





Her Dysgu'r Nadolig! Christmas Learning Challenge!

Dydd Llun Monday	Dydd Mawrth Tuesday	Dydd Mercher Wednesday	Dydd Iau Thursday	Dydd Gwener Friday
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 <p>Her yn cychwyn yfory!</p> <p>Challenge starts tomorrow!</p>	<p>06.12.22 Diwrnod 1 Day 1</p> <p>Top seven tips for using Outlook</p> <p>(56 eiliad) (56 seconds)</p>	<p>07.12.22 Diwrnod 2 Day 2</p> <p>Nano Tips and Shortcuts for Using Excel</p> <p>(6 munud 40 eiliad) (6 minutes 40 seconds)</p>	<p>08.12.22 Diwrnod 3 Day 3</p> <p>Landscape photography with your camera phone</p> <p>(4 munud 10 eiliad) (4 minutes 10 seconds)</p>
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<p>11.12.22 Diwrnod 4 Day 4</p> <p>Upgrade your digital habits by changing your environment</p> <p>(3 munud 13 eiliad) (3 minutes 13 seconds)</p>	<p>12.12.22 Diwrnod 5 Day 5</p> <p>Creating your sleep sanctuary</p> <p>(3 munud 36 eiliad) (3 minutes 36 seconds)</p>	<p>13.12.22 Diwrnod 6 Day 6</p> <p>Mindfulness is not just about meditation</p> <p>(3 munud 3 eiliad) (3 minutes 3 seconds)</p>	<p>14.12.22 Diwrnod 7 Day 7</p> <p>Hacking the Creative Brain: Tap into your imagination</p> <p>(6 munud 15 eiliad) (6 minutes 15 seconds)</p>	<p>15.12.22 Diwrnod 8 Day 8</p> <p>Organizing your emails in Outlook</p> <p>(4 munud 22 eiliad) (4 minutes 22 seconds)</p>
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<p>18.12.22 Diwrnod 9 Day 9</p> <p>Nano Tips to Boost Productivity</p> <p>(8 munud 18 eiliad) (8 minutes 18 seconds)</p>	<p>19.12.22 Diwrnod 10 Day 10</p> <p>The Five Thieves of Happiness</p> <p>(8 munud 19 eiliad) (8 minutes 19 seconds)</p>	<p>20.12.22 Diwrnod 11 Day 11</p> <p>The phone's impact on relationships</p> <p>(2 munud 17 eiliad) (2 minutes 17 seconds)</p>	<p>21.12.22 Diwrnod 12 Day 12</p> <p>One-minute habit for self-compassion and empathy</p> <p>(3 munud 11 eiliad) (3 minutes 11 seconds)</p>	<p>Llongyfarchiadau!</p> <p>Congratulations!</p> 
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