



Super Shields

All brave knights need a shield!



What you will need:

- A shield template
- 2 x sheets of metallic paper
- Glue
- Scissors
- A horse, a dog or a cat template



What to do:

- Cut out the shield template.
- Stick the metallic paper on to the shield so that it covers the whole area – see example photograph.
- Trim off the metallic paper around the edges of the shield so that you have a nice, neat shape.
- Choose an animal template or draw your own animal, colour it in, cut it out and stick it in the centre of your shield.
 - The horse means you are brave
 - The dog means you are loyal
 - The cat means you are mischievous
- Add a handle to the back of your shield (use the spare card from your shield template) and you're ready for battle!



If you would like to watch a 'how to make this craft' video, please go to

<https://www.monlife.co.uk/monlife-health-wellbeing-hub/>





Tarian Drawiadol

Mae angen tarian ar bob
marchog dewr!



Beth sydd eu hangen arnoch

- Templed tarian
- 2 x dalen o bapur metelig
- Glud
- Siswrn
- Templed ceffyl, ci neu gath



Beth i wneud:

- Torrwch allan y templed tarian.
- Gludwch y papur metelig i'r darian fel ei fod yn cwmpasu'r holl beth - gwelwch y ffotograff enghreifftiol.
- Torrwch y papur metelig o amgylch ymylon y darian fel bod gennych siâp braf, taclus.
- Dewiswch dempled anifail neu tynnwch lun o anifail eich hun, lliwiwch ef i mewn, torrwch ef allan a'i ludo yng nghanol eich tarian.
 - Mae'r ceffyl yn golygu eich bod yn ddewr
 - Mae'r ci yn golygu dy fod yn deyrngar
 - Mae'r gath yn golygu eich bod yn ddireidus
- Ychwanegwch handlen i gefn eich tarian (defnyddiwch y cerdyn sbâr o'ch templed tarian) ac rydych chi'n barod i'r gad!



Os hoffech chi wyllo'r fideo
'sut i wneud y darn crefft hwn',
ewch i

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