

Cynllun Dydidol

Amser	Gweithgaredd / Gorffwys	Lefel Dwyster	Corfforol/ Meddyliol	Rhaid Gwneud (Blaenoriaethau)	
9am-10am					
10am-11am					
11am-12pm					
12pm-1pm					
1pm-2pm					
2pm-3pm					
3pm-4pm					Hoffai wneud (Blaenoriaethau)
4pm-5pm					
5pm-6pm					

6pm-7pm			
7pm-8pm			
8pm-9pm			