



Hello!

Our president has told us to keep children home from school and try to stay home as much as possible. This is so that we can slow down and stop corona virus from spreading. But it also means we will be sitting at home for the next month!

Maybe that makes you feel excited! Maybe it makes you feel worried. Maybe it makes you feel sad. Maybe you feel bored. It is okay to feel these things. Whether you are a parent or a child, we hope that you can work together to talk about how you are feeling and keep staying safe and healthy.

We also hope you can use the time to keep playing and learning so you are ready when school starts again!

In this Jabulani Pack, you will find some things to help you:

- Information about the corona virus: We need to know the truth if we are going to stop this virus spreading.
- Ideas of games to play inside the house
- Ideas of games to play outside the house
- Information for what to do if you need help

If you are a caregiver looking after children, or if you are an older child using this pack by yourself, it is a good idea to have a plan for your day. Especially if you are looking after very young children, they will do better with some structure.

Make sure each day includes:

- Exercise
- Healthy Eating
- Outdoor play
- Indoor play
- Chat about your emotions

Remember we keep each other, the very young, and the very old SAFE by staying home and washing our hands. We can get through this together!

Elbow to elbow,
Your friends at iThemba Projects



Sawubona!

Umongameli wethu usitshela ukuthi sigcine izingane zingayi esikoleni futhi zizame ukuhlala ekhaya umakunokwenzeka. Lokhu kwenzelwa ukuthi sinciphise ijubane lokusabalala futhi simise igciwane le-corona ukuthi lingasabalali. Kepha futhi kusho ukuthi sizobe sihleli ekhaya ngenyanga ezayo!

Mhlawumbe lokho kukwenza uzizwe ujabule! Mhlawumbe kukwenza uzizwe ukhathazekile. Mhlawumbe kukwenza udabuke. Mhlawumbe uzizwa unesithukuthezi. Kulungile ukuzwa lezi zinto. Noma ngabe ungumzali noma ingane, sethemba ukuthi nizosebenzisana ukukhuluma ngendlela enizizwa ngayo futhi niqhubeke niphephile futhi ninempilo. Siyethemba futhi ukuthi engasebenzisa lesi sikhathi ukuqhubeka nokudlala nokufunda ukuze alungele ukuqala kwezikole!

Kule-Jabulani Pack, uzothola ezinye izinto zokukusiza:

- Imininingwane ngegciwane le-corona: Ukwazisa uma sizomisa ukusabalala kwegciwane.
- Imibono yemidlalo okufanele idlalwe ngaphakathi endlini
- Imibono yemidlalo ezodlalwa ngaphandle kwendlu
- Imininingwane yokuthi yini ongayenza uma udinga usizo Ezinye izinsiza namathuluzi ongawasebenzisa ukukusiza ukuthi udlale

Uma ungumnakekeli onakekela izingane, noma ungumntwana osekulile usebenzisa leli phakethe uwedwa, kuwumqondo omuhle ukuba nohlelo losuku lwakho. Ikakhulu uma unakekela izingane ezincane kakhulu, zizokwenza kangcono ngokuba nohlelo oluthile.

Qiniseka ukuthi usuku ngalunye lufaka:

Ukuzivocavoca

Ukudla Okusempilweni

Ukudlala kwangaphandle

Ukudlala ngaphakathi

Xoxa ngemizwa yakho

Khumbula ukuthi sigcina omunye nomunye, abancane kakhulu nabadala, bephephile kakhulu ngokuhlala ekhaya sigeze izandla.

Singadlula kulokhu ndawonye!

Indololwane ngendololwane,

Abangani bakho base-iThemba Projects

Staying

Safe & Healthy

AT HOME



iTHEMBA
PROJECTS

www.ithembaprojects.org.za

Have you heard of the new corona virus? ← COVID-19



It's a new virus that can give you

a **FEVER**
a **COUGH**



and make it **HARD** to **BREATHE**

It spreads when these tiny drops from a sick person



get in a healthy person's eyes, nose or mouth.

