**Lledaenwch y gair ar y cymdeithasau!**

Anogwch eraill i ymuno â chi i wneud addewid. Gyda’n gilydd, bydd y camau bach yma yn cael effaith fawr. Tagiwch nhw yn eich post, anogwch nhw i ymateb a rhoi sylwadau am eu haddewidion neu rhannwch y dudalen ganlynol gyda nhw:

[www.wwf.org.uk/awrddaear](http://www.wwf.org.uk/awrddaear)

**Twitter / Instagram**

Cymerwch lun neu recordiwch fideo byr - byddwch yn creadigol!

Fy addewid @WWFCymru #PromiseForThePlanet yw [cynnwys addewid yma]

A wnewch chi ymuno â mi i wneud addewid am #AwrDdaear? [tagiwch ac enwebwch eraill i ymuno â chi]

Am #AwrDdaear, rwy’n gwneud addewid #PromiseForThePlanet oherwydd [rheswm].

**Facebook**

Cymerwch lun neu recordiwch fideo byr - byddwch mor greadigol ag y gallwch!

Fy addewid #PromiseForThePlanet yw [addewid yma] oherwydd [rheswm].

A wnewch chi ymuno â mi i wneud addewid am #AwrDdaear? [tagiwch ac enwebwch eraill i ymuno â chi]

Tagiwch @WWFCymruWales yn y post neu llun.

**Spread the word on social!**

Encourage other to join you in making a promise. Together, these small actions will have a big impact. Tag them in your posts, encourage them to reply and comment with their promises or share the following page with them:

[www.wwf.org.uk/earthhourwales](http://www.wwf.org.uk/earthhourwales)

**Twitter / Instagram**

Take a picture or record a short video – be as creative as you can!

My @WWFCymru #PromiseForThePlanet is [include promise here]

Will you join me in making a promise for #EarthHourWales? [tag and nominate others to join you]

For #EarthHourWales, I’m making a #PromiseForThePlanet because [reason].

**Facebook**

Take a picture or record a short video – be as creative as you can!

My #PromiseForThePlanet is [include promise here] because [include reason]

Will you join me in making a promise for #EarthHourWales? [tag and nominate others to join you]

Please tag @WWFCymruWales in your post or picture.

**Lledaenwch y gair ar y cymdeithasau!**

Anogwch eraill i ymuno â chi i gefnofi Awr Ddaear yng Nghymru. Bloeddiwch am yr hyn yr ydych yn gwneud – o ddiffodd y golau i fod yn fwy gwyrdd.

**Twitter / Instagram**

Cymerwch lun neu recordiwch fideo byr - byddwch yn creadigol!

Rwy’n cefnogi #AwrDdaear @WWFCymru

Ymunwch â mi [rhestrwch weithgareddau]

Rydyn ni’n cefnogi #AwrDdaear @WWFCymru

Ymunwch â ni [rhestrwch weithgareddau]

Am #AwrDdaear 2018, rwy’n [rhestrwch weithgareddau] oherwydd…

[tagiwch @WWFCymru mewn unrhyw ddelweddau]

Am #AwrDdaear 2018, rydyn ni’n [rhestrwch weithgareddau] oherwydd…

[tagiwch @WWFCymru mewn unrhyw ddelweddau]

Rwy’n diffodd y golau am 8.30yh, Mawrth 24 a’n [rhestrwch weithgareddau] am #AwrDdaear @WWFCymru

Rydyn ni’n diffodd y golau am 8.30yh, Mawrth 24 a’n [rhestrwch weithgareddau] am #AwrDdaear @WWFCymru

**Spread the word on social!**

Encourage other to join you in supporting Earth Hour in Wales. Shout about what you’re doing, whether you’re switching off or going green.

**Twitter / Instagram**

Take a picture or record a short video – be as creative as you can!

I’m supporting #EarthHourWales with @WWFCymru

Join me [list activities]

We’re supporting #EarthHourWales with @WWFCymru

Join us [list activities]

For #EarthHourWales 2018, I’m [list activities] because…

[tag @WWFCymru in any images]

For #EarthHourWales 2018, we’re [list activities].

[tag @WWFCymru in any images]

I’m switching off at 8.30pm on March 24 and [list activities] for #EarthHourWales @WWFCymru

We’re switching off at 8.30pm on March 24 and [list activities] for #EarthHourWales @WWFCymru