

# TRI DEWI 'LITTLE THINGS'

## DAILY MOVEMENT

Incorporate your 'Daily Mile' activity or take part in a break time activity

## LITTLE THINGS ACTION

Help someone, e.g, tidy your space, reinforcing the message of 'The Little Things Matter'

## SWIM, BIKE, RUN LESSON

Choose one of the activities to deliver in your PE lesson in the week leading up to March 1st

## MAKE A PLEDGE

What 'Little Thing' can you pledge to do that will make a big difference over time?

## WELSH PHRASE OF THE DAY

What new phrase can you learn?  
How many can you learn in a week?



**Tri Dewi**  
Nofio • Beicio • Rhedeg



**01 03**  
Dydd Gŵyl Dewi  
St David's Day



**NOFIO  
BEICIO  
RHEDEG**



Ariennir gan  
**Lywodraeth Cymru**  
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