But you **DONT** have to **WORRY**



You can help reduce the spread + keep yourself healthier by

1. WASH YOUR HANDS



SOAP WARM WATER 20 sec

Sing Happy Birthday twice

Before you eat



After the loo



When you arrive home after being out



throughout the day



after using public transport

2. Don't touch your face or Rub your eyes



or shake hands...



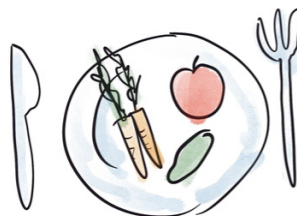
3. Cover your cough



keep a distance of 2m from those who cough



4. Eat healthy + get rest to keep your immune system strong.



5. Don't share food, bowls, cups, towels...



6. If you feel sick with

- ✓ cough
 - ✓ sore throat
 - ✓ high fever
- and have been with people exposed to the virus



PHONE 0800-029-999

If you have a mild cough or other symptoms, visit your clinic like normal, or phone a doctor. Try to rest at home until you are better to reduce sharing germs.

Did you know?



Anyone can get the virus. It does not matter what you look like



Mosquitoes cannot transmit the virus



Taking antibiotics do not help.



Bathing in, or drinking boiling water or bleach do NOT stop the virus.



Gurgling a solution of warm salt water will NOT kill the virus



The virus can be transmitted in ANY climate, hot or cold.

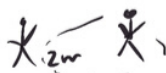
Eating garlic does not stop the virus.



The best ways to the virus are..



Washing your hands for 20s



Avoiding those who cough + public spaces



Cover your cough + throw tissues in the bin

When should you wash hands?

Wash for **20** seconds.



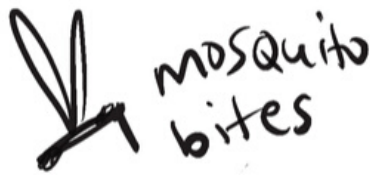
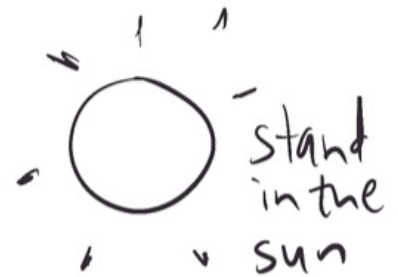
Did you know?

It's not enough to only pray against a virus. You **MUST** also wash your hands. You can pray while you wash!



What must you do to stop the spread of corona virus?

Color it YELLOW if you must do it.
Color it BLUE if you must not.



Who can Help me?



- 09000 55555

Childline:

If I don't feel safe or someone is hurting me at home



- 10177

Ambulance for medical emergency



- 0800-029-999

Corona virus 24 hour number:

Call if you have very high fever, coughing, sore throat, and have been around people exposed to the virus



- 112

General emergency: fire, police etc



- your iThemba mentor

If you're lonely or just want to whatsapp or talk, we're here!



- send Hi, 060 012 3456

The whatsapp number for RELIABLE, CORRECT information on news and statistics on Covid-19 from our government.

Don't spread fake news!



Child Protection + Children's Rights

As parents, teachers + caregivers, we need to do what is in the best interest of the child (Children's Act).

CHILDREN have a RIGHT to

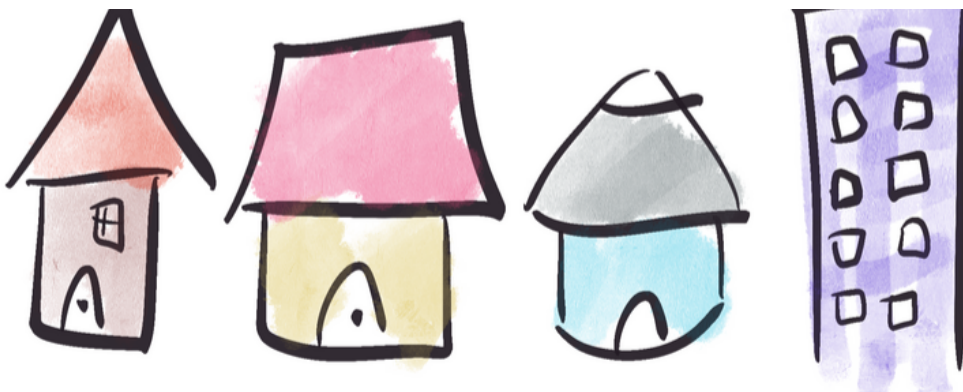
- An identity
- A family
- A safe + healthy life
- An education
- Protection from abuse, neglect, harmful work, discrimination

