



FLORENCE AND WATSON



A TREASURE BOX FOR FAMILIES
WITH CHILDREN IN GRADES 1 TO 5.

AN AFTER SCHOOL
COLLABORATION



ENGLISH AND ZULU
VERSION

UFLORENCE NO WATSON BANIPHATHELE
IBHOKISI LOMCEBO LEMINDENI NEZINGANE
EZIFUNDA KUGRADE 1 UKUYA KU 5.

WELCOME!



Hello!
Welcome to the family
activity fun pack!

Sanibonani bangani abancane!
Siyanamukela kwimidlalo yethu!
Lena imidlalo eningayidlala
emundenini!



We are Florence and Watson, honey badgers of a very rare sort. Singing songs while telling stories is our favourite sport.

Igama lami uFlorence, lona umngani wami uWatson. Sizinsele zase hlathini ezithanda ukutapa utju. Sithanda ukucula futhi nokuxoxa izindaba.

Everyone has been having a tough time since schools have been closed, so we got together with our friends -- Petal the mouse, Lula the giraffe and Buffel the buffalo -- to make this pack to help families with learners in grades 1 to 5.

Bangani barni abancane akumunandi njengoba zivaliwe izikole angithi? Yingakho sihlangani nabangani bethu uPetal igundwane, kanye noLula indulamithi noBuffel inyathi. Sihlangene sonke sifuna ukunisiza, sifuna futhi nokunifundisa. Sifuna ukusiza imindeni enezingane ezinabafundi baka grade 1, 2, 3, 4 no 5.

National and Provincial education departments are working hard to bring educational resources to children, and we encourage parents and older siblings to assist younger children to do their schoolwork. This pack focuses instead on fun games and enrichment activities to help children get active and creative while they are at home. We hope this resource will bring households together, to learn more about COVID-19, and help each other feel supported and safe.

Uhulumeni kanye nabaphathi befundo la-eSouth Africa basebenze kanzima ukuthi balethe amathuluzi azosiza abangane bethu abancane ukuthi bakwazi ukufunda emakhaya. Sicela futhi nabazali nezingane ezikhulile ukuthi zisize abangani bethu abancane ukuthi bawenze kahle umsebenzi wesikole. Lemidlalo izosiza abangani bethu abancane ukuthi benze umsebenzi wasesikoleni emakhaya. Siyathemba ukuthi lemidlalo izohlanganisa imindeni. Siyathemba futhi ukuthi izofundisa imindeni nge-COVID 19, iphinde futhi isize ukuthi siphephe sonke.

Take the cover off the book; on the inside you'll find a board game. Cut out the 6 character tokens and the dice. To construct the dice, fold along all the lines, and glue the flaps. The board game instructions are embedded in the game; the objective is to race your household members to the finish line!

Woza ke bangani bethu abancane vulani lencwadi; ngaphakathi nizothola lemidlalo esikhuluma ngayo. Thatha isikele usike lezithombe ezisithupha kanye nesithombe se-dayisi. Ukwakha lelidayisi, sika ulandele imigqa, bese unamathisele izingcezu ezilenga eceleni. Funda imilayezo yomdlalo ebhaliwe yokudlala ingaphakathi kwebhodi lokudlala. Njengoba sidlala lomdlalo sifuna ukubona ukuthi ubani ozoqeda umjaho kuqala!

As your family works through the activity challenges, please share with us! Send messages, photos or video clips to this number via Whatsapp 061 332 4349. We hope that you'll find it interesting and fun!

Njengoba niwumndeni nizodlala ndawonye, futhi sizocela nisithumele imidlalo yenu. Nisithumelele imiyalezo, izithombe noma ama-vidiyo kulenombolo 084 224 5641. Ningathumela nango Whatsapp. Siyathemba ukuthi lomdlalo uzoba mnandi futhi uzonijabulisa.

Florence & Watson



Did you know that Honey Badgers have five toes on each foot? If a Honey Badger has 4 legs... how many toes does a Honey Badger have?

Ubuwazi na ukuthi unyawo lensele lulodwa lunezinzwane eziyisihlanu? Uma iNsele inemlenze emine...kusho ukuthi inezinzwane ezingaki?





HELLO!

My name is Petal, and I am a little striped mouse with a very big heart.

Igama lami nguPetal, ngiligundwanyana elinemithende elinenhliziyo enhle.



SANIBONANI!

My name is Lula, and I am very tall and beautiful. I am also a loyal and caring friend.

Igama lami nguLula, ave ngimude futhi ngimuhle. Ngingumngani othembekile onothando.



My name is Buffel. I am a big strong Buffalo who is sensitive at heart.

Igama lami nguBuffel. Nginyathi enkhulu enamandla nenhliziyo enhle.

Let's learn about COVID-19 and keep each other healthy and safe. Even though we have missed out on school, let's grow our minds and get creative. Even though we aren't allowed to play sports, let's stay fit and strong.

This pack is for learners in grades 1 to 5. Depending on your age, you might find some activities easy and others a bit more difficult. Help your younger siblings to do the easy ones, and ask someone older to help with the harder ones.

Pick a challenge for the day, and tick the box when it's done. If someone in your household has Whatsapp on their phone, ask them to share your work with me via Whatsapp 061 332 4349.

Let's look after ourselves and each other; together, we can do this!



