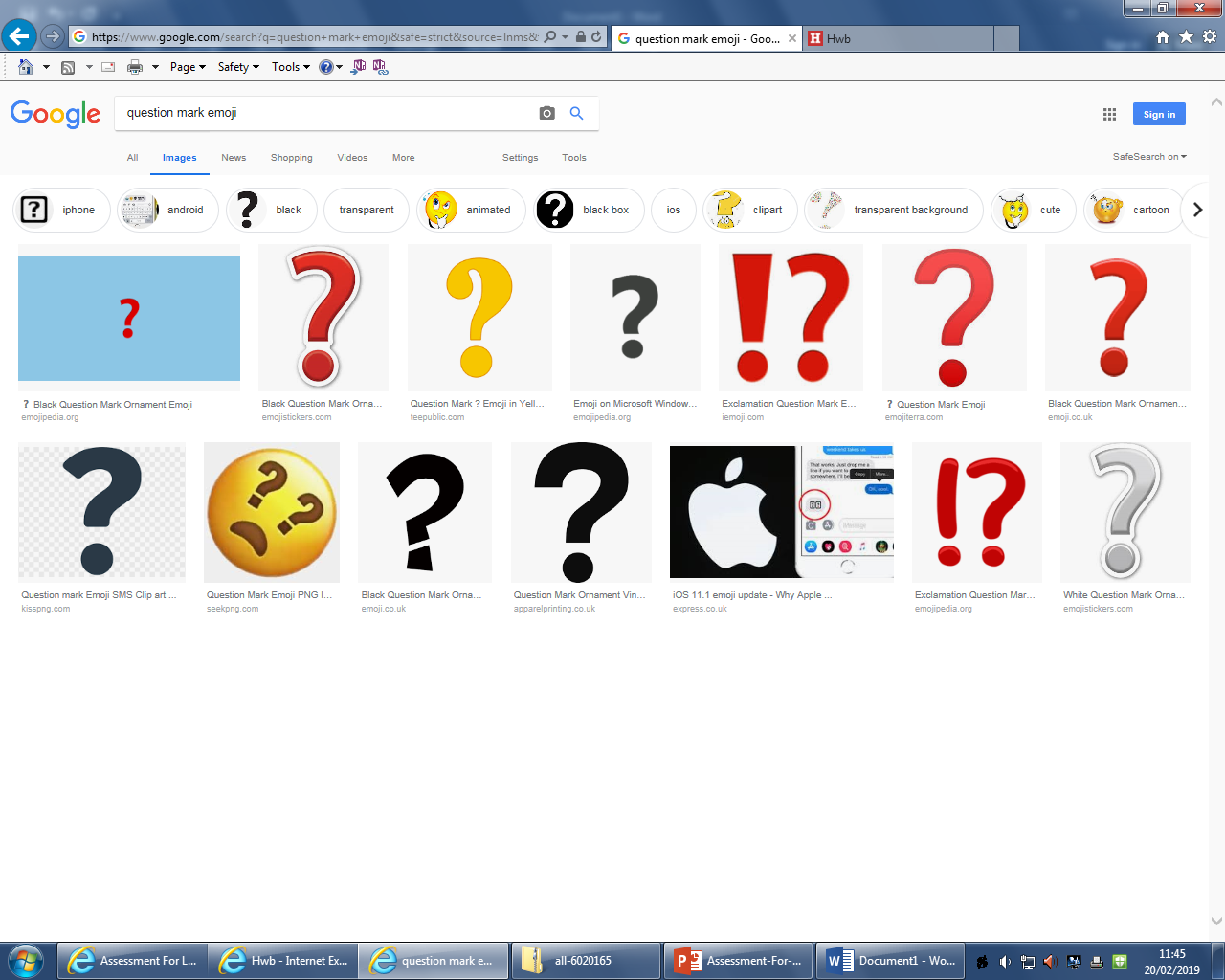


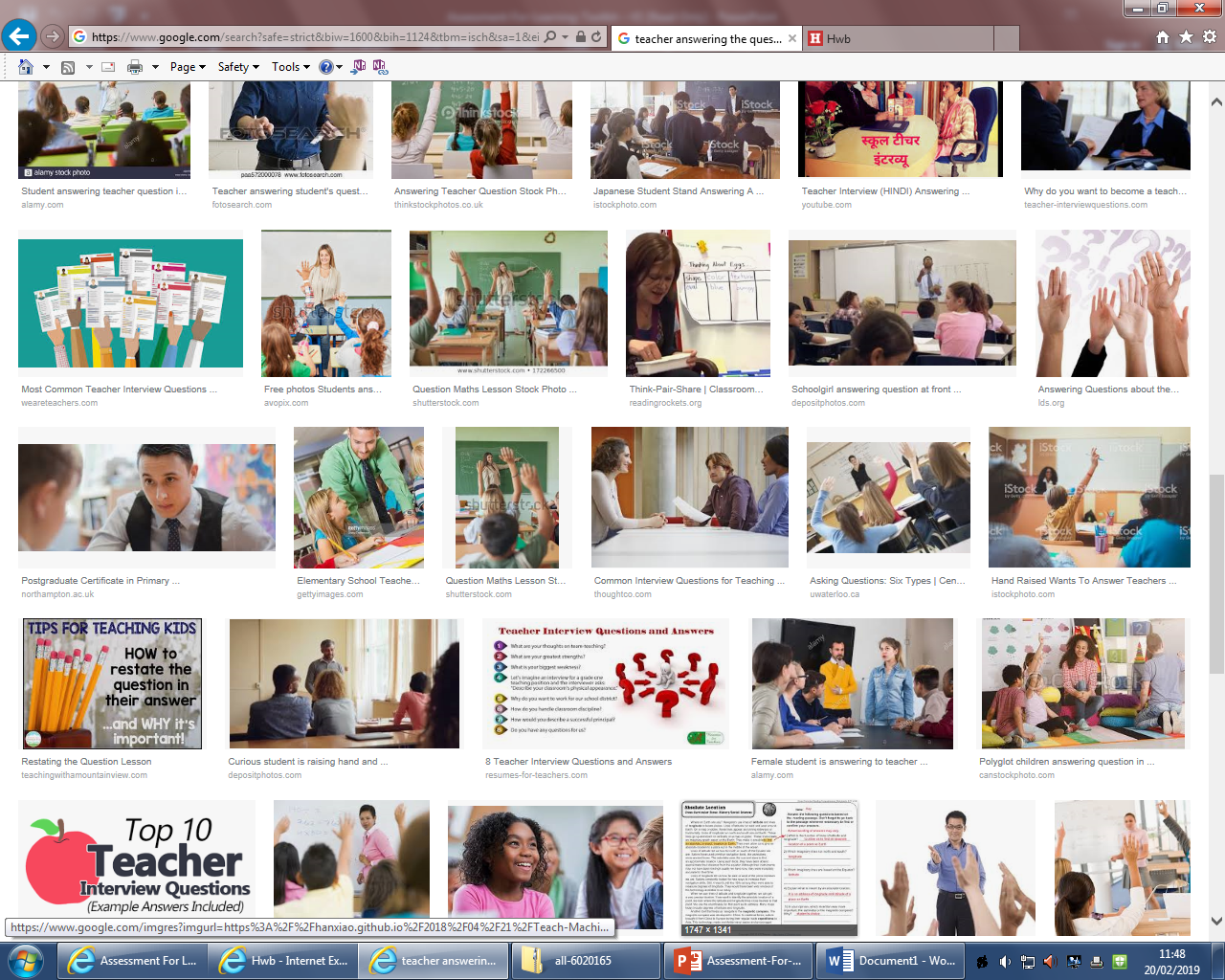
