

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

 **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

 The Society of
Chief Librarians
Cymdeithas Prif Lyfrgellwyr Cymru

 Libraries
Connected

 ARTS COUNCIL
ENGLAND

Supported using public funding by
ARTS COUNCIL
ENGLAND



Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government

**DARLLEN
YN WELL**

Llyfrau ar Bresgripsiwn

**READING
WELL**

Books on Prescription

Rhif elusen cofrestredig 1085443 (Cymru a Lloegr)
© The Reading Agency. Registered charity number 1085443 (England and Wales)

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

© The Reading Agency 2020.

Llyfrau wedi'u hargymell Recommended reading

Deall niwroamrywiaeth ac anabled

Understanding neurodiversity and disability

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

Anabledau

Having a disability

Cwestiynau a **Theimladau ynghylch...** **Anabledau**

Questions and Feelings **about... Having a** **Disability**

Louise Spilsbury, Ximena Jeria

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

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, gofawyr, 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

Beth os oes angen mwy o 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.

