

WE.
ARE. **RED**

#WEARERED

ARE YOU GAME?

THE COMMONWEALTH GAMES ARE COMING. SHOW YOUR SUPPORT FOR TEAM WALES ON MARCH 23RD - WE DARE YOU!

SOME IDEAS...



PUNTASTIC!

DROP AS MANY SPORTING ANALOGIES AS YOU CAN INTO YOUR DAY'S MEETING. GO FOR... GOLD!?



TEALAY!

RACE YOUR COLLEAGUES AROUND THE OFFICE USING A TEA BAG AS YOUR BATON. LOSING TEAM MAKES THE NEXT TEA ROUND.



BIN-BALL!

BRING A BALL TO THE OFFICE & PRACTICE YOUR BASKETBALL SKILLS.



LINGO BINGO!

CHALLENGE YOUR COLLEAGUES TO GUESS WHAT THESE AUSSIE WORDS MEAN... DUNNY. FAIR DINKUM. RIPPER. PASH. TOGS.

**GET YOUR
WHOLE
ORGANISATION
MOVING!**

WEAR RED TO WORK!

TURN YOUR MEETINGS INTO WALKING MEETINGS

HOW ABOUT A LUNCH-TIME OFFICE JOG?

POP SOME COINS INTO A POT FOR SPORT RELIEF

HOWEVER YOU DECIDE TO CELEBRATE
SHOW THE WHOLE WORLD USING #WEARERED

CYMRU COCH

#CYMRU
COCH

WYT TI'N GÊM?

MAE GEMAU'R GYMANWLAD AR Y GORWEL. DANGOSWCH EICH CEFNOGAETH I
DÎM CYMRU AR FAWRTH 23^{AIN} - RYDYN NI'N EICH HERIO CHI!

RHAI SYNIADAU...



CYNNWYS CYMAINT O GYFEIRIADAU AT CHWARAEON Â PHOSIB YN EICH
CYFARFODYDD. EWCH AM... YR AUR?!



RAS GYFTEWID!

RASIWCH EICH CYDWEITHWYR O AMGYLCH Y SWYDDFA GAN DDEFNYDDIO BAG
TE FEL EICH BATON. Y TÎM SY'N COLLI SY'N GORFOD GWNEUD Y BANED NESAF.



PÊL BIN!

DEWCH Â PHÊL I'R SWYDDFA AC YMARFER EICH SGILIAU PÊL FASGED.



LINGO BINGO!

HERIWCH EICH CYDWEITHWYR I DDYFALU YSTYR Y GEIRIAU YMA O
AWSTRALIA... DUNNY. FAIR DINKUM. RIPPER. PASH. TOGS.

**BETH AM ANNOG
EICH SEFYDLIAD
CYFAN I SYMUD
AR Y DIWRNOD?**

GWISGWCH GOCH I'R GWAITH.

TROWCH EICH CYFARFODYDD YN GYFARFODYDD CERDDED.

BETH AM LONCIAN YN YSTOD AMSER CINIO?

CODI ARIAN AT YMGYRCH SPORT RELIEF.

SUT BYNNAG FYDDWCH CHI'N PENDERFYNU DATHLU
DANGOSWCH HYNNY I'R GENEDL GAN DDEFNYDDIO #CYMRU
COCH