**Cwestiwn**

**Meddwl am ac ysgrifennu cwestiwn**

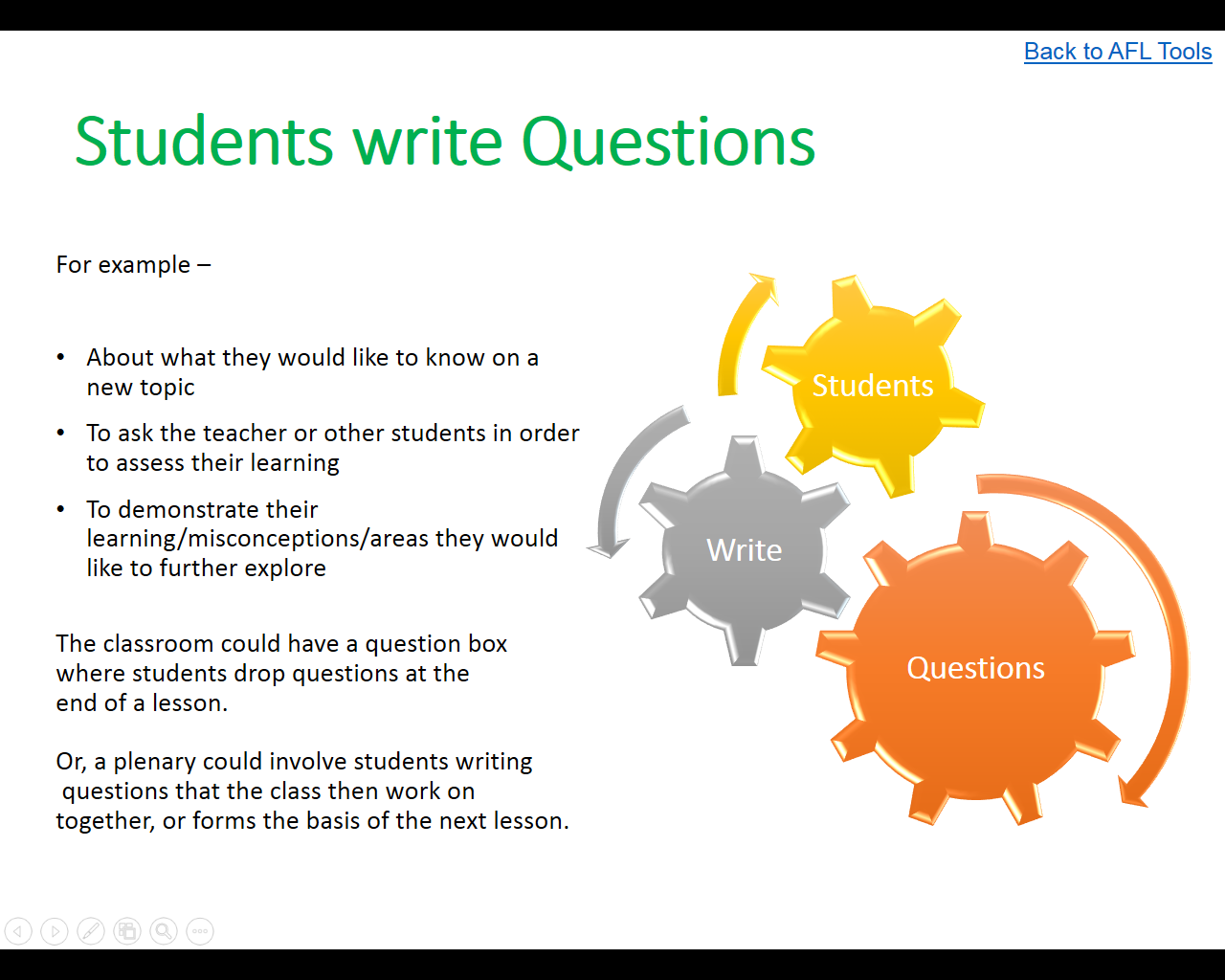
**Fi**

Lluniwch gwestiwn i ofyn am sut mae un ffactor yn effeithio ar ddatblygiad a lles

