A NOTE FROM OWEN SHEERS

Please scroll down to read this message in Welsh.

Could your child help vulnerable children across Wales and the world through just the power of their imagination?

The threat of a pandemic is not just to human lives but also to all that *makes* us human - connection, community, the comfort of family and friends. Through the arts, however, we can still cultivate so many of these qualities. We can still be brought close, even when kept at a distance.

These are difficult, anxious times for children everywhere but I know from my own daughters that a sense of helping others, of being involved, can do so much in alleviating their worries. As can immersing themselves for an hour or so in a piece of art!

Which is why Save the Children's volunteers have come up with a wonderful way that every child in Wales can do both these things at once - simply by creating an artwork that will not only raise money for Save the Children's vital work but will also contribute to a nationwide piece of social history.

So, children of Wales, here's your challenge! Who or what is your Stay at Home Hero? Who or what is helping you get through these long days inside? Is it your cat, dog or pet hamster? Is it a favourite book, TV show or toy? Is it your brother, sister or parents? Is it a garden or a plant? Your Stay at Home Hero could be anything or anyone who is helping you right now and by simply painting or drawing them for this competition you too will become a Stay at Home Hero - by raising money to help other children across Wales and the world.

So get painting, get drawing and let's get through this. Together.

Owen Sheers - Poet, author, screenwriter of CBBC's *The Snow Spider* & Professor in Creativity at Swansea University.

GAIR GAN OWEN SHEERS

A all eich plentyn chi helpu plant bregus ar draws Cymru a'r byd gyda grym eu dychymyg?

Yn ogystal â bygythiad i fywyd dyn mae pandemig yn fygythiad i'r oll sy'n ein gwneud yn ddynol - cysylltiad, cymuned, cysur teulu a ffrindiau. Fodd bynnag, trwy'r celfyddydau, gallwn barhau i feithrin gymaint o'r nodweddion hyn. Dewn at ein gilydd er ein bod ar wahân.

Mae'n amser anodd a phetrusgar i blant ond gwn gan fy merched fy hunan y gall yr ymdeimlad eu bod yn helpu eraill a chymryd rhan, wneud cymaint i leddfu eu pryderon. Fel y gall trochi'i hunain mewn celf am rhyw awr!

Dyna pam bod gwirfoddolwyr Achub y Plant wedi creu ffordd i blant Cymru wneud y ddau beth ar yr un pryd - yn syml, drwy greu darn o gelf i godi arian ar gyfer gwaith hanfodol Achub y Plant ond a fydd hefyd yn gyfraniad i'n hanes gymdeithasol cenedlaethol.

Felly blant Cymru, dyma'ch her! Pwy neu beth yw eich Arwr Adref? Pwy neu beth sydd yn eich helpu trwy'r dyddiau hir adref? Ai eich cath, ci neu fochdew? Ai hoff lyfr, sioe deledu neu degan? Ai eich brawd, chwaer neu rieni? Ai gardd neu blanhigyn? Gall eich Arwr Adref fod yn unrhyw beth neu unrhyw un sydd yn eich helpu ar hyn o bryd ac, yn syml, wrth baentio neu lunio nhw ar gyfer y gystadleuaeth hon mi fyddwch chi hefyd yn dod yn Arwr Adref - wrth godi arian i helpu plant eraill ar draws Cymru a'r byd.

Felly, paentiwch, lluniwch ac mi oroeswn hyn. Gyda'n gilydd.

Owen Sheers - Bardd, awdur, ysgrifenwr sgript *The Snow Spider* CBBC ac Athro Creadigaeth ym Mhrifysgol Abertawe

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