Am 8.30pm, nos Sadwrn, 24 Mawrth, mae hi'n Awr Ddaear.

Mae **'Help'** yn gerdd mae Casia Wiliam, Bardd Plant Cymru wedi ei hysgrifennu yn arbennig ar gyfer #AwrDdaear.

Mae'r gerdd yn addas ar gyfer Cyfnod Allweddol 3, disgyblion Bl.7,8 a 9.

Darllenwch y gerdd gyda'ch gilydd yn y dosbarth.

Yna trafodwch y canlynol:

1. Pwy sydd yn siarad yn y gerdd? (Y ddaear)
2. Beth sydd yn bod? Pam bod y ddaear yn drist ac yn poeni (cyfle i drafod newid hinsawdd)
3. Beth yn union yw'r problemau (trafodwch achos ac effaith newid hinsawdd – mae llawer iawn o wybodaeth wych ar gael yma: https://www.wwf.org.uk/what-we-do/area-of-work/climate-change-and-energy)

4. Beth fedrwn ni wneud i helpu? Ewch draw i wefan WWF i gael golwg – mae llwyth o awgrymiadau a fideos cŵl yno yn llawn syniadau am bethau bach y medrwn ni gyd wneud i daclo newid hinsawdd: https://www.wwf.org.uk/earthhour

5. Beth am ofyn i'r disgyblion ysgrifennu cerdd yn ôl at y ddaear, yn esbonio yr hyn maen nhw am ei wneud i daclo newid hinsawdd.

Help

Blantos Cymru, a welwch chi'r glaw?
Fy nagrau yw'r rhain, yn disgyn mewn braw.

Blantos Cymru, a glywch chi fy sgrech?
Mae'r salwch yn taenu i bob man fel brech.

Blantos Cymru, rwy'n peswch, yn tagu -
yr holl fwg a'r plastig, mae'n anodd anadlu.

Blantos Cymru, rwy'n sgrechian mewn panig -
rwy'n hiraethu am yr iâ a orchuddia yr Arctig.

Blantos Cymru, a deimlwch chi'r gwres?
Mae'n llosgi fy nghroen, dod yn nes ac yn nes.

Blantos Cymru, a fedrwch chi addo
bod yn wahanol – eich bod chi am drio?

Blantos Cymru, a wnewch chi fy ngwarchod?
Mae amser o hyd i ddad-wneud y difrod.

Blantos Cymru, os y gweithiwch ynghyd,
fe rof i chi'r cwbl – fe rof i chi'r byd.

8.30pm, Saturday, 24 March is Earth Hour.

'Help' is a poem written especially by Casia Wiliam, Bardd Plant Cymru, to celebrate #EarthHour.

This poem is suitable for pupils in Key Stage 3 – Year 7,8,9.

Read the poem together.

Then, discuss the following:

1. Who is speaking in the poem? (Planet Earth)
2. What is wrong? Why is Planet Earth sad and worried? (conversation about climate change)
3. What exactly is wrong? (discuss the cause and effects of climate change. You can find loads of great info and simple videos here: https://www.wwf.org.uk/what-we-do/area-of-work/climate-change-and-energy)
4. What can we do to help? Visit WWF's website – there are a number of very simple things that each of us can do today to help reduce climate change: https://www.wwf.org.uk/earthhour
5. For further work, you could ask the pupils to write a poem in reply, a poem to Planet Earth, to explain the changes they are going to make to tackle climate change.

Help

Children, children, can you hear me cry?
These are my tears streaking the sky.

Children, children, can you hear me roar?
The pain is searing, the pain is raw.

Children, children, can you feel me choke?
On all this plastic, all this smoke.

Children, children, can you feel me scream?
I miss icy oceans and grass so green.

Children, children, can you feel the heat?
It's burning all over; my face, my feet.

Children, children, can you promise me
that you will be different, will set me free?

Children, children, I'll be here forever
if you make a promise to make me feel better.

Children, children, if you give me your word
I will give you my all – I will give you the world.