Draw yourself here

Draw a picture showing what the home environment of a happy, safe child would look like. What would be in the home? What would not be in the home?

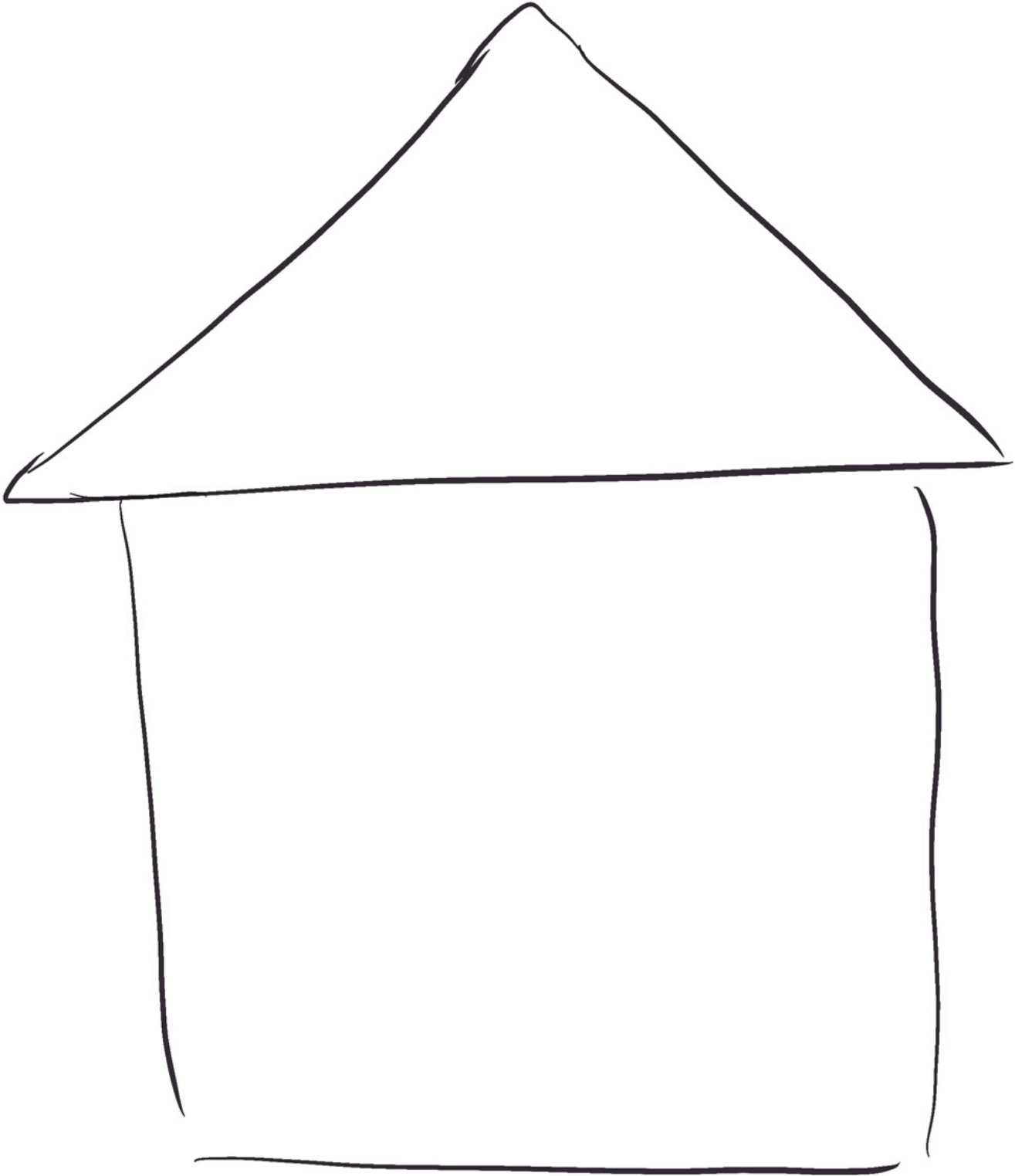


Activity Book

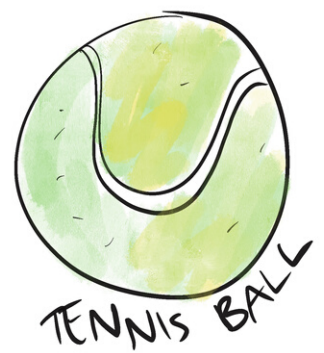
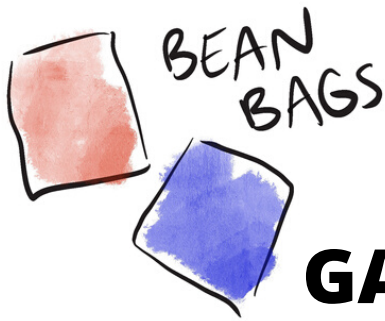


My family

Draw a picture of who lives at home



Although you will all be on holiday, it is not a good idea to invite all your friends over to play. Try to play the games in this book just with the people who live at home with you. This will help us to keep everyone healthy from germs. Try to also keep windows open, or play outside when you can.



GAMES FOR OUTSIDE

LIMBO GAME: Have two people hold a broom (umshanelo) on the sides and other bend backward to try to pass under the broom. Lower the broom until it's difficult to pass under.

HIDE AND SEEK (umacashelana)

ROBOT GAME- GREEN LIGHT, RED LIGHT: Pick 1 older person to lead the game. The goal is to walk all the way to the leader. Start far away from the leader. When the leader says "GREEN" start walking. When they say, "RED" stop. If you move or make a mistake, you go back to the start.