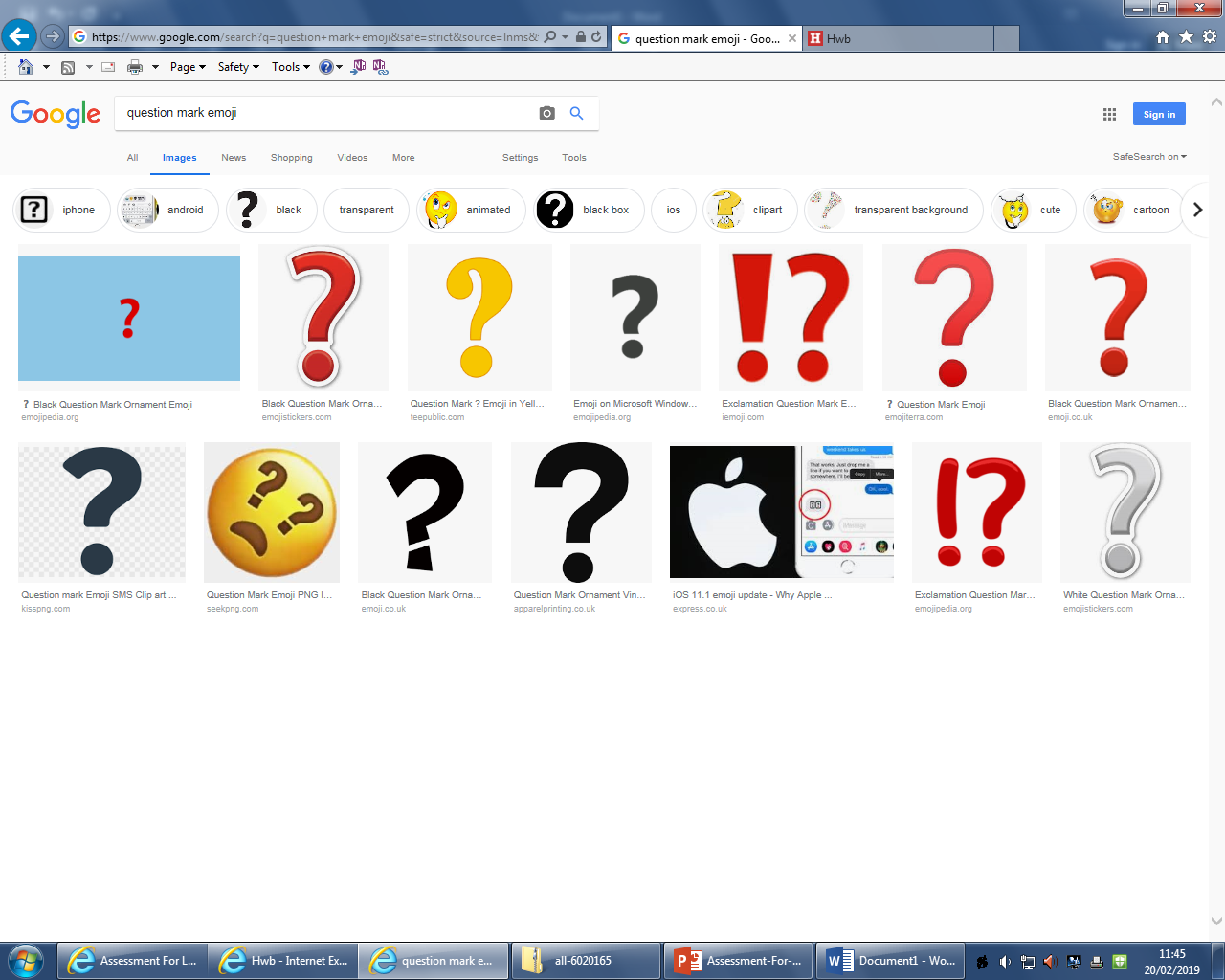
Cwestiwn-...................................................................................................................................................................................................................................................................................................................................................