Asifundisane ngeCOVID-19 ukuze siphile futhi siphephe. Noma sikade sagcina ukuya esikolweni masiqhubeke ukukhulisa nokufundisa imiqondo yethu. Noma singavumelekile ukuthi sidlale ngaphandle asijime siqinise umzimba emakhaya.

Lomsebenzi owabafundi baka grade 1,2,3, 4 kanye no grade 5. Kukhona imidlalo enzima kanye nemidlalo elula konke kodwa loku kuya ngokuthi unemnyaka emingaki. Siza obhuti nosisi bakho abancane, noma ucele usizo kulaba abadala kunawe uma kunzima.

Khetha umsebenzi wosuku, bese udweba uphawu phakathi ebhokisini uma usuqedile. Uma uhlala nomuntu onoWhatsapp, mcele angithumele umsebenzi wakho kulenombolo 061 332 4349.

Masinakekelane, sizoyinqoba iCOVID-19!

Sending lots of love, Petal, Lula and Buffel
Yithina esinithandayo, Petal, Lula noBuffel

LET'S KEEP EACH OTHER HEALTHY & SAFE



Covid-19 is a new Corona virus that can:

- Make you cough
- Give you a fever
- And make it difficult to breathe.
- It is spread when small drops (of cough or sneeze) end up in another person's mouth, nose or eyes.

Many people who get it do not get these symptoms, but they can pass it on to others.

A symptom is the body's way of telling us and others that we are not well.

Older people and people who are already sick are more at risk of becoming very ill with Covid-19.



But do not be worried! We can stop it from spreading if we:

- Wash our hands
- Don't touch our faces or rub our eyes
- Do not shake hands
- Cough into our elbows
- Wear masks
- Keep 2m apart from each other
- Stay home as much as possible



iCovid-19 yinhlobo entsha yegciwane elihlasela isifuba elingakwenza:

- Ube nokushiselwa komzimba
- Ucinane kube nzima ukuphefumula.
- Uma unalo leligciwane uyakwazi ukumthelela omunye umuntu uma uthimula.
- Amathe akho uma ethinta omunye emlome ni noma emehlweni uyayithola naye i-Covid 19. i-Covid 19 ithelela abanye ngamaconsana anamathela emlonyeni, ekhaleni nasemehlweni womuntu uma unaleligciwane ekhwehlela noma ethimula.

Bakhona abanayo iCovid 19 kodwa abanga kohleli futhi abangabonakali ukuthi bayagula. Kepha bayakwazi ukuthelela abanye.

Uma ukhohlela, uphelelwa amandla noma kukhona okwenzeka emzimbeni okungajwayelekile, umzimba wethu usuke usitshela ukuthi usuyagula.

Abantu abadala nabantu abagulayo abaphephile futhi ibona abasheshayo ukuthola iCovid-19.

Kodwa ungakhathazeki! Singayivimba leCovid-19 ukuthi ithele abanye:

- Geza izandla
- Ungabuthinti ubuso, kanye namehlo.
- Ungamxhawuli omunye umuntu
- Uma ukhohlela vala umlomo ngendololwane.
- Faka imask
- Akube nesikhala phakathi kwakho nabanye abantu esilingana no-2m.
- Hlala ekhaya ungadlali phandle

LET'S MAKE A TIPPY TAP! (1)



Get help from someone older -- this challenge is a bit tricky!

Thola usizo kumuntu omdala kunawe – lomsebenzi unzima ngempela!



CHALLENGE 1

To make a tippy tap you will need:

- A plastic bottle with a cap on the head (the kind that fizzy drinks come in)
- The inner tube of a ballpoint pen or other small, tight, hollow tube.



1. Clean the bottle.
2. Make a hole in the bottom of the bottle with a heated piece of wire.
3. Remove and clean the inner tube from a ballpoint pen. Cut it at an angle and push it through the hole in the bottle. The tube should fit tightly.
4. Fill the bottle with water and replace the cap.

If the cap is tight, no water should flow through the tube. If the cap is loose, water should flow in a constant stream.



When you are sure it works, hang it up or place it on a shelf where people can use it for hand washing. Put soap nearby or tie a piece of soap to the bottle with a piece of string.

5. To use the tippy tap: release the cap so that the water can flow. Wet your hands, add soap and rub your hands under the water for twenty seconds until clean.



UMSEBENZI 1

Ukuze ukwazi ukwakha iTippy Tap (umpompi omncane) uzodinga lokhu:

- Ibhodlela leplastiki elinesivalo (njengelamadranki ahlohlozayo)
- Ipayipi lepeni, noma iliphi elinye ipayipi elincane ongalithola.

1. Geza ibhodlela.
2. Yenza imbhubo encane ngaphansi kwebhodlela, usebenzise ucingo olushisayo.
3. Ligeze ipayipi lepeni, lingabi no-inki. Thatha lelipayipi ulisike. Kodwa uma ulisika litsheke lingaqondi lapho osike khona. Thatha manje leli payipi olisikile ulifake embobeni oyenzile ebhodleleni. Ipayipi kumele lingene ligcwale.
4. Gcwalisa ibhodlela ngamanzi bese uvale ngesivalo.

Uma isivalo siqinile, amanzi ngeke aphume e-shubini. Uma isivalo sigxega, amanzi azolokhe ephuma kancane.

