

CHOICE SHIELD

AGE 7-10

THIS ACTIVITY EXPLORES:

Planning, confidence and support

YOU WILL NEED:

Choice Shield sheets
Colouring pencils

HOW TO SET UP

Prepare one example shield with four sections: I notice, I can say, I can do and I can ask.

TIME NEEDED: 15-20 MINUTES

HOW TO RUN IT

1. Ask participants to complete four parts of their shield.
2. I notice: what might pressure look or sound like?
3. I can say: one simple line to use.
4. I can do: how to move away or change the moment.
5. I can ask: one trusted person who could help.
6. Decorate the shield and choose one idea to remember.

QUICK DEBRIEF

- Which part would be most useful?

Make it easier

Fill in one example shield together as a group first.

Make it harder

Create a shield for a friend who might feel under pressure.

KEY MESSAGE

We do not need a perfect answer. A simple plan can help us notice pressure, respond and get support.

TARIAN DEWIS

BYDDWN YN EDRYCH AR:

Cynllunio, hyder a chymorth

BYDD ANGEN:

- Taflenni Tarian Dewis
- Pensiliau lliwio

SUT I BARATOI?

Paratowch un enghraifft o darian gyda phedair rhan: Rwy'n sylwi, Gallaf ddweud, Gallaf wneud a Gallaf ofyn.

AMSER: 15-20 MUNUD

SUT I'W WNEUD

1. Gofynnwch i'r cyfranogwyr gwblhau pedair rhan o'u tarian.
2. Rwy'n sylwi: sut gallai pwysau edrych neu swnio?
3. Gallaf ddweud: un ymadrodd syml i'w ddefnyddio.
4. Gallaf wneud: sut i symud i ffwrdd neu newid y sefyllfa.
5. Gallaf ofyn: un person maen nhw'n ymddiried ynddo a allai helpu.
6. Addurnwch y darian a dewiswch un syniad i'w gofio.

CWESTIWN CYFLYM

- Pa ran fyddai fwyaf defnyddiol?

Gwneud yn haws

Cwblhewch un enghraifft o darian gyda'ch gilydd fel grŵp yn gyntaf.

Gwneud yn fwy heriol

Crëwch darian ar gyfer ffrind a allai deimlo dan bwysau.

PRIF NEGES

Does dim angen ateb perffaith. Gall cynllun syml ein helpu i sylwi ar bwysau, ymateb a chael cymorth.