 Ateb athro/athrawes

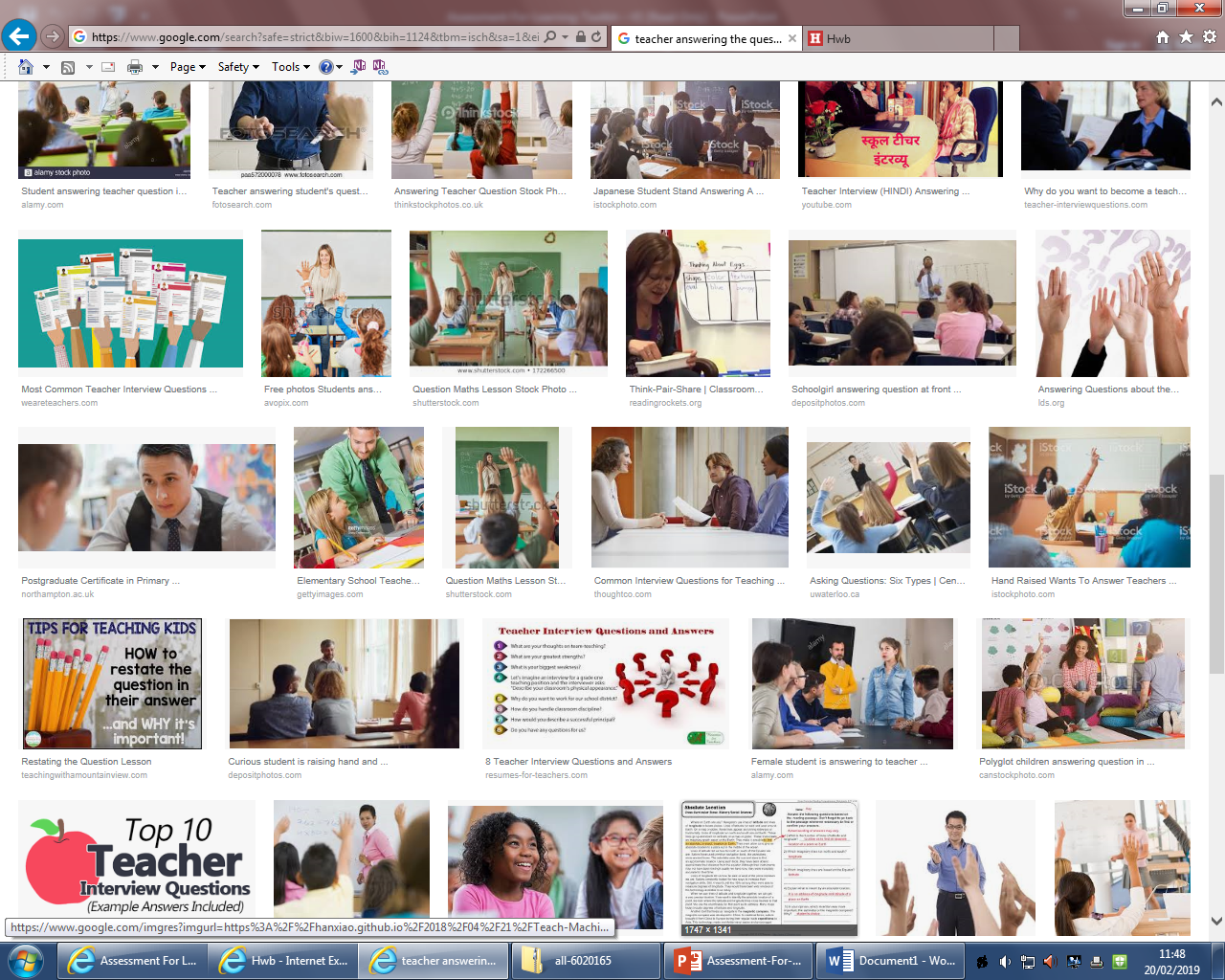
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**Design a question to ask how one chosen factor affects development and well-being**