Uma usunesiqiniseko sokuthi uyasebenza umpompi wakho omncane, lengisa noma ubeke endaweni ephophile la abantu bezokwazi ukugeza izandla zabo khona. Beka insipho eceleni noma uyibophele ngentambo maduzane nebhodlela.

5. Ukusebenzisa iTippy Tap (upompi omncane): Susa isivalo ukuze amanzi aphume. Geza izandla ngamanzi anensipho imuzizwana ewu-20.

Challenge 1 done!
 Umsebenzi 1 usuwqedile!

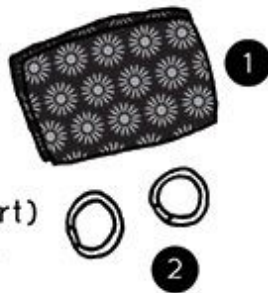
LET'S MAKE A MASK

Lula is a stylish and beautiful giraffe. She is also very caring. We all need to wear masks when we leave the house, so Lula made this challenge to help us get creative, be safe and look sharp!

CHALLENGE 2

You will need:

- 1: Cotton cloth (e.g. dishcloth / folded up t-shirt)
- 2: 2 elastic bands / hair ties



Fold the cloth by bringing each end to meet in the middle, each side wrapping through the elastic band. Put the bands onto your ears, and tuck the cloth to fit snugly, covering your nose and mouth.

ULula uyindlulamithi enhle ezithandayo. Unothando. Sonke kumele sifake ama-mask uma siphuma endlini, ngakho uLula usinika lomsebenzi ukuthi sizenzele awethu ukuthi siphephe futhi sibe bahle!

UMSEBENZI 2

Uzodinga lokhu:

- 1: Indwangu eyenziwe ngokotini (isb. Indwangu yokugeza izitsha / isikiba esigoqiwe)
- 2: Amalastiki amabili/ noma intambo yokubopha izinwele.



Goqa indwangu ihlangane phakathi nedawo. Bamba indwangu ngezandla zombili bese udlulisa indwangu ngaphakathi kwelastiki. Idlulise kwindawo zombili. Gaxa amalastiki ezindlebeni zombili, umboze umlomo nekhala ubemuhle.



Be safe, but make it fashion!
Phepha, kodwa ubukeke
ubemuhle!

I'd love to see your
creations! Send a pic of
yourself wearing your
mask to 061 332 4349.

Ngingajabula ukubona
insisebenzi yenu! Thumela
isithombe sakho ugqoke
imask yakho kulenombolo
061 332 4349.

Challenge 2 done!
Umsebenzi 2 usumqedile!

LET'S DO SOMETHING TOGETHER AS A FAMILY

CHALLENGE 3

Let's make a COVID-19 Time Capsule.

Find a box, and put objects inside it that will remind you of your life at this moment in time.

Measure (or guess, if you don't have a ruler or measuring tape) the height of every child in the house, and write it down.

Write your future self a letter, describing your experience of lockdown, and how you feel about it.

Draw a picture.

Include some newspaper clippings or pages from a magazine. Put in a till slip from the shop, or a supermarket advertisement.

Then hide your time capsule somewhere secret or bury it in the yard, to dig up in many years' time when lockdown and social distancing is a distant memory.

Challenge 3 done!
Umsebenzi 3 usuqedile!

A time capsule is something we make to remember a time in our past.



UMSEBENZI 3

Masenze iCodiv-19 Time Capsule (ibokisi lokukhumbula isimo sempilo yakho)

Thola ibhokisi, ufake izinto kulo ezizokhumbuzisa lesisikhathi empilweni yakho.

Kala ubude bayo yonke ingane esekhaya (noma uqagele), bese ubhale phansi.

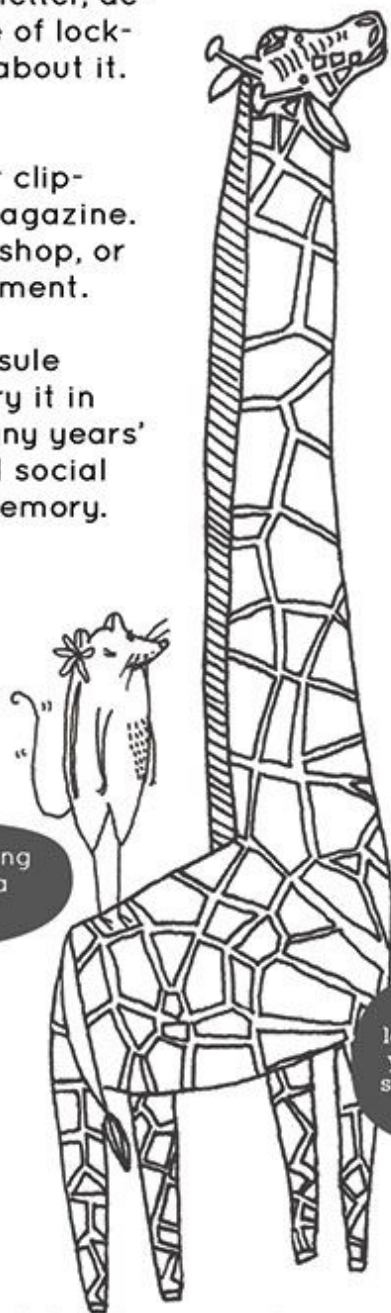
Zibhalele incwadi ongayifunda usumdala, uchaze ngalesisikhathi se-lockdown. Uchaze futhi ukuthi ikuphatha kanjani.