OPPOSITE GAME: Play the Robot game (above) but do the OPPOSITE to what the leader says. If you make a mistake you are out.

FISHING STONES: Get a basin and fill it with muddy water. Drop in 10 stones. Try to get the stones out with your toes. Whoever gets the most stones wins.

D-O-N-K-E-Y: Give everyone a number. Throw the ball or beanbag in the air and call a number. That person catches the ball and calls "stop". They then try throw the ball at another person. Whoever the ball touches must start again, and gets a letter of the word "donkey"

Use the CHALK to draw pictures on the side of your house or the road, and wash off with water.

RACES: Do a hopping race, a running race, a crawling race, a backwards race...

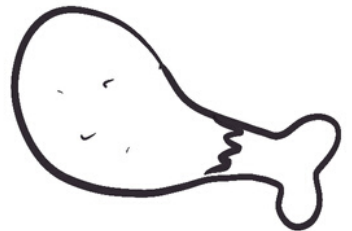
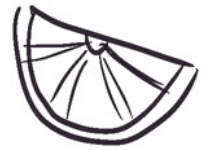
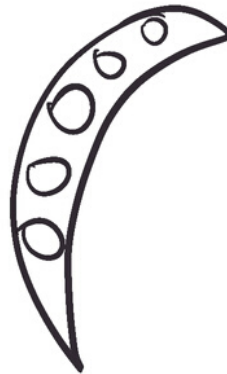
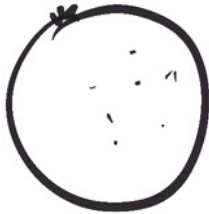
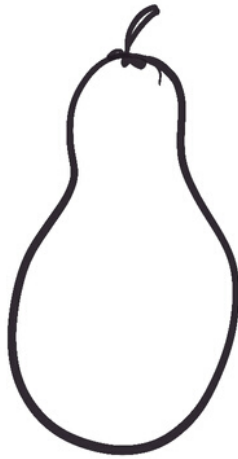
FANTASY: Use your imagination to make part of the garden a shop, or a fire engine, or a train. Pretend different things in your garden are the items at the shop.

