

COPY OR CHOOSE?

THIS ACTIVITY EXPLORES:

Copying, confidence and making your own choice

HOW TO SET UP

Ask the group to spread out safely. Explain that they will copy a leader, then choose their own actions.

YOU WILL NEED:

A safe space to move

TIME NEEDED: 10 MINUTES

HOW TO RUN IT

1. Ask children to stand in a space where they can move safely.
2. Explain that you are going to do some actions and they should copy you.
3. Use simple actions such as clapping, waving, jumping, spinning, touching toes or making a funny face.
4. After a few rounds, tell them that this time they can either copy you or choose their own action.
5. Try a few more rounds.
6. Ask them how it felt to copy and how it felt to choose something different.

QUICK DEBRIEF

- Was it fun to copy?
- How did choosing your own action feel?
- When might it help to pause before copying?

Make it harder

Let them take turns being the leader, then ask the group to choose whether to copy or do their own action.

KEY MESSAGE

Copying can be fun, but we can stop and choose what feels right for us. It is okay to make a different choice.

COPÏO NEU DDEWIS?

BYDDWN YN EDRYCH AR:

Copïo, hyder a gwneud eich dewis eich hun

BYDD ANGEN:

- Lle diogel i symud

SUT I BARATOI?

Gofynnwch i'r grŵp wasgaru'n ddiogel. Eglurwch y byddan nhw'n copïo arweinydd ac wedyn yn dewis eu symudiadau eu hunain.

AMSER: 10 MUNUD

SUT I'W WNEUD

1. Gofynnwch i'r plant sefyll mewn lle lle gallan nhw symud yn ddiogel.
2. Eglurwch eich bod chi'n mynd i wneud rhai symudiadau ac y dylen nhw eich copïo.
3. Defnyddiwch symudiadau syml fel clapio, chwifio, neidio, troelli, cyffwrdd â bysedd eu traed neu wneud wyneb doniol.
4. Ar ôl ychydig o rowndiau, dywedwch wrthyn nhw y gallan nhw y tro hwn naill ai eich copïo neu ddewis eu symudiad eu hunain.
5. Rhowch gynnig ar ychydig mwy o rowndiau.
6. Gofynnwch sut roedd hi'n teimlo i gopïo a sut roedd hi'n teimlo i ddewis rhywbeth gwahanol.

CWESTIYNAU CYFLYM

- Oedd copïo'n hwyl?
- Sut deimlad oedd dewis eich symudiad eich hun?
- Pryd gallai fod yn help i stopio am eiliad cyn copïo?

Gwneud yn fwy heriol

Gadewch iddyn nhw gymryd eu tro i fod yn arweinydd, ac wedyn gofynnwch i'r grŵp ddewis a ydyn nhw am gopïo neu wneud eu symudiad eu hunain.

PRIF NEGES

Gall copïo fod yn hwyl, ond gallwn stopio a dewis beth sy'n teimlo'n iawn i ni. Mae'n iawn gwneud dewis gwahanol.