

WORLD MENTAL HEALTH DAY

10th October 2022



To join the Mindfulness Session



To join the quiz

| Yale Hafod hall/ Wellbeing hub | Bersham D block by Costa | Deeside Wellbeing hub & 1st floor library | Northop Library | Llysfasi Library |
|---|--|--|---|---|
| Treasure Hunt 9.30am-3pm Wellbeing hub | Treasure Hunt 9.30am-3pm Library | Treasure Hunt 9.30am-3pm Library | Treasure Hunt 9.30am-3pm Library | Treasure Hunt 9.30am-3pm Library |
| Positivity post-its Wellbeing hub | Paper airplane race 12.30pm-2pm D Block by Costa | Music session 11.30am-2pm Deeside college foyer | Positivity post-its Library | Smoothie bike 12.30pm - 2pm Hafan room |
| Online quiz 11am-12pm | Smoothie bike 9.30am-12pm D Block by Costa | Cartoon strips & mindful colouring Upstairs library | Paper airplane race 11.30am-2pm Outside the library | Games, colouring & comics Library or Hafan room |
| Cartoon strips & mindful colouring 12.30pm-4pm Wellbeing hub | Table football D Block by Costa | Bracelet making/games 1st floor library/ wellbeing hub | Cartoon strips & mindful colouring Library | Online quiz 11am-12pm |
| Games 12.30pm-4pm Wellbeing hub | Online quiz 11am-12pm | Online quiz 11am-12pm | Cartoon strips & mindful colouring Library | Online mindfulness session 1.15pm - 2.15pm |
| Online mindfulness session 1.15pm - 2.15pm | Online mindfulness session 1.15pm-2.15pm | Online mindfulness session 1.15pm-2.15pm | Online mindfulness session 1.15pm-2.15pm | |

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10 Hydref 2022

| Iâl Hafod Neuadd/ Hwb Llesiant | Ffordd y Bers Bloc D wrth ymyl Costa | Glannau Dyfrdwy Hwb Llesiant a llawr cyntaf y llyfrgell | Llaneurgainy Llyfrgell | Llysfasi Y llyfrgell |
|--|--|---|--|---|
| Helfa Drysor 9.30am-3pm Hwb Llesiant | Helfa Drysor 9.30am-3pm Hwb Llesiant | Helfa Drysor 9.30am-3pm Hwb Llesiant | Helfa Drysor 9.30am-3pm Hwb Llesiant | Helfa Drysor 9.30am-3pm Hwb Llesiant |
| Nodau gludiog positif Hwb Llesiant | Ras awyrennau papur 12.30pm-2pm Bloc D wrth ymyl Costa | Sesiwn gerddoriaeth 11.30am-2pm Cyntedd coleg Glannau Dyfrdwy | Nodau gludiog positif Y llyfrgell | Beic smwddi 12.30pm-3pm Ystafell Hafan |
| Cwis ar-lein 11am-12pm | Beic smwddi 9.30am-12pm Bloc D wrth ymyl Costa | Stripiau cartŵn a lliwio ystyrioll fyny'r grisiau yn y llyfrgell | Ras awyrennau papur 11.30-2 Tu allan i'r llyfrgell | Gemau, lliwio a comics Llyfrgell neu ystafell Hafan |
| Stripiau cartŵn a lliwio ystyrio 12.30-4Hwb Llesiant | Pêl-droed bwrdd Bloc D wrth ymyl Costa | Gwneud breichledi/gemau llawr cyntaf y llyfrgell/ Hwb Llesiant | Stripiau cartŵn a lliwio ystyrio Y llyfrgell | Cwis ar-lein 11am-12pm |
| Gemau 12.30pm-4pm Hwb Llesiant | Cwis ar-lein 11am-12pm | Cwis ar-lein 11am-12pm | Cwis ar-lein 11am-12pm | Sesiwn meddwlgarwch ar-lein 1.15pm-2.15pm |
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