Dweba isithombe. Xoxa nangezithombe ongazithola kumaphephandaba nakumaphephabhuku.

Faka namasiliphu owathola ezitolo uma uthenga, ufake nezikhangisi ezikhona ezitolo.

Fihla iTime Capsule (ibokisi lokukhumbula isimo sempilo yakho) noma uligqibe egcekeni. Ungalitinti manje lishiye. Uyolimbe uma sekudlule iminyaka eminingi. Uyolimba isidlulile ilockdown nesocial-distancing ingasaphathwa.

i-Time Capsule (ibokisi lokukhumbula isimo sempilo yakho) yinto eyisikhumbuzo sezinto ezenzeka kudala-dala noma emandulo.



LET'S GROW OUR MINDS

The best way to grow our minds is to ask questions.

This whole COVID-19 situation is so complicated! The President is working hard with his team around the country to keep us safe, and I'm sure you have questions for them.

Indlela yokukhulisa ingqondo ukubuza imibuzo.

Lesi simo salesi sifo iCovid-19 sinzima! UMongameli usebenza kanzima namaqembu wakhe ukugcina izwe lonke liphephile. Nginesiqiniseko sokuthi ninemibuzo enifisa ukubabuza yona.

CHALLENGE 5

If President Ramaphosa or your Premier came to visit, what are the three top questions you would ask?

Write them here:



UMSEBENZI 5

Uma uMongameli welizwe uRamaphosa noma uNdunankulu wesifunda benganivakashela, imiphi imibuzo emithathu eningababuza yona?

Bhala imibuzo yakho ngaphansi:

1:

.....
.....
.....
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2:

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3:

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COMPLETE THIS CROSSWORD



You can find the answers to most of these clues in this pack!

Izimpendulo zalemibuzo zikhona kuyona yonke lemisebenzi!



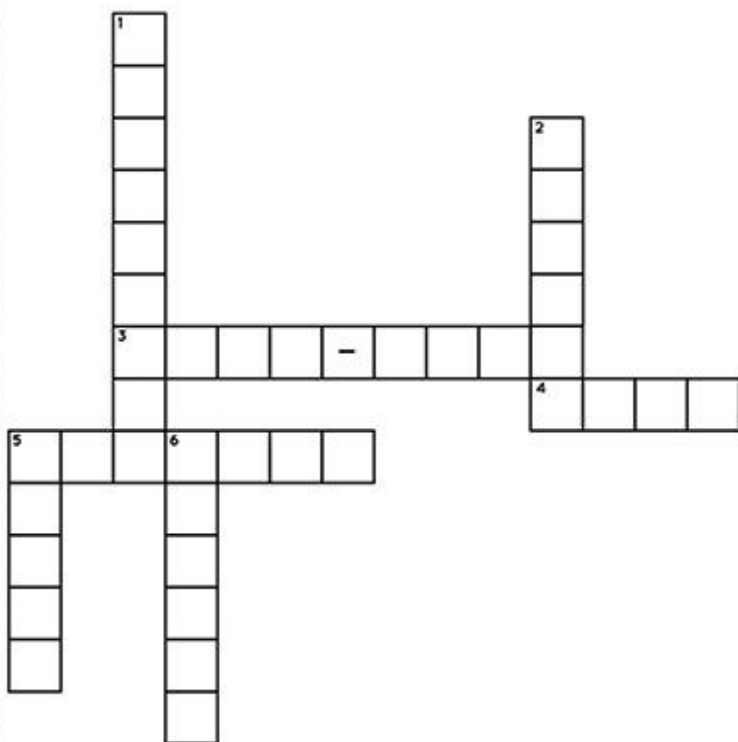
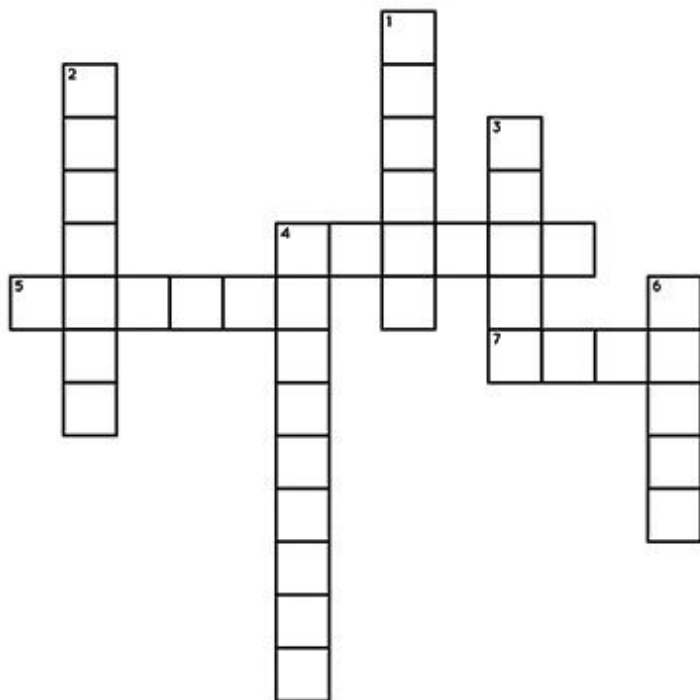
CHALLENGE 6

ACROSS

- 4: Number of seconds we should wash our hands for.
- 5: Name of the virus which means 'crown' in Latin.
- 7: Name of the stylish giraffe character in this book.