SAND and WATER: Play in the sand. Use old containers to make sand towers and bricks. Or, get a bucket of water and use cups and containers to pour, and test what floats and what is heavy.

BALLS AND BEANBAGS: Roll, kick, juggle, throw, throw at targets (certain spot on the wall, or an object on the ground outside) Do the same with beanbags. Balance beanbags on your head and other body parts while standing and walking, running.

Healthy or Not?

Circle the healthy foods.





Let's go on a
HUNT!



Look in and around your house and find these 10 things to put into the **BROWN bag** included in your pack:

- Something blue
- Something soft
- 5 differently shaped leaves
- Anything that is smaller than your hand
- 2 things that can be eaten
- Something that is the size of your thumb
- 2 red things
- Something that makes you happy
- 3 things made of plastic
- 1 thing that can make a sound

Now, use some paper and pencil to make up a NEW hunt list!



GLUE RECIPE

Mix 2 spoons of flour with 3 spoons of water. Mix well. This will make a glue that is perfect for paper projects. If the glue is too thick, simply add a little bit of water, and if too thin, add some flour to it. You don't need a brush - use your fingers!

Ingredients

- 1 cup flour * 1 cup water
- * 2 teaspoon cream of tarter (if you have) * 1/3 cup salt
- * tablespoon vegetable oil * Little bit of food coloring



Instructions

1. Mix together all the ingredients, except the food coloring, in a medium pot.
2. Cook over low/medium heat, stirring. Once it begins to thicken, add the food coloring.
3. Continue stirring until the mixture is much thicker and begins to gather around the spoon.
4. Once the dough is not wet, remove and put onto wax paper or a plate to cool.
5. After cooling (30 minutes) knead playdough for a few seconds. PLAY!
6. Store in an airtight container or plastic bag in the fridge!



GAMES FOR INSIDE



MEMORY GAME: Depending on the age of the children, select 6 – 12 objects. A knife, fork, salt, pencil, comb, hair tie etc. Don't let the children see you doing this. Place the objects on a tray or a plate. Cover it with a tea towel. Tell the children that they must have a good look and try and remember what all they saw. Give them 20 seconds to look, then cover it up. See who can remember the most. Keep adding objects until just before they get bored with the game.

LETTER CHALLENGE: One person calls out a letter and the second person has 30 seconds to say as many words as they can think of, starting with that letter. Then the first person tries to say new words, still starting with that letter. Go back and forth until you run out of ideas.

SONG CHALLENGE: One person thinks of a word (eg: Love or light). Take turns thinking of songs with that word in them, until you run out of ideas. Do not repeat song names. Keep doing until you run out of ideas.

SPOT THE DIFFERENCE: One person goes out, changes something in their appearance, then comes back in. The others must guess what is different.

KEEP THE BALLOON UP: Blow up a balloon. See if you can keep it up in the air. If it touches the ground, that person is out. See how many "touches" you can have in a row before it drops. You can play this game, but with only using one hand or only using your feet. You can make a bat out of rolled up newspaper and play with a bat.

GUESS MY DRAWING: Take turns drawing a picture of an action (without talking!!) and see how many seconds it takes for the others to guess what you are drawing.

FANTASY: Pretend you are driving to the shops. Use pieces of magazine or newspaper for "money" and "buy" items from your kitchen.

NEWSPAPER CUTTING & TEARING: Make a poster from old newspaper. Find pictures that all start with the same letter of the alphabet and put on one page. Or, make a page of only faces, or only animals, or only what you want to be when you grow up. If you don't have glue, use the glue recipe! Even toddlers can just practice tearing and sticking.

