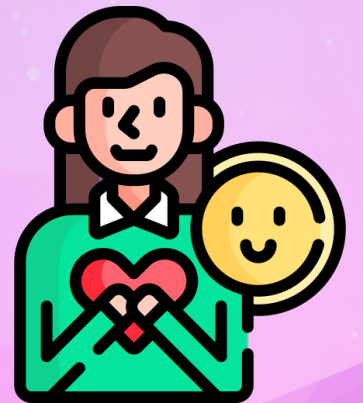
**Teulu**



**Athro**



**Llesiant**



**Gwnewch rywbeth sy'n gwneud i chi  
deimlo'n hapus**

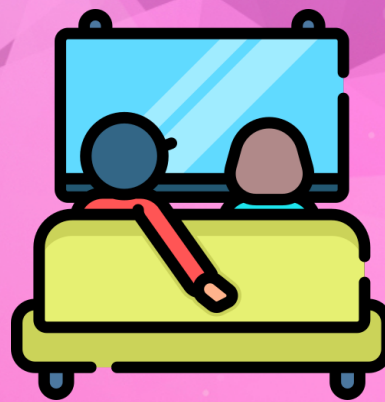
**Darllen**



**Cerdded**



**Gwylio ffilm**



**Cymdeithasu**

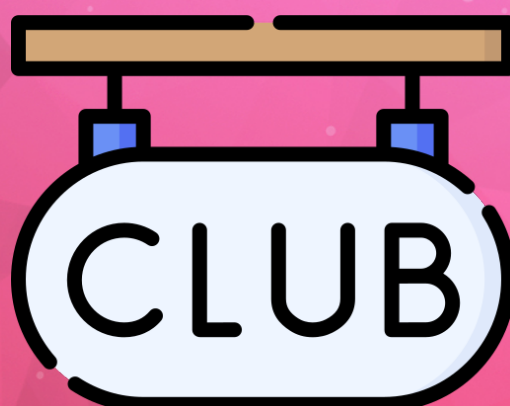


**Ewch amdani**

**Ailgysylltwch â  
hen ffrindiau**



**Ymunwch â chlwb**



**Crëwch rywbeth**