DOWN

- 1: Name of the strong and sensitive buffalo character in this book.
- 2: A game that involves throwing a ball into the air and then clapping.
- 3: Name of the caring mouse character in this book.
- 4: An exercise that makes you feel calm and focused.
- 6: We wear these every time we leave the house, and we make it fashion!



UMSEBENZI 6: QEDELA ICROSSWORD

UKUYA ECELENI

- 3. Umdlalo owenza uthobeke unake into oyenzayo.
- 4. Igama lendlulamithi ezithandayo kulencwadi.
- 5. Umdlalo wokuphonsa ibhola emoyeni bese ushaya izandla.

UHLA OLWEHLAYO

- 1. Igama lebhodlela leplastiki elifakwe umphakathi wepeni.
- 2. Igama lankonka onozwelo namandla kulencwadi.
- 5. Igama legundane elinomusa kulencwadi.
- 6. Igama legciwane elisho u"Crown" ngeLatin.

Challenge 6 done!
Umsebenzi 6 usumqedile!

LET'S GET CREATIVE

CHALLENGE 7

Collect 6 objects from around the house (for example, a photograph, an onion, a shoe or a mug). Give each object a number, from 1 to 6. Then throw the dice. Pick up the object that relates to this number.

Look at it carefully: How does it smell? How does it feel? What does it remind you of? What new ideas does it give you? Then, write a story or a poem about this object.

IDEAS FOR YOUR STORY:

What would happen if this object came to life?

What could go wrong with this object?

Who might really really want this object and why?



UMSEBENZI 7

Qoqa izinto ongazithola ekhaya. Kumele zibe isithupha. (Kungaba isithombe, u-anyanisi, isicathulo, noma inkomishi yetiye), bese uzinike inombolo ezisuka ku-1 kuya ku-6. Uyalikhumbula idayisi lethu? Thatha lona idayisi bese uyaliphosa. Uma usuphosile idayisi khetha okukodwa okutholile ekhaya okuhambiselana nenombolo ebaliwe kwi-dayisi.

Ithathe ngesandla. Yibukisise: Inuka kanjani? Izwakala kanjani uma uyithinta? Ikukhumbuzani? Ucabangani uma uyitinta noma uyibuka, isho ukucabangayo. Xoxa indaba noma ubhale inkondlo ngaleyonto esesandleni sakho.

NAKU OKUNGAKUSIZA FUTHI ONGAKUSEBENZISA KWINDABA YAKHO:

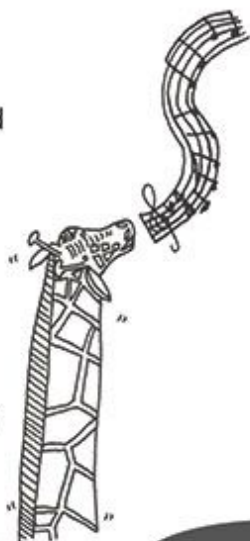
Bangani abancane asizame ukucabanga. Ingenzani lento oyiphethe ngesandla uma ingajika ibeyinto ephilayo? Ingaba njani uma ijika ibe into embi? Ubani ocabanga ukuthi angayithanda lento esesandleni sakho. Chaza ukuthi ngobani? Umsebenzi Wesikhombisa usuqedile!

Challenge 7 done!
Umsebenzi 7 usuqedile!

CHALLENGE 8

Make up a song about your favourite animal (perhaps based on one of the characters in this book!) Make up a dance to go with it.

Perform it for someone in your home, and if they have a phone with a camera, ask them to film you. If they have data, ask them to send it to Petal, on 061 332 4349.



UMSEBENZI 8

Wozani bangani abancane asenze iculo. Leli culo kumele libe ngesilwane osithandayo (Mhlawumbe ungacula ngesilwane esixoxe ngaso la encwadini!). Zama futhi ukwenza nomdanso ohambisana nalomculo.

Cula udansele abasekhaya. Uma bencingo bacele ukuthi balisebenzise ukuthathe izithombe. Bacele futhi ukuthi bakuthathe i-video, bayithumele kuPetal kulenombolo 061 332 4349



I love to take things that have been thrown away, and turn them into something precious and special... what a fun way to spend the day!

Ngiyathanda ukuqoqa izinto esezilahliwe ngizishintshe ngizenze zibezinhle... Waze wamnandi lomsebenzi engiwezayo! Indlela emnandi yokuqhuba usuku!

I love to sing; I'll sing to anyone who will listen. I even sing to my flowers; it makes them glow and glisten.

Ngiyathanda ukucula, ngingaculela yinoma uban ongangilalela. Ngicula ngize ngiculele izimbali zami; lokho kwenza zikhule zibe zinhle zibe nempilo.



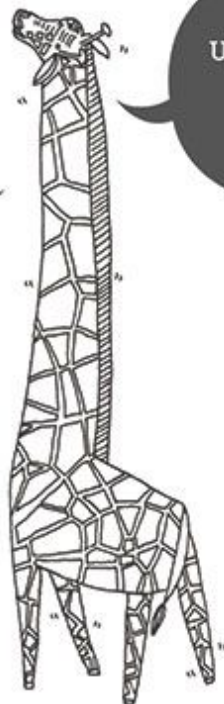
CHALLENGE 9

Collect some scrap and make something beautiful or useful out of it. Is it something you can wear? Perhaps a hat? Or something to store things in? Perhaps a treasure box?

