

THE
READING
AGENCY

Llyfrau i'ch helpu
chi i deimlo'n well
Books to help
you feel better

Am ddim yn eich llyfrgell
Free at your library

DARLLEN YN WELL

i blant

READING WELL

for children

reading-well.org.uk/wales

Mae pob llyfr wedi'i
argymhell gan blant
a gweithwyr iechyd
proffesiynol

All books are
recommended by
children and health
professionals

 CYNGOR LLYFRAU CYMRU
BOOKS COUNCIL OF WALES

 SCL The Society of
Chief Librarians
Cymdeithas Prif Llyfrgellwyr Cymru

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Welsh Government

**DARLLEN
YN WELL**

Llyfrau ar Bresgripsiwn

**READING
WELL**

Books on Prescription

Mae Darllen yn Well i blant yn argymhell darllen i'ch helpu i ddeall eich teimladau ac ymdopi gydag amser anodd.

Dewiswyd y llyfrau gan blant, gofalwyr, arbenigwyr iechyd a llyfrgellwyr. Gallwch ddod o hyd i'r llyfrau yn eich llyfrgell.

Gallwch ddarllen y llyfrau ar eich pen eich hun neu gydag eraill a siarad am unrhyw un o'r meddyliau a'r teimladau sy'n codi.

Mae ymuno â'ch llyfrgell yn hawdd ac yn rhad ac am ddim.

Lawrlwythwch ganllaw i'r llyfrau sydd ar y rhestr yn reading-well.org.uk/plant

Wedi'u hargymhell gan arbenigwyr iechyd

Y rhestr wedi'i chreu ar y cyd â phlant a theuluoedd

Rhestrau eraill Darllen yn Well

Mae rhestrau llyfrau Darllen yn Well ar gael i oedolion ar iechyd meddwl a dementia. Holwch yn eich llyfrgell neu ewch i reading-well.org.uk/cymru

Reading Well for children recommends reading to help you understand your feelings and cope with tough times.

The books have been chosen by children, carers, health experts and librarians. You can find the books in your library.

You can read the books on your own or with others and talk about any thoughts and feelings that come up.

It's free and easy to join your library.

Download a guide to the books on the list at reading-well.org.uk/children

Recommended by health experts

Co-created with children and families

Other Reading Well booklists

There are Reading Well booklists for adults on mental health and dementia. Ask in your library or visit reading-well.org.uk/wales

Llyfrau wedi'u hargymell
Recommended reading

Meddyliau iach

Healthy minds

Beth Sy'n Digwydd yn Fy Mhen?
What's Going on Inside My Head?

Molly Potter, Sarah Jennings

Iach am Oes: Hunan-werth ac Iechyd Meddwl
Healthy for Life: Self-esteem and Mental Health

Anna Claybourne, Dan Bramall

Sut i Beidio â Cholli Arni: Gofalu am Iechyd Meddwl
How Not to Lose It: Mental Health Sorted

Anna Williamson, Sophie Beer

Pryderon

Worries

Pryder Glain
Ruby's Worries

Tom Percival

Cwestiynau a Theimladau ynghylch... Pryderon
Questions and Feelings about... Worries

Paul Christelis, Ximena Jeria

Griffrifail
Grobblechops

Elizabeth Laird, Jenny Lucander

Fy Ofn a Fi
Me and My Fear

Francesca Sanna

Adar a'u Gorbryder
All Birds Have Anxiety

Kathy Hoopmann

Angylion Pryder
Worry Angels

Sita Brahmachari, Jane Ray

Trechu Pryder
Outsmarting Worry

Dawn Huebner, Kara McHale

Llyfrau wedi'u hargymell
Recommended reading

Teimladau

Feelings

Sut Wyt Ti'n Teimlo Heddiw?
How Are You Feeling Today?

Molly Potter, Sarah Jennings

Y Fi Gofalgar: Meddwl am Emosiynau
Mindful Me: Exploring Emotions

Paul Christelis, Elisa Paganelli

Teimlo'n Grac!
Feeling Angry!

Katie Douglass, Mike Gordon

Weithiau Rwy'n Teimlo'n Drist
Sometimes I Feel Sad

Tom Alexander

Y byd o'ch cwmpas

The world around you

Yn yr ysgol

At school

Delio â Bwlio
Dealing With Bullying

Jane Lacey, Venitia Dean

Planed Omar: Hudwr Helynt ar Hap
Planet Omar: Accidental Trouble Magnet

Zanib Mian, Nasaya Mafaridik

Ela ar y Tu Allan
Ella on the Outside

Cath Howe

Ar-lein

Online

#ElenBenfelen
#Goldilocks

Jeanne Willis, Tony Ross

Yn y newyddion

In the news

Rhywbeth Drwg ar Waith: Canllaw Plentyn i Ymdopi â'r Newyddion
Something Bad Happened: A Kid's Guide to Coping With Events in the News

Dawn Huebner, Kara McHale

Llyfrau wedi'u hargymell
Recommended reading

Delio ag adegau anodd
Dealing with tough times

Pan fydd rhywun yn marw
When someone dies

Siwmpwr Mam
Mum's Jumper
Jayde Perkin

Llyfr Trist Michael Rosen
Michael Rosen's Sad Book
Michael Rosen, Quentin Blake

Petai'r Byd i Gyd yn...
If All the World Were...
Joseph Coelho, Allison Colpoys

Sgodyn
Clownfish
Alan Durant

Mynd trwy adeg anodd
Getting through a tough time

Y Bachgen a Gododd
Wal o'i Gwmpas
The Boy Who Built a Wall
Around Himself
Ali Redford, Kara Simpson

