

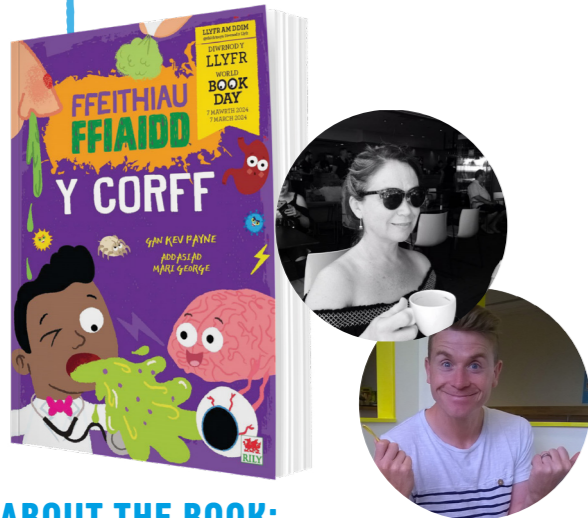
WORLD  
BOOK  
DAY

# £1/€1.50 BOOK INFORMATION SHEET

## FFEITHIAU FFIADD Y CORFF

**WRITTEN BY:** Mari George and Kevin Payne  
**PUBLISHER:** RILY

Cymru yn unig –  
rhugl



### ABOUT THE BOOK:

Get ready to go on a stomach-churning journey exploring the gross and ghastly human body. An alternative fun fact book for kids who love any gross and bizarre facts.

Have your mind blown by these weird and wonderful things about poo, wee, sweat, diseases, bogies and lots more! Did you know that the average person has around 10,000 tastebuds on their tongue? Or can you guess the world's longest poo?

Learn about all these gross facts, with this fantastically gruesome activity book! Packed with facts, puzzles, and games, readers are sure to laugh-out-loud and cringe whilst having a fun reading and learning about the human body.

### ABOUT THE AUTHOR:

Kevin Payne is an author and illustrator from Devon, United Kingdom. He grew up with a love for books, comics, and cartoons, which inspired him to draw. Alongside illustration, Kevin writes stories and poems, non-fiction books and creates interactive games. Kev was a teacher for over seventeen years and, when he's not drawing or writing, Kevin enjoys playing the ukulele and playing football.

Mari George was born in Bridgend, South Wales, and, after studying for a Masters Degree in Welsh Literature, she worked as a translator and script editor at BBC Wales drama department. Mari George is now an award-winning author, poet and translator. She has won a number of amazing awards, including the Literature Medal and y Gadair at the Urdd Eisteddfod. Mari lives in South Wales with her husband and two children, and when she is not working she likes to sing in a choir, travel, keep fit and talk to the family's pet rabbit, Jet.

If you  
liked this  
then try...



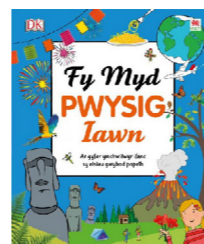
**Author:** Susie Brooks  
**Translated by:** Mari George  
**Illustrator:** Josy Bloggs  
**Publisher:** Rily



**Authors:** Penelope Arlon a Tory  
Gordon-Harris  
**Publisher:** Atebol



**Author:** Jon Gower  
**Illustrator:** Efa Lois  
**Publisher:** Y Lolfa



**Author:** Addaswyd/Cyfieithwyd  
gan Siân Lewis  
**Publisher:** Rily

WORLD  
BOOK  
DAY

# £1/€1.50 BOOK INFORMATION SHEET

World Book Day have worked with Coram Beanstalk and Bag Books to create activities that open the door to each book before the child even opens the front cover.

### BOOK CHAT:

- I wonder what the weirdest fact is in here. Do you know of any weird body facts?
- I notice that there are 10,000 taste buds on a tongue: that's an awful lot! Why do you think people like different kinds of food?
- The human body does a lot of strange things I have never thought about before! I wonder how people found these things out.

### A GAME YOU COULD PLAY:

Have a game of 'You Choose!'

- Take turns to ask questions about the weird facts in the book:
- Would you rather taste with your hands or your feet?
- Would you rather smell with your hair or your eyelashes?
- Would you rather see with your ears or your teeth?
- Would you rather hear with your belly button or your nose?

### SENSORY ACTIVITY:

Our fabulous bodies:

Celebrate our awesome bodies and all the amazing things they can do with some Brain Gym exercises. It's like doing special movements that help our bodies get ready for learning. Here are some examples, but you can find lots more online by searching 'Brain Gym Exercises'

**Paper Scrunching:** Crumple up a piece of paper with your hand. Squeeze it tight and then open it up again. It's like a little workout for your hand muscles!