My superior height
And graceful disposition
Makes dancing all night
A delightful proposition
So come move with me
Let's hit the dancefloor
with glee!

CHALLENGE 10

Let's dance!
Make up a dance routine to your favourite song, and then teach it to someone. If you have a phone with a camera, film yourself and share your moves with us @ 061 332 4349 on Whatsapp and on Facebook: <https://tinyurl.com/yb9cblkc>



Ubude bami obumangazayo
Umusa enginawo futhi
Ungenza ngidanse ubusuku bonke
Ubumnandi obungaka
Sukuma, sidanse
Masidanse bangani abancane
ngenjabulo sigcwale indlu!

UMSEBENZI 10

Masidanse bangani abancane!
Esenze umdanso ohambisana nomculo owuthandayo. Awufundise nabanye. Uma unocingo, cela bakuthathe i-video uyithumele kuthina ku @ 061 332 4349 Facebook: [tps://tinyurl.com/yb9cblkc](https://tinyurl.com/yb9cblkc)

Challenge 8 done!
Umsebenzi 8 usumqedile!

Challenge 9 done!
Umsebenzi 9 usumqedile!

Challenge 10 done!
Umsebenzi 10 usumqedile!

LET'S STAY FIT & STRONG



I like to move it, move it
It's fun, and let's face it
Exercise helps us feel
calm and strong...
Am I wrong? Am I wrong?!

Ngiyathanda ukudansa, dansa
Kumnandi, angifuni ukuqamaba amanga
Ukujima nokugimisa umzimba kusiza
ukuqinisa umzimba ngiphole nasemoyeni...
Ngiqamba amanga? Ngiyabuza?!
Ngiqamba amanga na?!

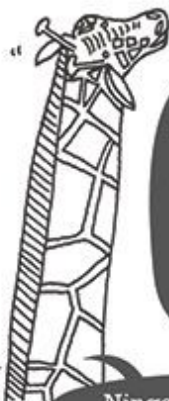
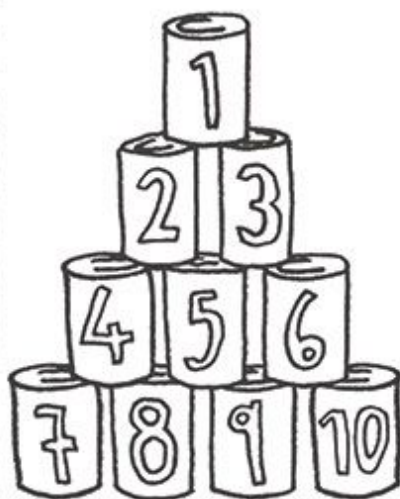


CHALLENGE 11

Jog on the spot like you are
Buffel chasing after his friends!
Stretch as high as you can, like
Lula eating leaves from a high
tree. Stretch down to the
ground, like Lula drinking water
Mice are very good jumpers!
Jump up and down like Petal.

UMSEBENZI 11

Gijima endaweni eyodwa wenze
sengathi unguBuffel ejaha aban-
gane bakhe! Zinwebe ube mude
njengoLula edla amahlamvu esi-
hlahla eside! Khasa njengoLula
eshona phansi ephuza amanzi.
Amagundane ayakwazi ukugxuma
kakhulu! Gxuma ushone phansi
naphezulu njengoPetal.



Let me know
about the games
you invent via
whatsapp @ 061
332 4349, and
I'll put the best
games in the
next pack!

Ningazise ngaleminye imidlalo
ngokungithinta kule nombolo 061 332
4349, ngizobe sengiyifaka acwephese
encwadini elandelayo!



When you are tired and need
a rest, Challenge 11 is done!
Uma usukhathele, phumula.
Umsebenzi 11 usumqedile!

CHALLENGE 12

Tin pin Bowling ⁽¹⁾ is a fun game you can
play with your whole family; indoors or
outdoors.

Collect empty cans, and fill them with
sand or stones. Decorate them, and give
each a number, then stack them in a pile.
(If you don't have cans, you can also use
milk bottles or cool drink bottles)

Stand about 1 metre away, and try to
knock them over with a ball. (If you don't
have a ball, you can use a balled up pair
of socks).

Each player gets two chances. Calculate
the score by adding up the numbers on
the knocked over cans.

What other games can you invent using
these cans?



Challenge 12 done!
Umsebenzi 12 usumqedile!

1. UNESCO, DBE & the Lego Foundation

UMSEBENZI 12

I-Tin Pin Bowling (Umdlalo wokuphosa
amabhola ashaya phansi izigxobo ezincane
umnandi kakhulu). Lona umdlalo omnandi
ongawudlala nomndeni wonke ngaphakathi
endlini noma ngaphandle.

Qoqa amakani uwagcwalise ngesihlabathi
noma ngamatshe. Hlobisa amakani. Nikeza
ikani ne kani inombolo, bese ubeka elinye
phezu kwelinye. (Uma ungenawo amakani,
ungasebenzisa amabhodlela obisi noma
aweziphuzo ezibandayo)

Ima ebanga elingango-1metre. Zama
ukuwagingqa ama kani ngebhola lakho.
(Uma ungenalo ibhola, ungasebenzisa
amasokisi agoqiwe).

