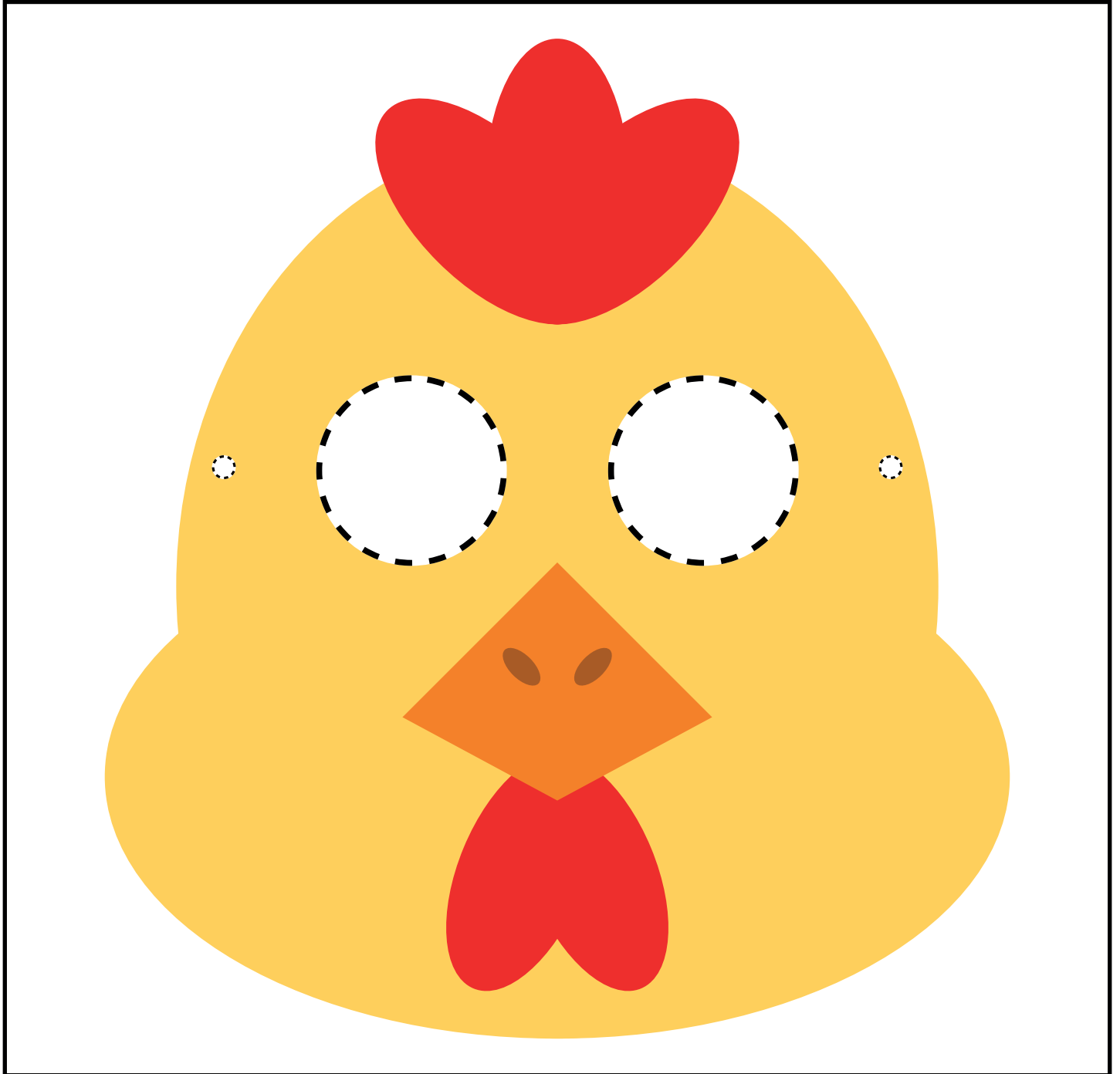


# Oriel Everywhere // Oriel O Gwmpas:

Oriel  
Myrddin  
Gallery

## 5 Ways to Wellbeing Podcast

*Give to Others with the Charging Chickens.*



One of the 5 ways is giving to others. You can listen to our 'Charging Chickens' podcast, colour in this mask and give it to someone else to show some kindness!

Un o'r 5 ffordd yw rhoi i eraill. Gallwch wrando ar ein podlediad 'Charging Chickens', lliwiwch y gorchudd wyneb hwn a'i roi i rywun arall i ddangos ychydig o garedigrwydd!