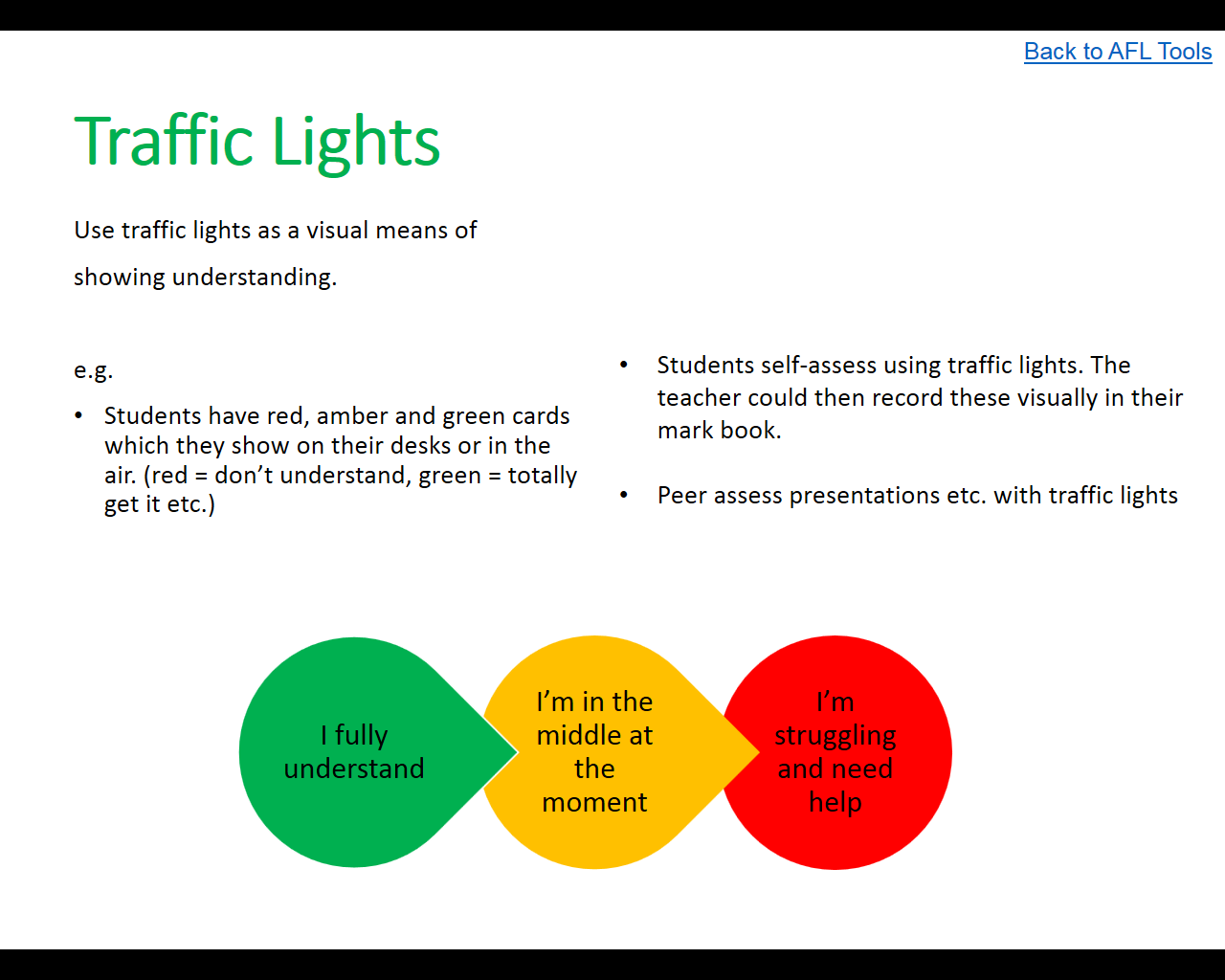
**Question-**

-...................................................................................................................................................................................................................................................................................................................................................

