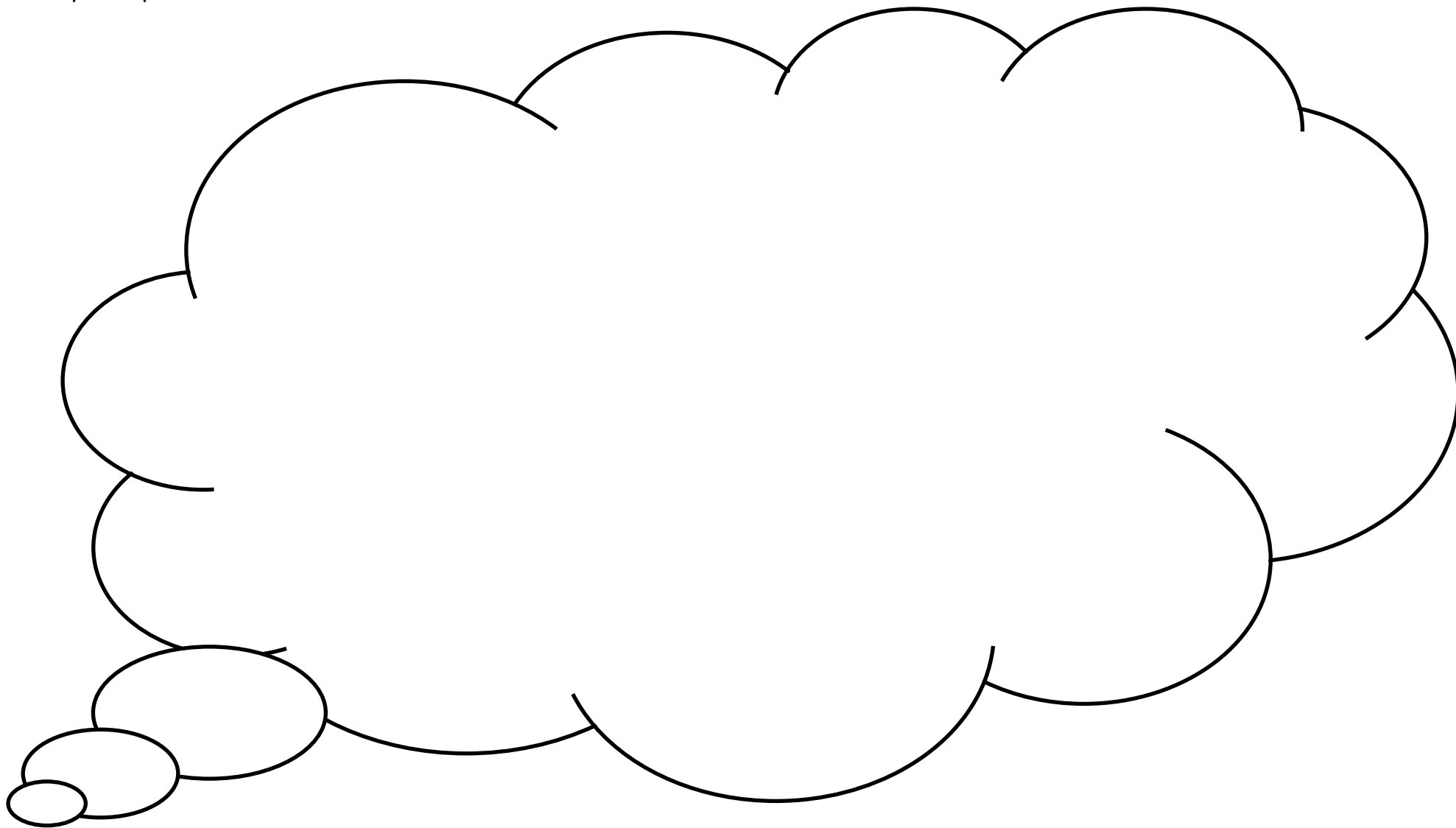


Fy Lle Hapus

Gwna lun o dy le hapus. Gall fod yn le gwir neu rhywle yn dy ddychymyg. Os wyt ti'n teimlo'n drist neu'n bryderus rhywbryd, meddylia am dy le hapus!



My Happy Place

Draw a picture of your happy place. It can be somewhere real or in your imagination. If you ever feel sad or worried, think about your happy place!