MUSICAL INSTRUMENTS: Let the children make instruments from pots and pans. Let them bang on them with spoons. Or fill some with water and see if it makes a different sound. You can also use empty bottles or boxes, put a few stones inside and use as shakers to make singing and dancing even more fun.



READ BOOKS: Don't forget to read at least one book each day to your children. Even a simple children's book or wordless book can be enjoyed by everyone.

DRAMATISE: Use different voices, add sounds, and repeat the story by acting it out. Have fun!

DRAW: After the book, have the children draw the main characters. See if they can explain what happened in the book in the right order.

MAKE YOUR OWN BOOK: Using old newspaper, magazines, and home-made glue, as well as pens and pencils, see if you can make up a story together as a family and turn it into a book.

TELL YOUR OWN STORIES: Make up stories, tell old stories you remember.



GET MOVING!

One of the best ways to stay healthy is to get exercise every day. Go on! Turn off the TV and get active! It will also help you not to get bored. Do some of these twice a day. Think of other exercises that you can also do.

Jumping jacks

Jog around the house /or inside the house on the spot

Skipping

Push ups

Lie on your back with your legs stretched up into the air.

Lift your shoulders off the ground and try to touch your toes. Do this 5 times

Drop your hands and shoulders. Pump your legs as if you are riding a bicycle in the air. Do this for 1 minute

Jumping like a frog

Plank: Lie on the floor on your tummy. Lift yourself off the floor on your elbows and toes, keeping your body straight as a plank (don't lift up your bum!). Keep this position for as long as you can. Aim for 1 minute!

Sit/stand with straight legs and touch toes

Stand and/or hop on one foot

Push against the wall

Take a deep breath and touch the sky

BABIES +
TODDLERS



Sometimes little kids start being "naughty" because they are bored or need to MOVE or PLAY. Here are some ideas on how to play with babies and little children.

GAMES FOR BABIES

Get babies to spend time lying on their tummies.

Give babies things to look at and to hold.

Get baby moving: rock and sway, bounce on your knee sing, dance.

Massage baby while naming body parts.

Obstacle courses for older babies to crawl over and under

Packing things in and out of containers (potatoes, pegs),

Make posting games by cutting holes in recyclable containers so babies can post small objects.

Peek-a-boo, hiding games, give names to objects.

Walking games: slow and fast walking, up and down inclines, on tiptoes, backwards.

Sand and water play, always keeping baby safe! Use of recycled containers to pour, dig and sift.

Imitate animals and other sounds

Lots of reading and story-telling: even small babies enjoy stories. Talk to babies all the time

GAMES FOR LITTLE CHILDREN

Walking games: tiptoe, big/small steps, forwards backwards, on lines.

Running and jumping games, chase or race each other.

Create obstacle courses in or around the home: running around things, climbing over and under objects, jumping over lines or sticks.

Instruction games: give instructions for child to follow, starting with only 2 or 3 at a time.

(example: walk backwards to the kitchen and bring me the yellow plastic cup / fetch my blue shirt and put it on you head, etc)

Water/sand play with recycled containers, washing toys, paint walls with water.

Drawing, tearing, and scrunching papers, then throw at targets. Wrap and unwrap small objects in newspaper.

Encourage fantasy play, dress-up and "helping" at home.

Balls: roll, kick, throw, throw at targets (certain spot on the wall, or an object on the ground outside) Do the same with beanbags. Balance beanbags on your head and other body parts while standing and walking.

