



Her Dysgu'r Nadolig! Christmas Learning Challenge!

Dydd Llun Monday	Dydd Mawrth Tuesday	Dydd Mercher Wednesday	Dydd Iau Thursday	Dydd Gwener Friday
	<p>Her yn cychwyn yfory!</p> <p>Challenge starts tomorrow!</p>	<p>07.12.22 Diwrnod 1 Day 1</p> <p><u>Focus on improvement, not perfection</u></p> <p>(4 munud 29 eiliad) (4 minutes 29 seconds)</p>	<p>08.12.22 Diwrnod 2 Day 2</p> <p><u>Use Keyboard Shortcuts in Teams</u></p> <p>(2 munud 20 eiliad) (2 minutes 20 seconds)</p>	<p>09.12.22 Diwrnod 3 Day 3</p> <p><u>The Five Thieves of Happiness</u></p> <p>(8 munud 19 eiliad) (8 minutes 19 seconds)</p>
<p>12.12.22 Diwrnod 4 Day 4</p> <p><u>How to take notes productively</u></p> <p>(3 munud 39 eiliad) (3 minutes 39 seconds)</p>	<p>13.12.22 Diwrnod 5 Day 5</p> <p><u>Simple Shifts for Sleep Success</u></p> <p>(4 munud 6 eiliad) (4 minutes 6 seconds)</p>	<p>14.12.22 Diwrnod 6 Day 6</p> <p><u>One-minute habit for self-compassion and empathy</u></p> <p>(3 munud 11 eiliad) (3 minutes 11 seconds)</p>	<p>15.12.22 Diwrnod 7 Day 7</p> <p><u>Strengthen Your Confidence Muscle</u></p> <p>(3 munud 46 eiliad) (3 minutes 46 seconds)</p>	<p>16.12.22 Diwrnod 8 Day 8</p> <p><u>Nano Tips to Stop Overthinking</u></p> <p>(7 munud 41 eiliad) (7 minutes 41 seconds)</p>
<p>19.12.22 Diwrnod 9 Day 9</p> <p><u>Nano Tips for using Excel</u></p> <p>(6 munud 36 eiliad) (6 minutes 36 seconds)</p>	<p>20.12.22 Diwrnod 10 Day 10</p> <p><u>Understanding your procrastination habit</u></p> <p>(3 munud 20 eiliad) (3 minutes 20 seconds)</p>	<p>21.12.22 Diwrnod 11 Day 11</p> <p><u>Nano Tips for Avoiding Burnout</u></p> <p>(8 munud 54 eiliad) (8 minutes 54 seconds)</p>	<p>22.12.22 Diwrnod 12 Day 12</p> <p><u>Finding self-compassion through self-kindness</u></p> <p>(7 munud 22 eiliad) (7 minutes 22 seconds)</p>	<p>Llongyfarchiadau!</p> <p>Congratulations!</p>

