

Yn niwylliant Japan, mae'r garan (neu'r 'tsuru') yn symbolaidd o obaith ac iachad yn ystod amseroedd anodd.

In Japanese culture, the crane (or 'tsuru') is symbolic of hope and healing during difficult times.

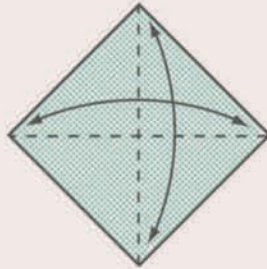
Anhawster / Difficulty:
Hawdd / Easy

Amser / Time: 10
munud / minutes

Tudalen 1
Page 1

Sganiwch y cod QR
isod ar gyfer y fideo!

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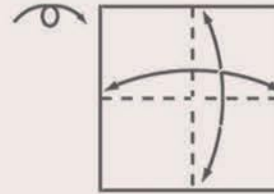
1. Plygwch y darn sgwar o bapur mewn hanner ddwywaith o gornel i gornel.

1. Fold the square piece of paper in half, both ways (corner to corner)



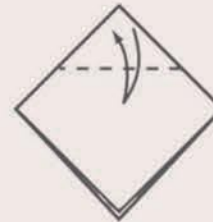
4. Plygwch y fflapiau trionglog uchaf i'r canol a'u plygu nol.

4. Fold the top triangular flaps into the centre and unfold.



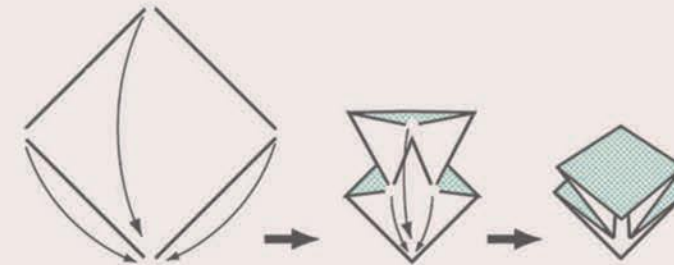
2. Fflipiwrch y papur a plygwch y papur yn ei hanner y ddwy ochr (ochr yn ochr tro hyn)

2. Flip the paper and fold the paper in half, both ways (side to side)



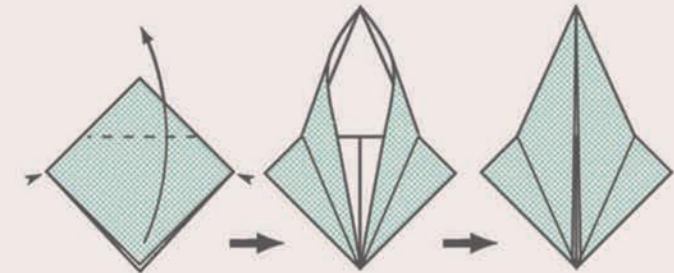
5. Plygwch y gornel uchaf i lawr i gwrdd a'r canol, crychwch a plygwch nol.

5. Fold the top corner down to meet the centre, crease and unfold.



3. Trwy ddefnyddio'r crychau, dewch a'r 3 cornel uchaf i lawr a'r gornel isaf a'u wasgu lawr.

3. By using the creases, bring the top 3 corners down to meet the bottom corner and flatten.



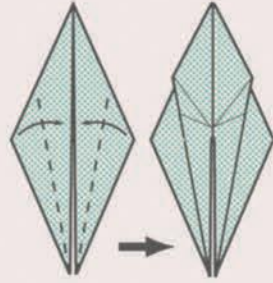
6. Agorwch y fflap uchaf, gan ddod ag ef i fyny a gwasgwch ochrau'r model i mewn ar yr un pryd. Pwyswch lawr i neud y model yn fflat a crychwch yn dda.

6. Open the top flap, bringing it upwards and press the sides of the model in at the same time. Flatten and crease well.



7. Fflipiwch y papur ac ailadroddwch gamau 4 - 6 ar yr ochr honno.

7. Flip the paper and repeat syteps 4 - 6 on that side.



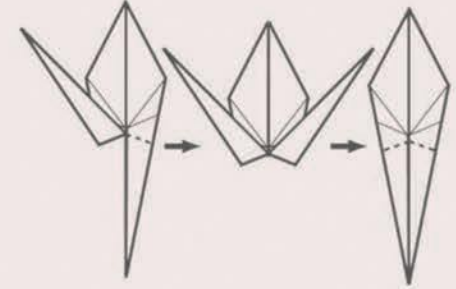
8. Plygwch y fflapiau uchaf i'r canol.

8. Fold the top flaps into the centre.



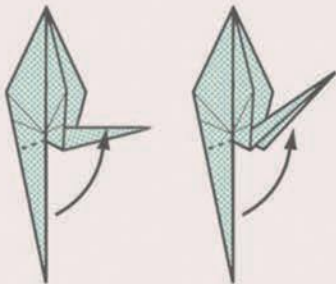
9. Fflipiwch ac ailadroddwch ar yr ochr arall.

9. Flip and repeat on the other side.



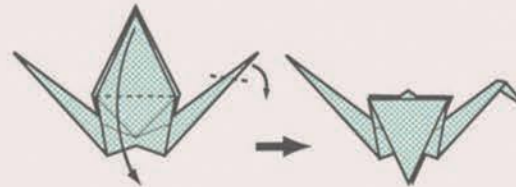
10. Plygwch y 'coesau' i fyny, crychwch yn dda a plygwch nol.

10. Fold the 'legs' up, crease well and unfold.



11. Plygwch y "coesau" tu fewn rhwng y crychau a wnaethoch.

11. Inside reverse the "legs" along the creases you made.



12. Plygwch dop un "coes" i fewn i greu pen y garan, yna plygwch adenydd y garan lawr.

12. Inside reverse fold one side to make the crane's head, then fold down the wings.

