

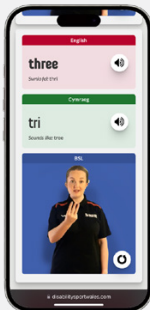
Useful Phrases for Trilingual Coaching

Ymadroddion Defnyddiol ar gyfer Hyfforddi'n Dairieithog



Scan the QR code on each page to see more phrases, listen to audio pronunciation examples, and watch videos of signing the phrases in British Sign Language (BSL).

Sganiwch y cod QR ar bob tudalen i weld mwy o ymadroddion, gwrandewch ar enghreifftiau sain o ynganiadau, a gwylwch fideos o'r ymadroddion iaith Arwyddion Prydain (BSL).





hello

welcome



helo

croeso

BSL



how are you?



sut wyt ti?

BSL

Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran

1



2



what's your
name?



beth yw
eich enw?

BSL

Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran

1



2



Greeting
Phrases



Ymadroddion
Cyfarch


















When signing numbers, you should mouth the English word for the number at the same time as making the hand shape(s).

Wrth arwyddo rhifau, dylech hefyd ddefnyddio patrwm ceg y Gair Saesneg am y rhif ar yr un pryd a gwneud y siâp(iau) llaw.

1	one	un	
2	two	dau	
3	three	tri	
4	four	pedwar	
5	five	pump	
6	six	chwech	
7	seven	saith	



			
8	eight	wyth	
9	nine	naw	
10	ten	deg	
15	fifteen	pymtheg	














		
20	twenty	dau ddeg
	 <p>Compound sign with two parts Arwydd cyfansawdd gyda dwy ran</p>	 
30	thirty	tri deg
	 <p>Compound sign with two parts Arwydd cyfansawdd gyda dwy ran</p>	 





When signing colours, you should mouth the English word for the colour at the same time as making the hand shape(s).

Wrth arwyddo lliwau, dylech hefyd ddefnyddio patrwm ceg y Gair Saesneg am y lliw ar yr un pryd a gwneud y siâp(iau) llaw.

			
	black	du	
	white	gwyn	
	red	coch	
	yellow	melyn	
	blue	glas	

Colours



Lliwiau

		BSL
go	ewch	
start	cychwyn	
stop	stopiwch	
wait	aros	
rest	gorffwys	



warm up



BSL



cynhesu fyny



cool down



BSL



oeri lawr



Instructional Phrases

Ymadroddion Cyfarwyddiol



well done!



da iawn!

BSL



fantastic!



ffantastig!

BSL



that's right!



mae hynny'n iawn!



BSL



keep going



dal ati



BSL



try again



ceisiwch eto



BSL



Encouragement

Anogaeth



fire alarm



larwm dân

BSL

Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran



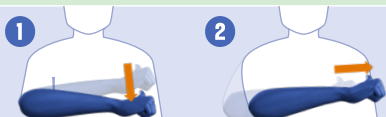
first aider



swyddog cymorth cyntaf

BSL

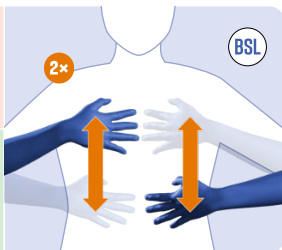
Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran



have you got any injuries?



oes gennych chi unrhyw anafiadau?



**Health
& Safety**



**Iechyd &
Diogelwch**