**Twirl Time:** Stand up and give yourself a little twirl. It's like a dance move that makes your body feel happy and awake!

**Sand Tray Shapes:** Find a tray with some sand and use your finger to draw different shapes. It's like creating art with your fingers in the sand.

coram  
Beanstalk  
creating readers

BAG BOOKS

Sponsored by  
NATIONAL  
BOOK  
tokens

Changing lives through a love of books and reading

World Book Day® is a registered charity sponsored by National Book Tokens  
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK).

Sponsored by  
NATIONAL  
BOOK  
tokens

Changing lives through a love of books and reading

World Book Day® is a registered charity sponsored by National Book Tokens  
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK).

WORLD  
BOOK  
DAY

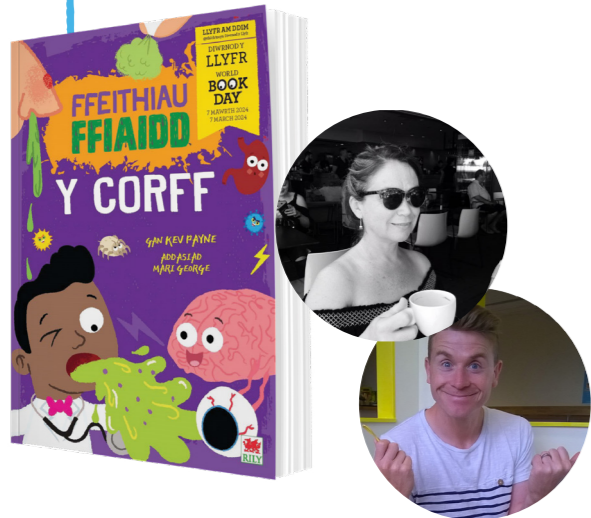
## TAFLEN WYBODAETH AM Y LLYFR

# £1/€1.50

### FFEITHIAU FFAIDD Y CORFF

**YSGRIFENNWYD GAN:** Mari George a Kevin Payne  
**CYHOEDDWR:** RILY

Cymru yn unig –  
rhugl



#### AM Y LLYFR:

Bydd yn barod am daith sy'n archwilio'r corff dynol ffaidd ac afiach. Mae'n ddigon i droi dy stumog. Llyfr ffeithiau doniol i blant sy'n caru unrhyw ffeithiau rhyfedd ac ych-a-fi!

Byddi di'n rhyfeddu at y ffeithiau gwych a gwallgof hyn am bi-pi, pw, chwys, afiechydon, snots gludiog a llawer mwy! Oeddet ti'n gwybod bod gan y person cyffredin tua 10,000 o flasbwyntiau ar ei dafod? Wyt ti'n gallu dyfalu hyd pw hiraf y byd?

Defnyddia'r llyfr gweithgaredd hynod erchyll hwn i ddysgu am yr holl ffeithiau ffaidd hyn! Yn llawn ffeithiau, posau a gemau, byddi di'n siŵr o wingo a chwerthin nes dy fod ti'n wan, wrth ddarllen a dysgu am y corff dynol.

#### AM YR AWDUR:

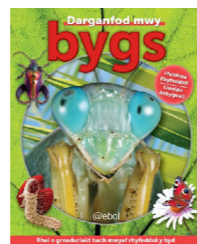
Awdur a darlunydd o Ddyfnaint yw Kevin Payne. Ers yn blentyn, mae ganddo gariad at lyfrau, comics, a chartwnau, a hynny a'i ysbrydolodd i dynnu lluniau. Ochr yn ochr â darlunio, mae Kevin yn ysgrifennu straeon a cherddi, llyfrau ffeithiol, ac yn creu gemau rhyngweithiol. Bu Kev yn athro am dros 17 o flynyddoedd, a phan nad yw'n tynnu lluniau ac yn ysgrifennu, mae'n mwynhau canu'r iwcaili a chwarae pêl-droed.

Ganed Mari George ym Mhen-y-bont ar Ogwr, De Cymru, ac, ar ôl astudio am Radd Meistr mewn Llenyddiaeth Gymraeg, bu'n gweithio fel cyfieithydd a golygydd sgriptiau yn adran ddrama BBC Cymru. Mae Mari George bellach yn fardd, cyfieithydd ac awdur arobryn. Mae hi wedi ennill nifer o wobrau anhygoel, gan gynnwys y Fedal Lenyddiaeth a Chadair Eisteddfod yr Urdd. Mae Mari'n byw yn Ne Cymru gyda'i gŵr a dau o blant, a phan nad yw'n gweithio mae'n hoffi canu mewn côr, teithio, cadw'n heini a siarad â chwnigen anwes y teulu, Jet.