Umdlali nomdlali unikwa amathuba amabili.
Thatha wonke amakani awele phansi bese
ufunda izinombolo ezibhaliwe kuzona.
Hlanganisa zonke izinombolo manje usho
ukuthi kuphuma siphilisi isibalo.

Yimiphi eminye imidlalo eningayidlala
nisebenzisa lamakani?

I miss my team and playing sports
Sometimes I feel really out of sorts
But I decided - lockdown won't stop me
So to sharpen my skills and keep fit
I made a rag ball with a string - check it!



Ngiyalikhumbula iqembu lami
nemidlalo ebeyidlala nabo.
Kwesinye isikhathi ngize ngiphatheke kabi.
Kodwa i lockdown ngeke ingivimbe.
uKuze ngihlale ngicijile
Ngakhe ibhola elihlanganiswe ngezintambo
nangezindwangu ezindala - bonani ke!

CHALLENGE 13

LET'S MAKE A RAG BALL! ⁽¹⁾

You will need:

- A fruit or onion netting bag
- 12-15 double sheets of newspaper, or plastic bags for a waterproof ball
- String



Bunch one sheet of newspaper into a tight ball. Then wrap it with another sheet of newspaper, and keep going until you have made a tight, strong ball. Then put it inside the fruit bag, and flatten out any corners so the ball is round.

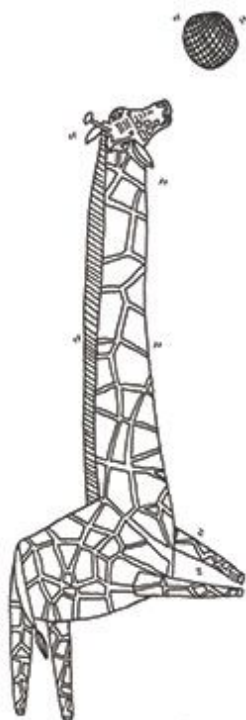
Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.



CHALLENGE 14

LET'S PLAY POPCORN! ⁽²⁾

Throw the ball in the air, clap once, and then catch the ball. Throw it up again, clap twice and then catch the ball. Keep adding claps... how many times can you clap between throws and catches?



UMSEBENZI 13

MASAKHE IBHOLA KE BANGANI ABANCANE! ⁽¹⁾

Uzodinga lokhu:

- Isaka elithwala u-anyanisi noma izithelo
- Thatha iphepha ndaba. Kulona leli phepha ndaba thatha amaphepha angu-12,13,14 noma agu 15. Uma engekho ama phepha thatha izikhwama zoplastiki uwasebenzise ukwakha ibhola elingeke lingenwe ngamanzi.
- Thola futhi nentambo encane.

Fonyoza iphepha lize libe ibhola. Phinda ke futhi mngani umboze ubhola lakho ngamanye amaphepha lize lithi ukukhula kancane liqine. Lithathe ulifake esakeni. Ibhola ligqokise isaka lize libe indilinga.

Bamba uplastiki wakho ngesandla esi-sodwa. Ngalesi esinye phendula ibhola kathathu kuze kukwenzeke ifindo. Uzovaleka manje uplastiki wakho nebholo lakho ngeke lisabonakala. Bophela intambo yakho ubophe lapho ekukhona ifindo khona. Usungalidlala ngalo ulikhahlele ibhola lakho uzobona lezozibuyela uma uyibambile intambo yakho! Uma ufuna ukulidlala nomngane wakho, goqa intambo bese uyayishutheke phakathi koplastiki.

UMSEBENZI 14

MASIDLALE AMAKIP-KIP ⁽²⁾

Phonsa ibhola kanye emoyeni, ushaye izandla bese uyalingqaka. Liphonse futhi, ushaye izandla kabili bese uyalingqaka. Qhubeka nokuphonsa kanjalo wandise inombolo yokushaya izandla... Ugcine ushaye izandla kangaki ibhola lisemoyeni?

LET'S GET GROUNDED (1)

CHALLENGE 16

Grounding helps us connect our feelings to our actions and behaviours, so we can do more of what makes us feel safe, healthy, connected to others and strong!

Think about how you want to feel, and then think what you can do to help yourself feel that way.

I want to feel:

Ngifuna ukuzizwa nginje:

I will: / Engizokwenza:

Safe / Ukuphepha	Ask for help when I feel anxious Ngizocela usizo uma nginokwesaba nokwethuka
Calm / Ukukhululeka	Do some exercise and then a Take 5 (challenge 18) Ngizo phuma phandle ngijimise umzimba bese ngenza iTake5 (umsebenzi 18)



It's important to be attentive and caring, especially when you see the people you love despairing.

Kubalulekile ukunaka nokuba nozwelo, ikakhulukazi uma ubona abantu obathando bekhathazekile.

CHALLENGE 17

Ways to make the people in your home feel better:

- Draw them a picture
- Give them a hug
- Write them a letter
- Help them with their chores (e.g. cleaning the house)
- Sing them a song
- Make them a cup of tea or a snack

UMSEBENZI 17

Izindlela zokujabulisa abantu ophila nabo ekhaya:

- Ungabadwebela isithombe
- Ungabasingatha ubafudumeze ngezingalo zakho
- Ungababhalela incwadi
- Ungabalekelela ngomsebenzi wasendlini (isb. Ukuwasha izimpahla noma ukushanela)
- Ungabaculela
- Ungabenzela itiye noma okuya ngasethunjini

Challenge 16 done!
Umsebenzi 16 usumqedile!