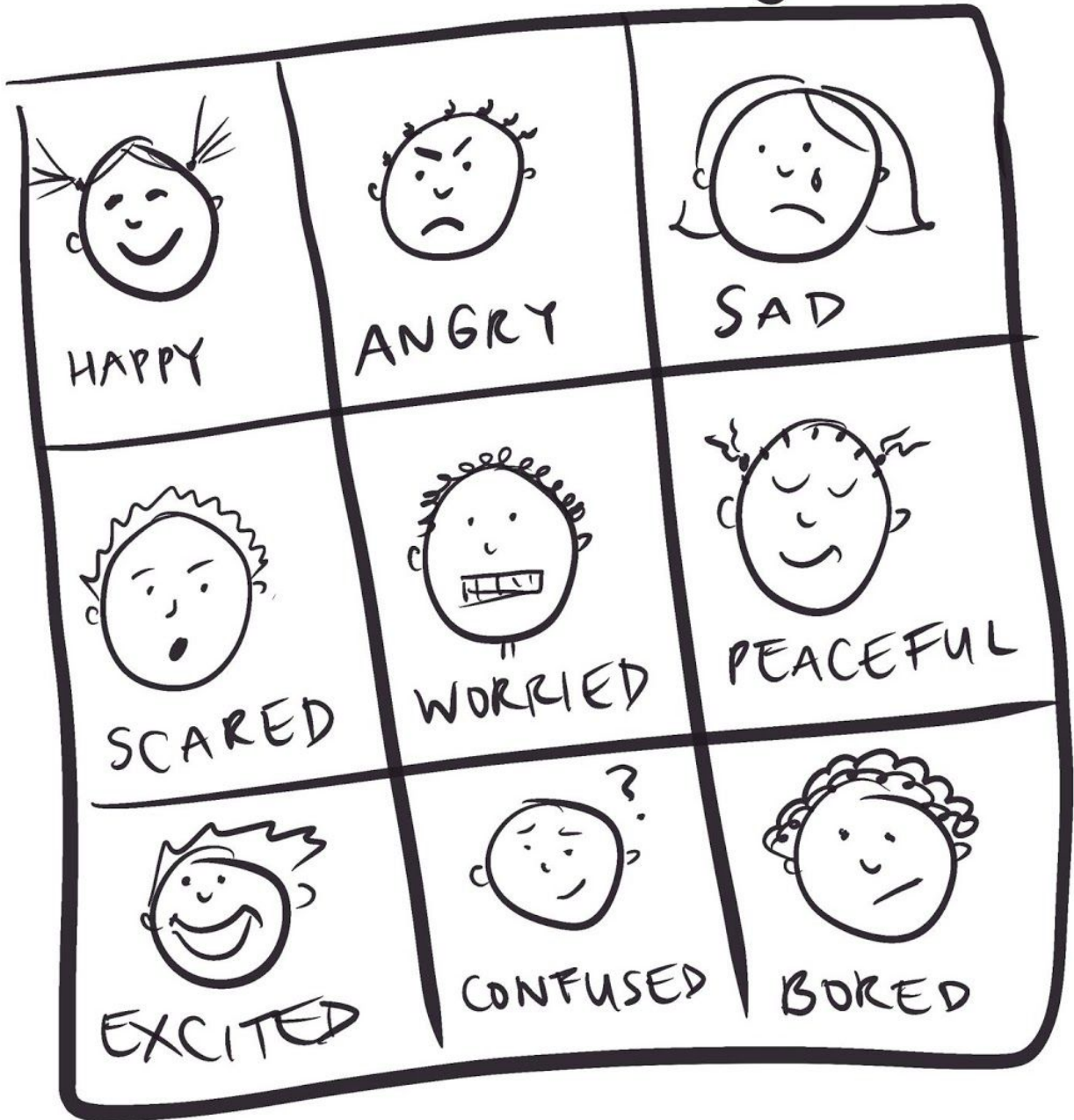
Stack blocks/boxes, count objects,

Rhymes, singing, clapping, dancing.

Play follow the leader: one person walks in front and the children behind him must copy all his movements.

Lots of reading! Talk to child, teaching them new words every day.

How I am feeling...



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Colour the pictures, thinking about or discussing the different emotions. Put this picture up on a wall and discuss it as a family every day. How are you feeling? Why are you feeling like this today?

