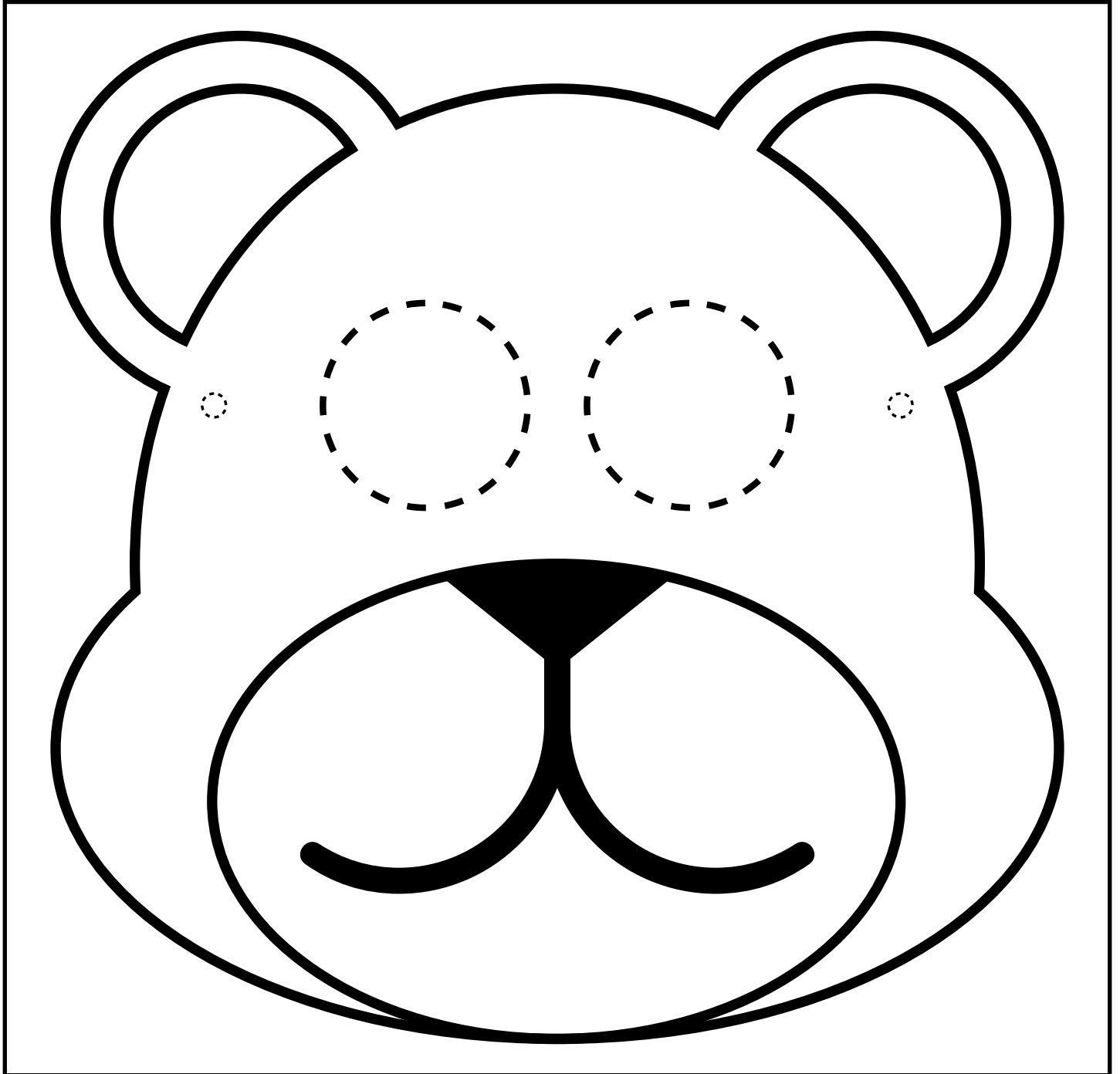


# Oriel Everywhere // Oriel O Gwmpas:

Oriel  
Myrddin  
Gallery

## 5 Ways to Wellbeing Podcast

*Learn something new with the Boring Bears.*



One of the 5 ways is to learn something new. You can listen to our 'Boring Bears' podcast and colour in your mask using a new kind of art material or maybe using all kinds of different colours!

Un o'r 5 ffordd yw dysgu rhywbeth newydd. Gallwch wrando ar ein podlediad 'Boring Bears' a lliwio eich gorchudd wyneb gan ddefnyddio math newydd o ddeunyddiau celf neu efallai gan ddefnyddio pob math o liwiau gwahanol!