Os oeddet  
ti'n hoffi  
hwn, beth  
am drïo...



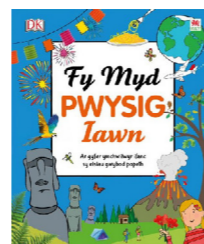
**Awdur:** Lorraine Gregory  
**Darluniwyd gan:** Jo Lindley  
**Cyhoeddwr:** Farshore



**Awduron:** Penelope Arlon  
a Tory Gordon-Harris  
**Cyhoeddwr:** Atebol



**Awdur:** Jon Gower  
**Darluniwyd gan:** Efa Lois  
**Cyhoeddwr:** Y Lolfa



**Awduron** Addaswyd/  
Cyfieithwyd gan Siân Lewis  
**Cyhoeddwr:** Rily

WORLD  
BOOK  
DAY

## TAFLEN WYBODAETH AM Y LLYFR

# £1/€1.50

Mae Diwrnod y Llyfr wedi cydweithio â Coram Beanstalk a Bag Books i greu gweithgareddau sy'n agor y drws i bob llyfr – a hynny cyn i'r plentyn agor y clawr blaen, hyd yn oed.

#### SGWRSIO AM Y LLYFR:

- Tybed beth yw'r ffaith ryfeddaf yma. Ydych chi'n gwybod am unrhyw ffeithiau corff rhyfedd?
- Sylwaf fod 10,000 o flasbwyntiau ar dafod: mae hynny'n llawer iawn! Pam ydych chi'n meddwl bod pobl yn hoffi gwahanol fathau o fwyd?
- Mae'r corff dynol yn gwneud llawer o bethau rhyfedd nad wyf erioed wedi meddwl amdanynt o'r blaen! Tybed sut y daeth pobl o hyd i'r pethau hyn.

#### GÊM I'W CHWARAE:

Beth am chwarae'r gem 'Dewis di!'

Cymerwch eich tro i ofyn cwestiynau am y ffeithiau rhyfedd yn y llyfr:

- Ai fyddai'n well gennynt ddefnyddio dy ddwylo i flasau, neu ddefnyddio dy draed?
- Ai fyddai'n well gennynt aroglu drwy dy wallt neu aroglu drwy dy amrannau?
- Ai fyddai'n well gennynt weld drwy dy glustiau neu drwy dy ddannedd?
- Ai fyddai'n well gennynt glywed drwy dy fotwm bol neu drwy dy drwyn?

#### GWEITHGAREDD SYNHWYRO

Dathlwch ein cyrff anhygoel a'r holl bethau anhygoel y gallant eu gwneud gyda rhai ymarferion i'r ymennydd. Mae fel gwneud symudiadau arbennig sy'n helpu ein cyrff i baratoi ar gyfer dysgu. Dyma rai enghreifftiau, ond gallwch ddod o hyd i lawer mwy ar-lein trwy chwilio am 'Brain Gym Exercises'

Sgrwnsio Papur: Sgrwnsiwch ddarn o bapur â'ch llaw. Gwasgwch ef yn dynn ac yna ei agor eto. Mae fel ychydig o ymarfer corff ar gyfer cyhyrau eich dwylo!

Amser Chwyrlio: Sefwch ac yna troellwch eich corff unwaith. Mae fel symudiad dawnys sy'n gwneud i'ch corff deimlo'n hapus ac yn effro!

Siapiau Hambwrdd Tywod: Dewch o hyd i hambwrdd gyda rhywfaint o dywod a defnyddiwch eich bys i dynnu llun siapiau gwahanol. Mae fel creu celf gyda'ch bysedd yn y tywod.

coram  
Beanstalk  
creating readers

BAG BOOKS

Sponsored by  
NATIONAL  
BOOK  
tokens

Newid bywydau trwy gariad at lyfrau a darllen. Mae Diwrnod y Llyfr yn elusen a noddir gan National Book Tokens.

Mae Llywodraeth Cymru yn cefnogi'r ymgyrch yng Nghymru.

Rhif elusen gofrestredig 1079257 (Cymru a Lloegr) | Rhif cwmni cofrestredig 03783095 (DU)

Sponsored by  
NATIONAL  
BOOK  
tokens

Newid bywydau trwy gariad at lyfrau a darllen. Mae Diwrnod y Llyfr yn elusen a noddir gan National Book Tokens.

Mae Llywodraeth Cymru yn cefnogi'r ymgyrch yng Nghymru.

Rhif elusen gofrestredig 1079257 (Cymru a Lloegr) | Rhif cwmni cofrestredig 03783095 (DU)