 **Teacher answer-**

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**Beth yw lefel eich dealltwriaeth ar feddwlgarwch?**

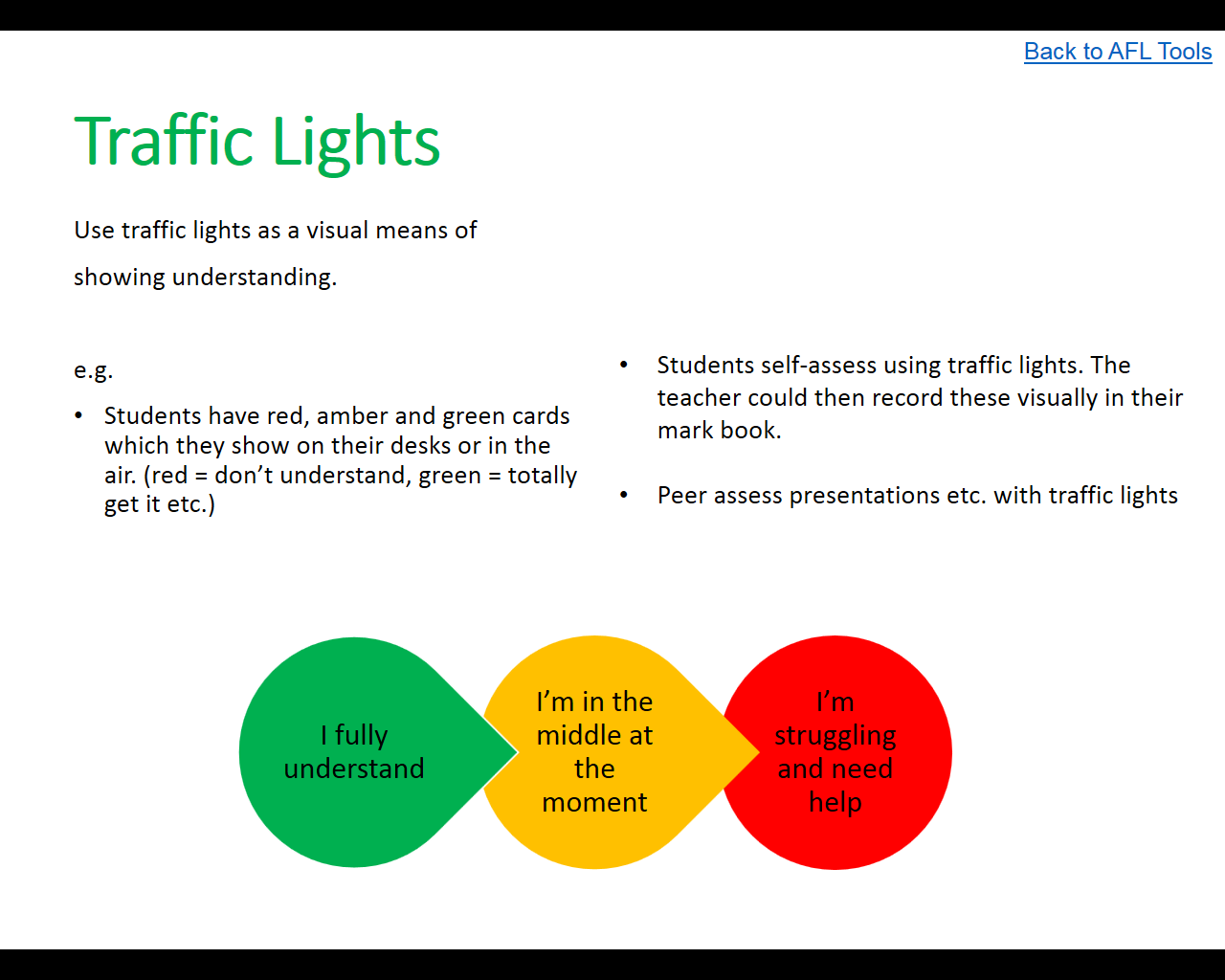
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**Rhywle yn y canol ar hyn o bryd**

**Deall yn iawn**

**Nid wyf yn deall-mae angen cymorth arna i**

What is your level of understanding on Mindfuless?

****