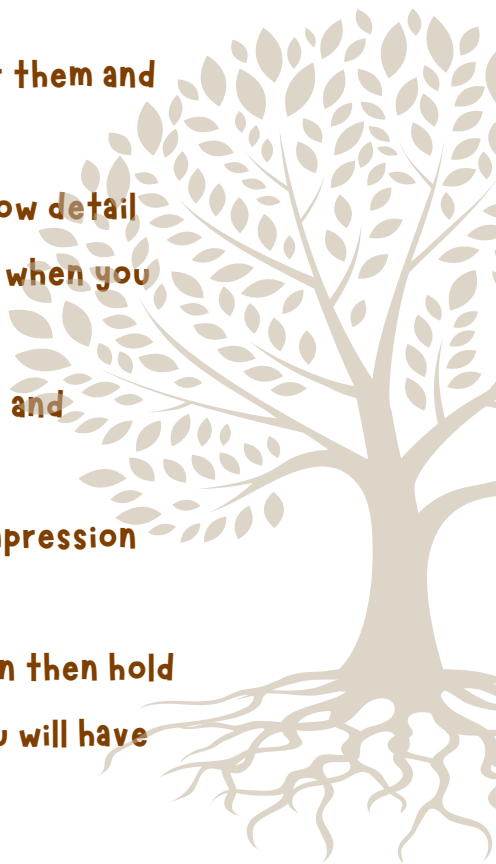


10 things you can do with a sketch book and a pencil



1. Start a walk journal. Record what you see, do, hear, feel and think.
2. Visit the same plant or tree and write and draw how it changes through the seasons
3. Hypothesise (guess) and write down what you might see on your walk and then tick them off while you're walking
4. Draw a map of your favourite trail. Hide some treasure, mark it on the map and take someone on a treasure hunt
5. Place a few leaves on one side of the page, fold it to cover them and hammer it with a stone or stick to make an impression.
6. Look really closely at a plant, sketch it and add labels to show detail
7. Write down how you are feeling before your walk and then when you come back. Do you feel better?
8. Visit your favourite view, photograph it, sketch the layers and record the colours
9. Lay a piece of paper over bark or rock and take a rubbed impression of the texture
10. Do you have a problem or a decision to make? Write it down then hold that thought as you walk, knowing that when you finish you will have the answer. Write down your solution.



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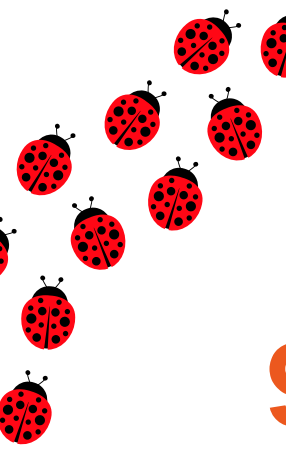
Halkyn Castle Wood
Events and Education




Asiantaeth Datblygu Gwledig
Rural Development Agency




Llywodraeth Cymru
Welsh Government



10 peth i'w gwneud gyda llyfr braslunio a phensil



1. Dechrau dyddiadur teithiau cerdded. Cofnodwch yr hyn rydych chi'n ei weld, ei wneud, ei glywed, ei deimlo a'ch meddyliau.
 2. Ymweld â'r un planhigyn neu goeden ac ysgrifennu a lluniadu sut mae'n newid trwy'r tymhorau.
 3. Dyfalwch a nodi'r hyn y gallech chi ei weld wrth fynd am dro ac yna eu ticio wrth i chi eu gweld ar eich taith.
 4. Lluniwch fap o'ch hoff lwybr. Cuddiwch drysor, ei farcio ar y map a mynd â rhywun ar helpa drysor.
 5. Rhewch ychydig o ddail ar un ochr y dudalen, ei phlygu i'w gorchuddio ac yna ei tharo gyda charreg neu ffon i ddangos yr olion.
 6. Edrychwch yn agos ar blanhigyn, ei fraslunio ac ychwanegu labeli i nodi'r manylion.
 7. Nodwch sut rydych chi'n teimlo cyn i chi fynd am dro ac yna ar ôl i chi gyrraedd adref. A ydych chi'n teimlo'n well?
 8. Ewch i weld eich hoff olygfa, tynnu ffotograffau ohoni, braslunio'r haenau a chofnodi'r lliwiau.
 9. Rhewch ddarn o bapur dros graig neu risgl a rhwbio i ddangos y gweadedd.
 10. A oes gennych chi broblem neu benderfyniad i'w wneud? Ysgrifennwch beth sydd ar eich meddwl a chadw hynny mewn cof wrth i chi gerdded, gan wybod pan fyddwch chi wedi cyrraedd pen eich taith y bydd gennych chi'r ateb. Cofnodwch eich datrysiaid.
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