Mam Lan a Lawr
Up and Down Mum
Child's Play, Summer Maçon

Y Lleidr Lliwiau: Stori am
Deulu ac Iselder
The Colour Thief: A Family's
Story of Depression
Andrew Fusek Peters,
Polly Peters, Karin Littlewood



I gael mwy o wybodaeth
am gyfieithiadau Cymraeg
o'r llyfrau hyn ewch i
reading-well.org.uk/cymru

For information on Welsh
language translations
of these titles visit
reading-well.org.uk/wales

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Llyfrau wedi'u hargymell
Recommended reading

Delio â chyflwr
When you have a condition

Anhwylder Diffyg Canolbwyntio
a Gorfywiogrwydd (ADHD)

Attention Deficit Hyperactivity
Disorder (ADHD)

Ga i Sôn am ADHD?
Can I Tell You About ADHD?
Susan Yarney, Chris Martin

Gan Bwyll a Gwyddbwyll
Check Mates
Stewart Foster

Anhwylderau'r Sbectrwm
Awtistig (ASD)

Autism Spectrum Disorders (ASD)

Cwestiynau a Theimladau
ynghylch... Awtistiaeth
Questions and Feelings
about... Autism
Louise Spilsbury, Ximena Jeria

M am Awtistiaeth
M is for Autism
Myfyrwyr Limpsfield Grange
School, Vicky Martin

Dyslecsia
Dyslexia

Dyslecsia a'i Bobl
Ryfeddol: Canllaw â
Lluniau
The Illustrated Guide
to Dyslexia and
Its Amazing People
Kate Power,
Kathy Iwanczak Forsyth

Anhwylder Gorfodaeth
Obsesiynol (OCD)

Obsessive Compulsive
Disorder (OCD)

Dai Dwywaith
Double Felix
Sally Harris, Maria Serrano

Anableddau

Having a disability


Cwestiynau a
Theimladau ynghylch...
Anableddau
Questions and Feelings
about... Having a
Disability
Louise Spilsbury, Ximena Jeria

Beth os oes angen mwya help arnaf i?

Does dim angen i chi frwydro ar eich pen eich hun. Gallwch bob amser siarad â rhywun rydych chi'n ymddiried ynddo, fel rhiant, gofalwr, athro neu ffrind. Gallwch ofyn am fynd i weld eich meddyg os oes angen rhagor o help arnoch chi. Gall y sefydliadau hyn eich helpu yn Gymraeg ac yn Saesneg:

C.A.L.L

 callhelpline.org.uk/defaultW.asp

 0800 132 737


 Neu tecstiwch **help** i 81066

24 awr y dydd, 7 diwrnod yr wythnos

Meic


 meiccymru.org/cym


 080880 23456

 Tecst: 84001

8yb. – hanner nos, 7 diwrnod yr wythnos

Childline

 bit.ly/3ftfVCA

 0800 1111

9yb. – hanner nos 7 diwrnod yr wythnos

What if I need more help?

You don't need to struggle on your own. You can always talk with someone you trust, like a parent, carer, teacher or friend. You can ask about going to see your doctor if you want more support. These organisations can help you in English and Welsh:

C.A.L.L

 callhelpline.org.uk

 0800 132 737


 Or text **help** to 81066

24 hours a day, 7 days a week

Meic

 meiccymru.org

 080880 23456

 Text: 84001

8am – midnight, 7 days a week

Childline

 childline.org.uk

 0800 1111

24 hours a day, 7 days a week

Mae Darllen yn Well wedi'i ddatblygu gan The Reading Agency mewn partneriaeth â Libraries Connected. Ariennir y cynllun hefyd gan Lywodraeth Cymru ac Arts Council England.

Reading Well Reading Well has been developed by The Reading Agency in partnership with Libraries Connected. The scheme is funded by Welsh Government and Arts Council England.

Cefnogir Darllen yn Well i blant gan

Y Gymdeithas Brydeinig ar gyfer Seicotherapiau Ymddygiadol a Gwybyddol, Cymdeithas Seicolegol Prydain, Carers UK, Carers Trust, Mental Health First Aid England, y Sefydliad Iechyd Meddwl, Mind, National Association of Primary Care, Iechyd Cyhoeddus Cymru, Coleg Brenhinol y Meddygon Teulu, Coleg Brenhinol y Seiciatryddion.

Reading Well for children is supported by

British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Carers UK, Carers Trust, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People's Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Psychiatrists.

Rhowch wybod i ni beth yw eich barn yn reading-well.org.uk/feedback
Tell us what you think at reading-well.org.uk/feedback

Sialens Ddarllen yr Haf yw rhaglen darllen er pleser fwyaf y wlad. Gall plant gymryd rhan yn Gymraeg neu yn Saesneg cymru.summerreadingchallenge.org.uk

The Summer Reading Challenge is the biggest children's reading for pleasure programme in the country. Children can take part online, in Welsh or English, at summerreadingchallenge.org.uk



Tynnwch lun neu ysgrifennwch rywbeth sy'n eich gwneud chi'n hapus

Gallwch dorri'r dudalen hon allan
i'w defnyddio fel nod llyfr neu ei
hanfon atom am y cyfle i ennill mwy
o lyfrau! I gael manylion ewch i
reading-well.org.uk/feedback.

Draw or write something that helps you feel happy.

You can cut out this page to use
as a bookmark or send it to us for
a chance to win more books! Go to
reading-well.org.uk/feedback
for details.