Challenge 17 done!
Umsebenzi 17 usumqedile!

LET'S GET GROUNDED



Sjoe, sometimes I feel verry stressed
So I use my breath to feel calmer and focused.
This challenge is called a Take Five, you see
You can use it to be a champion, like me!

Ewu, angiphathekile kahle
Uma ngingaphathekile kahle kungcono uma
ngiphefumula ngendlela epholile.
Lomsebenzi ubizwa ngokuthi yi-Take Five (ukuthatha
imizuzo emihlanu yokuphola nokuphumula), uyabona
Lomsebenzi ungawenza uma ufuna ukuba iqhawe njengami!

CHALLENGE 18

This exercise is called a Take Five. ⁽¹⁾

Sit comfortably, with your eyes closed.
Take a slow, deep breath in through
your nose, for four counts.
Breathe out through your mouth for
four counts. As you keep breathing
slowly in and out, listen carefully to
the sounds around you. Notice how
your body feels. Don't worry about
your thoughts - let them come and go.

When you are ready, you can slowly
open your eyes.
How are you feeling? Calm? Relaxed?
Energised? Focused?
Remember, you can do the Take Five
whenever and wherever you need to!

UMSEBENZI 18

Lomdlalo ubizwa nge-Take 5. (ukuthatha
imizuzo emihlanu yokuphola nokuphumula)⁽¹⁾

Hlala phansi ukhululeke uvale amehlo.
Donsa umoya kancane ngekhalu ubale
imizuzo emine. Ubambe umoya. Khululeka
manje uwudedela umoya uphume ngomlo-
mo. Ngesikhathi uphefumula, lalelisisa imi-
sindo eyenzakalayo eduze kwakho. Naka
ukuthi umzimba wakho uzizwa unjani. Unga-
zami ukuvimba okufikayo ekhanda kululeka
nje - yidedele imicabango yakho ifike
idlule.

Uma usuqedile, vula amehlo kancane
kancane. Uzizwa unjani? Upholile? Uphumul-
ile? Umqondo uqoqekile? Khumbula ukuthi
i-Take Five (ukuthatha imizuzo emihlanu yok-
uphola nokuphumula) ungayenza noma
ikuphi noma nini mawuthanda!

CHALLENGE 19 ⁽²⁾

You are doing a great job getting
through this tough time. Give
yourself a nice warm hug!

Rub your hands together very
fast and hard until they are hot.
Then cross your arms across
your chest, and squeeze your
shoulders. Give them a little
massage. You've got this!

UMSEBENZI 19 ⁽²⁾

Wenze umsebenzi oncomekayo
kulesi sikhathi esinzima.
Zisingathe thatha izingalo zakho
uzibambe ngothando!

Hlikihla izandla zakho uze uzizwe
zifudumele. Goqa izingalo, ubeke
izandla emahlombe. Hlikihla
amahlombe akho isikhashana aze
akhululeke. Wenza kahle mngani
omncane!

Challenge 18 done!
Umsebenzi 18 usumqedile!

Challenge 19 done!
Umsebenzi 19 usumqedile!

GET IN TOUCH!

WE WANT TO HEAR FROM YOU!

- How are you doing?
- Which of the activities in this book did you like best?
- Tell us your name, grade and the area you live in.

Please send us pictures of your creations and activities, and ideas for what to include next time.



ABOUT THIS RESOURCE!

Organisations from the After School sector across the country have collaborated to bring this pack to learners in South Africa as the country grapples with COVID-19. This collaborative effort is powered by the After School Programmes Office in the Western Cape Government's Department of Cultural Affairs and Sport, The Learning Trust, ASSITEJ South Africa and Laureus Sport for Good South Africa.

Activities and ideas have been pulled from the Treasure Box portal, a collection of many After School organisations' amazing work, which is all accessible here:

After School Treasure Box
www.thelearningtrust.org/asp-treasure-box

Learn about Florence & Watson's books and plays here:
www.florenceandwatson.co.za

MASIXHUMANE!

SITHINTE!

- Sifuna ukwazi ukuthi uqhuba kanjani?
- Yimiphi imisebenzi oyithande kakhulu kulencwadi?
- Sitshele igama lakho, ibanga olifundayo, nendawo ohlala kuyo.

Sicela usithumele izithombe zezinto ozenzile nemibono yakho yezinto esingazenza ukuya phambili.

WHATSAPP 061 332 4349 OR FACEBOOK:
[HTTPS://TINYURL.COM/YB9CBLKC](https://tinyurl.com/yb9cblkc)



USEFUL CONTACTS / IZINOMBOLO ZOCINGO EZIBALULEKILE

CORONA VIRUS 24 HOUR NUMBER:
0800 029-999 OR 021 928 4102

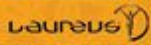
If you have high fever, cough & sore throat. Uma unemfiva, ukwehlela, noma uphethwe umphimbo.

CHILDLINE
0800 55555

If I don't feel safe or someone is hurting me. Uma kukhona okuhlukumezayo noma uzizwa ungaphephile.

AMBULANCE
10177

For a medical emergency. Ezama-Ambulensi



FLORENCE AND WATSON