

BookTrust Cymru

Amser Rhigwm Mawr Cymru

Big Welsh Rhyme Time

Tyrd Gyda Fi! / Come With Me!

by Krystal S. Lowe

Wiwer fach, wiwer fach, tyrd gyda fi
Cawn redeg yn gyflym, 'da'n gilydd yn rhydd!
Little squirrel, little squirrel, come with me
We'll run and run, side by side and free!

Deryn bach, deryn bach, tyrd gyda fi
Cawn hedfan drwy'r awyr, 'da'n gilydd yn rhydd!
Little bird, little bird, come with me
We'll fly in the sky, side by side and free!

Bwni fach, bwni fach, tyrd gyda fi
Cawn fownsio drwy'r blodau 'da'n gilydd yn rhydd!
Little Rabbit, Little Rabbit, come with me
We'll bounce through flowers, side by side and free!

A phan fydd hi'n oer a'r glaw yn disgyn,
And when it's cold and the rain comes in,
Fe ddaliwn i redeg, a bownsio, a hedfan!
We'll run, and bounce, and fly 'cause we can!

Watch the accompanying rhyme video at www.booktrust.org.uk/bigwelshrhymetime



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Tyrd Gyda Fi! / Come With Me!

Activity explainer (to be used alongside video)

Purpose: *Tyrd Gyda Fi! / Come With Me!* is all about exploring the outdoors with little ones no matter the weather, even in the wintertime.

Materials needed: Weather appropriate outdoor wear. Feel free to use your own music for the activity or you can play the '[Mud Pies](#)' music that features in the *Tyrd Gyda Fi! / Come With Me!* video.

Warm Up

Warming up before moving is essential for healthy bodies and building good habits in young children. Put on a favourite song and warm up by asking the group to copy your movements.

Rub, Shake, and Roll!

Start with your hands together and **rub** them quickly, warming up your hands. Then rub your hands quickly along your arms, back, and legs to warm up your whole body.

Next, gently **shake** each arm, each shoulder, hips, and each leg - loosening up those joints as you go!

Finally, start with your wrists and **roll** your hands in circles, then shoulders, hips, and ankles.

Now, you're ready to get moving.

Activity Time

Step 1:

Bring your little ones together outside.

Step 2:

Read the rhyme out aloud once through.



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Step 3:

Read each stanza of the poem one at a time and have your group imagine ways they can move with the animals. Suggested movements for each animal are below.

Once the poem is complete remind the group of the animals featured in the rhyme and ask whether they remember how they moved.

You can repeat stanzas if this helps the group. Repetition also helps with language development and memory.

Stanza 1:

How quickly can you run?

Ask the children to choose a partner and see how fast they and their partners can run on the spot.

Stanza 2:

Stretch your arms wide and get ready to fly!

Ask the group to try flying in zig zags and circles alongside a partner as you recite the rhyme.

Stanza 3:

Now, we bounce!

Ask the group to crouch low and recite the poem as they bounce like a bunny with a partner.

Stanza 4:

For the last stanza ask each child to choose a fun pose or one of the previous moves.



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