Plentyn y 70au

Mae'r holl wrthrychau yn y bocs atgofion hwn i gyd yn gysylltiedig ag atgofion o dyfu fyny yn y 70au. Maent wedi cael eu dewis i ysgogi atgofion cryf o blentyndod a chwarae.

Mae'r casgliad yn llawn gemau i'w chwarae a llyfrau i'w darllen gyda llawer o bethau i'w gwneud gyda'ch gilydd mewn grŵp, mewn parau neu ar eich pen eich hun.

Gallwch gael gweithgareddau difyr a chyffrous wrth chwarae â'r tegannau gyda'ch gilydd, y gobaith yw y byddant yn procio atgofion melys o blentyndod a chyfeillgarwch, ac yn tanio sgwrs fywiog. Mae angen i bawb chwarae ac ni ddylai neb byth roi'r gorau iddi!

Ceisiwch gael gafael ar ffurfiau bach hen ffasiwn fel – da-da rhesog (gobstoppers) neu boli had anis (aniseed balls) – rowdd plant wrth eu boddau'n gwario'u harian poced ar y rhain.

Cofiwch y gall gwrthrychau godi atgofion melys a chwerw, a theimladau cryf – defnyddiwch eich synnwyr cyffredin lle bo angen.

Gêm Cluedo

Loto Adar yr Ardd

Jig-so Blue Peter

Ffyn Codi

Gêm 'Tiddly Winks' Mewn Bocs Matsys

Slinci

Ciwb Rubiks

Pedwar Llyfr 'Ladybird'

Hen Ffotograffau

Llyfr Ymarfer Mathemateg

Set Spirograff

Bloyddlyfr 'The Osmonds' 1976 & Bloyddlyfr 'School Boys Annual' 1972

Fflasg Superthermo

Ffôn

Sbonciwr

Llyfr Star Wars

Adnoddau ar-lein:

Ar y gwefannau hyn fe gewch chi wybodaeth ategol i sella'ch sesiynau arwynt, a syniadau am fwy o weithgareddau.

Ewch i wefan https://www.playlistforlife.org.uk i ganfod sut y gallwch greu a storio'ch rhestr chwarae bersonol o'ch holl hoff fandiau sy'n gysylltiedig â'ch hoff atgofion.

Atgofion cerddorol https://musicmemories.bbcrewind.co.uk
Atgofion rhaglenni teledu https://remarc.bbcrewind.co.uk
https://www.peoplescollection.wales

Child of the 70s

The objects in this reminiscence box are all connected with memories of growing up in the 70s.

They have been selected to stimulate strong memories of childhood and of play.
This collection is full of games to play and books to read with lots of things to do together as a group, in pairs or on your own.

Playing with these toys together will provide enjoyable and stimulating activities which will hopefully bring back good memories of childhood and friendship and encourage lively conversation. We all need to play and no one should ever stop playing!

Try and get hold of some old-fashioned 'penny sweets' such as gobstoppers or aniseed balls which children loved to buy with their pocket money.

Remember that objects can stir both good and bad memories and strong feelings in all of us; use your own judgement wherever necessary.

Cluedo Game

Garden Bird Lotto

Blue Peter Jigsaw Puzzle

Pick Up Sticks

Tiddly Winks in a Match Box

Slinky

Rubiks Cube

Four Ladybird Books

Old Photos

Maths Exercise Book

Spirograph Kit

The Osmonds' Annual 1976 & School Boys Annual 1972

Super Therm Flask

Telephone

Space Hopper

Star Wars Book

Some Online Resources:

These websites will provide supporting information for your sessions and give you further ideas for activities.

https://www.playlistforlife.org.uk to find out how you can create and store your own personalised playlist of all of your favourite bands linked to your favourite memories.

For music memories: https://musicmemories.bbcrewind.co.uk
TV memories: https://remarc.bbcrewind.co.uk https://www.peoplescollection.wales